



6 day Luxury Yoga Retreat with Dr. Alicia Thomsen at Cal Reiet Resort in Mallorca, February 15-21 & February 22-28, 2020.

Cal Reiet is an exclusive 4-star hotel equipped with only 15 luxuriously appointed rooms and known internationally for their authenticity and high quality retreat experiences. Healthy, delicious vegetarian meals will be prepared daily by a personal chef who specializes in creating flavorful dishes with local plant based ingredients.

We have chosen the unique Cal Reiet in Mallorca because it is a short flight from most European destinations, where you can reserve 6 days to take time for yourself and deepen your yoga practice. The weather is approximately 15 degrees in February- not summer weather but a welcome break from the cold winter months with potential for warm, sunny skies in the afternoon where you can enjoy the sun.

3-4 hours of Yoga every day

- Morning practice kl. 7.00-9.00 and evening practice 16.00-18.00
- Hatha, Vinyasa, Restorative yoga with Pranayama and Meditation
- 3 meals with local, fresh ingredients served daily

- Herbal tea, warm water with lemon and honey throughout the day
- Water infused with vitamins, minerals and antioxidants
- Leisure time for taking walks, bathing in the sea, biking, running and experiencing everything Mallorca has to offer
- One day with a half day off to relax or take a trip around the island.

Cal Reiet has just installed both a dry and steam sauna where saunas sessions will be offered using organic essential oils and homemade body scrubs. These experiences will enhance the detox response in the body, calm the mind and create a sense of well-being while you are on retreat.

The heated Yoga studio where we will hold our practices is beautiful and spacious overlooking the lush green gardens that surround the pool. It is fully equipped with allmYoga props including mat, blocks, bolsters and meditation pillows. Evening practices can be enjoyed by candle light.

Treatment & 1:1 Yoga session

Alicia will be available by appointment for you to book a treatment and 1:1 yoga therapy session. These are recommended to relieve tension in the body, refine your yoga practice and create a deeper level of body awareness. Privates are booked and paid directly to Alicia.



Cal Reiet also offers various treatment modalities which can be booked through the resort reception.

Bike Excursions

ONLY at the retreat February 22-28 2020.

It is possible to rent a bike in Mallorca or you can bring your own bike.

2-3 hour bike trips can be arranged daily with a bike guide who has previous experience biking Mallorca. This also provides the possibility of taking a partner who can participate in daily bike excursions instead of the Yoga practices.

Redondo Movement

Our program also offers optional Redondo-movement classes that will compliment your yoga practice by creating strength and stability while building balance and coordination.

Both Redondo Movement and the Saunagus sessions will be led by Hanne Bousager Larsen.

Flight Details and transport to and from Cal Reiet (non-inclusive)

Transport/Taxi from Palma to Cal Reiet is approximately

40km. Car rental is also a possibility as an alternative to taxi service especially if you are a group and want to take trips in Mallorca throughout the week.

Arrival on Saturday begins with a welcome lunch around 13.00 and the first Yoga practice starting at 16.00.

Flights

SAS has a direct flight Saturday morning at 8.10 but there are many flight options to Palma.

Price for Participants:

Includes 6 days accommodations, food, yoga practices, optional bike trips, Redondo movement classes and saunagus sessions.

8600DKK/person for a double room

12.500DKK/person for a private single room

Reservation of your spot requires a deposit of 2.000DKK (non-refundable)

The remainder will be paid by August 1, 2019.

Reserve your spot or direct

questions to Hanne Larsen:
+45 22 74 94 22
hanne@heartevent.com

Visit www.calreiet.com for more information

We are so much looking forward to this retreat at the beautiful oasis of Cal Reiet in Mallorca!

Yours in health,
Alicia & Hanne
Alicia Thomsen, DC
*As a Chiropractor and yoga teacher originally from the US, Dr. Alicia Thomsen has a unique approach to health and wellness. With 17 years of international work experience in the US and Europe, her background blends science-based anatomy and biomechanics with the ancient eastern healing arts. Formally trained as a Ballet dancer and completing over 500 hours of teacher training with YogaWorks in San Francisco, Alicia's teaching style includes precision of alignment and concise queuing that makes class accessible to all levels. For more info: www.saligdig.dk/ alicia-thomsen
Instagram: [alicia_thomsen](https://www.instagram.com/alicia_thomsen)
Facebook: [@wholebwellness](https://www.facebook.com/wholebwellness)*