



# Yoga-retreat with Lila Cristine Lutz and Martin Delfs 19.-25 th of February 2022 at Cal Reiet, Mallorca.

Cal Reiet is a 4 \* boutique hotel with 15 luxury rooms.  
Famous for authenticity and wonderful food.



- Yin, hatha and kundalini yoga, aromatherapy, stress relief, sound meditation and redondo-movement. There will be classes every morning and every afternoon (min. 4 hours a day).
- Very delicious vegetarian and organic food with taste experiences for all the senses and created from very skilled chefs
- Full pension (breakfast, light lunch and dinner).  
Water and tee throughout the day.
- Meet springtime at Mallorca and enjoy 15-18 degrees, beautiful walks and bathing in the sea.
- We offer a bike cycle guide (road bike tours of 2-3 hours) and if you are together with a friend who only want to bike that is also fine).  
You must rent your own bike.
- Cal Reiet has all the yoga tools and a unique heated yoga shala.
- Cal Reiet offers facial and body treatments skilled therapist.

## PRICE FOR 6 DAYS HOTEL, FULL PENSION, ALL THE CLASSES AND BIKE TOURS.

DKK. 8600 pr. person with 2 people in a double room. DKK. 12.500 for a single room.

Upon registration, a deposit of DKK 2,000 is paid (non-refundable upon cancellation).

Flight to Palma/Mallorca and transport to Cal Reiet is approx. 40 km (self-payment)

Registration and questions please contact Hanne B. Larsen til [hanne@heartevent.com](mailto:hanne@heartevent.com) + 45 22 74 94 22.

Read more about the beautiful and quiet place at [www.calreiet.com](http://www.calreiet.com).

Lila, Martin & Hanne look forward to giving you a wonderful experience for body and soul.



### **Lila Cristine Lutz**

*Lila is a leading Kundalini Yoga, Stress Relief Yoga and Yin Yoga teacher and therapist based in Copenhagen. She also offers relaxation and sound therapy as well as mindfulness with healing. She holds urban retreats in Copenhagen and weekend retreats in nature in Denmark and leads longer yoga trips to India and Brazil.*

*At Cal Reiet Lila's yoga instruction will focus on stress relief and joy. She will be combining soft Kundalini Yoga, Mantra Meditation, Yin Yoga and Aromatherapy to enable you to connect deeper within your body, mind and soul to an awareness of gratitude and love. Kundalini Yoga uses a lot of breathwork and moving with the breath, Lila guides it in a gentle dynamic way to relax and uplift your soul.*

*Read more about Lila at [www.Yogalila.dk](http://www.Yogalila.dk)*



### **Martin Delfs**

*Martin works with yin yoga, hatha yoga, sound healing, massage and meditation. Martin's intention is to create an uplifting and healing space and a calm breathing with sound healing and create freedom and movement in the body.*

*Martin's hatha yoga is based on simple sitting, lying, and standing positions. The focus is also to create balance and relaxation in the mind and nervous system through breathing and meditation. It is spiced with a bit of humor and occasionally Martin concludes with sound healing through singing and playing from harmonium.*

*Martin and Lila will offer unique body treatments (self-payment), and you can also enjoy the wonderful treatments with Cal Reiet's own treatment team. In addition, Cal Reiet's new wellness area is ready with jacuzzi, hammam and bio sauna.*