



CAL REIET

HOLISTIC RETREAT

# The FREEDOM & JOY Yoga Retreat at Cal Reiet

with Ulrica Norberg

4<sup>th</sup> – 8<sup>th</sup> October 2020



Carrer Cal Reiet 80, 07650 Santanyi, Mallorca, Spain  
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# CAL REIET

H O L I S T I C   R E T R E A T

## DESCRIPTION

Welcome to this inspiring 5 day retreat in Mallorca, Spain with Yoga Master Ulrica Norberg!

Many of us desire a life where we can be untouched by the challenges of life and only blessed with the gains and success moving us forward. How does one balance the two and is it possible to attain a balanced lifestyle in the modern era?

This retreat is for you who would like to try it out. Who are curious to set sail into the unknown and marry it with the known. Who are practicing yoga, pranayama and meditation and yearns to deepen ones practice in peaceful and respectful settings. For those of you who want to be a part of your own choices, set a more inquiring search towards your own potential. In order to hopefully arrive in greater equanimity one day. Where you can be more present, in greater ease and less driven by tension and reaction. For those of you who deep down really enjoy living. And living well.

Ulrica has designed the days spent at the magnificent center Cal Reiet, in a great blend of yoga classes where you flow through inspiring sequences, align your body, mind and spirit, learn new ways to move with your breath and meditate towards serenity and stillness. In between sessions you can enjoy the centers fantastic pool area, gorgeous restaurant and tranquil environment for just be with the now moments.

This is set out to be the best outline for a fulfilling week.

Welcome!

## DAILY PROGRAM

4<sup>th</sup> October

Afternoon class of 2 hours

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H O L I S T I C   R E T R E A T

(depending on arrival times of participants)

**19:30 – 21:00 h**

Dinner Buffet

**5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> October**

**7:00 – 9:30 h**

Morning class

**10:00 – 12:00 h**

Delicious Brunch Buffet

**16:00 – 18:30 h**

Afternoon session

**19:00 – 20:30 h**

Dinner Buffet

**5<sup>th</sup> and 7<sup>th</sup> October**

**15:00 – 16:00 h**

Optional SATSANG (Yogic Talk/Lecture)

**8<sup>th</sup> October**

**7:00 – 9:00 h**

Morning class of 2 hours

**09:00 – 11:00 h**

Delicious Breakfast Buffet

11:00 h Check-Out



# CAL REIET

H O L I S T I C R E T R E A T

## Who I am

### Ulrica Norberg

Yogiraj Ulrica Norberg is an inquirer and thinker and has throughout her life been creative and contemplative, always with the intention of finding ways to evolve in body, mind and spirit. She found meditation and yoga in her early teens when she was living and studying in the US. Her journey started with Zen Buddhist studies, followed by two decades of exploring and deeply studying various styles of classical and modern aspects on yoga and meditation in Asia, India and the US. With a mind intrigued how things function and affect energy, she has spent many years studying physiology, anatomy, philosophy, psychology and bioenergy work. IN 2015, Ulrica was initiated by Kavi Yogi Alan Finger to Yogiraj; Yoga Master. It is the highest honor one can receive as a yogi.

This Sweden native, holds a Masters degree from Stockholm University in Journalism and film, is a trained journalist and dramatist and shares her teaching with work as a creative consultant, teaching creativity and innovation workshops. She has written over a dozen books on health, yoga and meditation.

Ulrica has played an important role in yoga's growth in Europe from the 90's and on and she has trained hundreds of yoga teachers across the world.

Ulrica has a strong and sincere fascination for culture and diversity which had her living abroad for many years before settling back in Stockholm, that is now her base and from where she travels to teach workshops, retreats and trainings all over the world.

Her vast experience from life, knowledge and from having gone against and along the grid, shines through in her accepting teaching style and many feel at home in her classes.

She is known for her deep knowledge, self-distance, inspirational spotting, pedagogic teaching and warm approach.

Quote:

"When you start taking yourself too seriously, the yoga is gone. For me the yoga practice is all about investigation and exploration in order for your light and insight to appear."

Web: [www.ulricanorberg.se](http://www.ulricanorberg.se)

Instagram: [ulricanorberg](https://www.instagram.com/ulricanorberg)



# CAL REIET

H O L I S T I C   R E T R E A T

## PRICING

### 5 days / 4 nights retreat

Single room – 1.860 €\*  
Double room – 1.440 €/person\*

#### **What is included:**

4 nights accommodation at Cal Reiet Holistic Retreat

Vegetarian/Vegan Breakfast and Dinner

Morning & afternoon sessions with Ulrica Norberg and 2x additional Satsang, Yogic Talk/Lecture as described in the program above

\*Prices are based on room category “Deluxe Double Room”.  
Furthermore, upon availability, you have the following options:

Standard Room: 1.740 € (single room), 1.380 €/person (double room)

Luxury Room: 2.020 € (single room), 1.520 €/person (double room)

One Bedroom Suite: 2.100 € (single room), 1.560 €/person (double room)

### External participants (not staying overnight):

980 €/person

#### **What is included:**

Vegetarian/Vegan Breakfast and Dinner

Pool usage

Morning & afternoon sessions with Ulrica Norberg and 2x additional Satsang, Yogic Talk/Lecture as described in the program above



# CAL REIET

H O L I S T I C R E T R E A T

## 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).