



CAL REIET

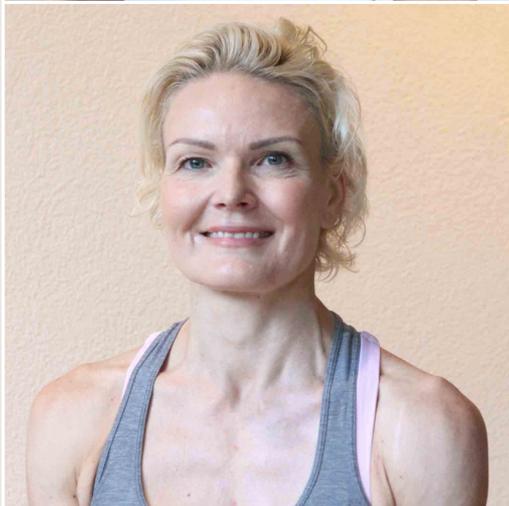
HOLISTIC RETREAT

# Spring Rejuvenation Detox Retreat

at Cal Reiet

with Petra Bensland, Anette Bassoe & Rosa Asturias Rios

*5<sup>th</sup> – 10<sup>th</sup> April 2020*



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# CAL REIET

H O L I S T I C   R E T R E A T

## DESCRIPTION

Spring is a good opportunity to rejuvenate and to cleanse the body, mind & soul.

This Yoga Retreat is designed to let go of old patterns and nourish yourself with energy & peace.

We will focus on cleansing, nourishing & rebalancing your physical, mental and spiritual bodies, allowing you to come closer to your true self.

During this Cal Reiet In House Retreat we will combine Yoga, meditation & Pranayama to revitalize and balance your subtle bodies and detox your body with our cleansing juice program.

In the mornings, you will enjoy detoxifying Morning Flow Yoga & Pranayama – in the afternoons we relax with Restorative Yoga surrounded by the beauty and peaceful location of CAL REIET.

## DAILY PROGRAM

**08:00 – 09:45 h**

Pranayama & Morning Yoga

**10:00 - 11:30 h**

Delicious Breakfast Buffet or Detox Juices

**12:00 – 17:00 h**

Massages & Time to enjoy

On three days:

**16:00 - 17:00 h**

Nutritional Talks & Juice Workshops

**17:30 – 18:45 h**

Restorative Yoga

**19:00 - 20:30 h**

Dinner or Detox Juices & “Q & A” at the table



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## Who we are

### **Petra Bensland**

Petra Bensland, mother of three grown-up children, is officially on the Yoga path since 2009 and has dedicated her life to conscious living ever since. Certified yoga teacher since 2012 with a 200h TT RYT at the Centered Yoga Thailand in classical yoga with Paul Dallaghan. 2013 & 2018 she completed the 200h TT RYT Pranayama program with Paul Dallaghan and Sri O.P. Tiwari at the Centered Yoga Thailand. 2017 followed an advanced 200 TT with Michael Hamilton, Airyoga Switzerland.

“With the co-founding of Yoga Elements Zürichsee in 2014 and Cal Reiet in 2015, it is my great concern to offer platforms for contemplative practices, so that visitors can experience and practice a way to become more centered, move towards health and the rewarding path toward self-realization.”

### **Anette Basso**

Anette was born and raised in Denmark. She was an active athlete and took part in marathons, triathlons and gigathlons before she came to yoga. She completed her yoga training with renowned teachers all over the world: Anette earned her yoga teacher's diploma (200 RYT) with Baron Baptiste and Clive Radda. In 2013 she completed a further training (300 RYT) with Stephen Thomas. In April 2016 Anette completed her 200h Advanced Teacher Training with Michael Hamilton (Airyoga).

Anette practices daily Ashtanga Yoga and combines the "Principles of Alignment" of B.K.S. Iyengar with Ashtanga Vinyasa Yoga. Her mission is to strengthen the body through yoga and to promote a clear and calm mind. Anette teaches in English and German.

### **Rosa Asturias Rius**

Rosa Asturias is a plant-based chef & healthy food coach. After successfully opening and running two restaurants in Palma, she grew an interest in nutrition and its healing power and started her training in these areas (Masters in Vegan and Vegetarian cuisine). She obtained the qualification of “Expert in Natural and Holistic Nutrition” and the degree for “Hygienist Naturopathy” by the Holistic Institute of Hygienism in Madrid.

Once understanding and realizing the importance of food and its direct connection to health, this yoga-lover couldn't get enough of all the new and exciting knowledge and couldn't wait to put it to good use. Rosa's cuisine is mainly plant-based, intuitive, a little bit transgressive and very creative. She firmly believes that what we eat will also nourish our soul.

In 2017, she starts her professional collaboration with Cal Reiet, where she has been able to elaborate gluten free, sugar free and her own vegan recipes daily for breakfast and where she has also been sharing her knowledge with guests and readers by publishing monthly recipes on Cal Reiet's blog. She also developed our DETOX PROGRAM that is part of this retreat.



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## PRICING

### **6 days / 5 nights retreat**

Single room - 2.450 €

Double room - 1.900 €/person

### **What is included:**

5 nights accommodation at Cal Reiet Holistic Retreat  
Vegetarian/Vegan Breakfast and Dinner (on three days juices only!)  
Pranayama, Meditation & Morning Yoga - 75 min.  
Restorative Yoga - 75 min.  
1x Massage included  
Juicing program\*  
3x Nutritional Talks with Rosa Asturias

\*The juicing program consists of the following:

- Information package upon arrival
- Two juices per day
- One superfood smoothie per day
- One vegetable broth tea per day
- Coconut oil for daily oil pulling
- Informational support during the week



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## REGISTRATION & PAYMENT

To make your reservation, please contact [enquiries@calreiet.com](mailto:enquiries@calreiet.com) or alternatively call us at (+34) 971 947 047. The full prepayment fixes the reservation. You can pay by card (we accept only Visa & MasterCard) or by bank transfer.

### **Our account details:**

IBAN: ES80 0019 0086 15 4010067913

BIC/SWIFT: DEUTESBBXXX

Bank: Deutsche Bank

Beneficiary: Cal Reiet Mallorca SL

After receiving your payment CAL REIET HOLISTIC RETREAT will send you a booking confirmation. By doing the payment for the retreat reservation you accept the cancellation policy stated below.

### CANCELLATION POLICY

Please note that there will be no refunds or discounts for arriving late, leaving early, flight cancellations, travel delays or illness. If you cancel the retreat for any reason, the cancellation policy below will apply, with no exceptions. We wish we could compensate people for unforeseen circumstances (injury, family emergency, etc.), but we have costs already incurred when reserving the retreat. We have designed our cancellation policy to be as compassionate as possible in the case that your plans change. But to protect yourself further, we strongly encourage you to purchase travel insurance.

### IF YOU CANCEL YOUR RESERVATION:

91 days or more prior to the start of the retreat, you receive: 100% credit of the deposit paid toward another retreat or private stay at Cal Reiet Holistic Retreat within 12 months. 61-90 days prior to the start of the retreat, you receive: 50% credit of the cost of the full retreat toward another retreat or private stay at Cal Reiet Holistic Retreat within 12 months. 0-60 days prior to the start of the retreat: no refunds or credits will be given.

To cancel please send an email stating that you wish to cancel your booked retreat to [enquiries@calreiet.com](mailto:enquiries@calreiet.com).