



CAL REIET

HOLISTIC RETREAT

“REST IN YOURSELF”

Late summer retreat
at Cal Reiet

with Sangeeta Bhandari & Petra Bensland

20th – 25th September 2020





CAL REIET

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

Who we are

Sangeeta Bhandari

Sangeeta Bhandari, British-Indian is a certified yoga teacher and therapist. A student of the premier Indian institute, Krishnamacharya Yoga Mandiram in Chennai, teaching for over 10 years. She has taught across Hong Kong, India, UK and France, from beginners to advanced, with a practice accessible to all levels and abilities. Sangeeta's aim is to facilitate her students on their personal journey through explorative yoga poses, with breath and alignment as a key anchor, pranayama, chanting, meditation & yoga-nidra.

Visit www.facebook.com/yogayatrastudio to learn more.

Petra Bensland

Swiss, mother of three grown-up children, co-founder Cal Reiet and Yoga-Elements Zürichsee, is official on the yoga path since 2009 and has dedicated her life to conscious living and the yoga path ever since. 500h+ certified Yoga teacher at the Centered Yoga Thailand with Paul Dallaghan and Sri O.P. Tiwari, Kaivalyadhama, India. Petra teaches with great passion and empathy what she herself has experienced, and helps her students to become more centered, move towards health and the rewarding path toward self-realization.

Visit www.yoga-elements.ch/petra-bensland-yogalehrerin/

DESCRIPTION

"Yoga is the practice of tolerating the consequences of being yourself" (Bhagavad-gītā)

Many of us are easily caught with the outside challenges and the continuous push mentality. Let this late Summer retreat in the beautiful setting of Cal Reiet be a reminder that we can feel a sense of wholeness as we allow our self to flow with our own rhythms, and for gratitude to befall us.

The journey of yoga is not one of transforming into something we aspire to, rather transforming into the very thing we are innately: our best self. So come and flow with your breath, with your body and with your spirit. Letting go, like the autumn leaves, of what is no longer needed or serving you, focusing instead on conserving your resolve, your energy for what really matters.

With daily yoga sessions morning and evening, let the subtle changes from your practice allow you to come into a fuller expression of yourself, leading you towards living life with grace and ease. The meditation sessions will further inspire and motivate this journey

Every thought you produce,
Anything you say,
Any action you do,
It becomes your signature
~ Thich Nhat Hanh



CAL REIET

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

DAILY PROGRAM ~ SAMPLE

Following the 8 Limbs of Yoga: asana leading to pranayama and then meditation; gentle afternoon practices

20th September

15:00 Check-In (depending on arrival)
17:00 Meet & Greet
17:30 - 18:30 Yoga Grounding Practice
19:00 Dinner

21st- 24th September

7:30 - 8:50 Asana Practice
9:00 - 9:30 Pranayama, Meditation
10:00 - 12:00 Brunch
FREE TIME / EXPLORE / TREATMENTS
17:00 - 18:30 Restorative Class/ Yin Yoga/ Yoga Nidra / Philosophy
19:00 Dinner

25th September

7:30 - 8:50 Morning Flow
9:30 - 10:45 Breakfast
11:00 Check-Out

PRICING

6 days / 5 nights retreat
Single Room – 2.050,- €
Double Room – 1.550,- €/person

What is included:

5 nights accommodation at Cal Reiet Holistic Retreat
Vegetarian/vegan breakfast and dinner
Yoga classes as announced in the program

External participants – 850,- €

What is included:

Vegetarian/vegan breakfast and dinner
Yoga classes as announced in the program

REGISTRATION & PAYMENT

To make your reservation, please contact 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.