



Kundalini yoga-retreat with Lila Cristine Lutz 11th -17th & 18th-24th of February 2023 at Cal Reiet, Mallorca.

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

- Kundalini yoga, aromatherapy, yin yoga, 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 scratch by very skilled chefs.
- Very nice and nourishing breakfast and dinner.
Water and tea 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's offers facial and body treatments skilled therapist.

PRICE FOR 6 DAYS HOTEL, BRUNCH, DINNER AND ALL THE CLASSES AND BIKE TOURS.

DKK. 10.200 pr. person with 2 people in a double room. DKK.
Extra cost DKK 7.300 for a single room. Upon registration, a deposit of DKK 2.200.
(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 Bousager Larsen til hanne@heartevent.com + 45 22 74 94 22.

Read more about the beautiful and quiet place at www.calreiet.com.
Lila & 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*

