



CAL REIET

HOLISTIC RETREAT

“Spring Rejuvenation Detox Retreat” at Cal Reiet

with Petra Bensland, Verónica An
& Rosa Asturias Rius

3rd – 10th April 2022



Carrer Cal Reiet 80, 07650 Santanyi, Mallorca, Spain
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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 and invite you to implement healthy habits.

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

In the morning, you will enjoy detoxifying Vinyasa Yoga & Pranayama – in the afternoon we relax with Restorative Yoga surrounded by the beauty and peaceful location of CAL REIET.

DAILY PROGRAM

08:00 – 09:45

Meditation & Yoga

10:00 - 11:00

4 days of delicious light breakfast buffet / 3 days of detox juices

11:15 – 12:30

Nutrition- / Cooking workshops / Individual talks

13:00

Juicing

13:00 – 17:00

Treatments & Free Time

17:00 – 18:15

Restorative Yoga

18:45 - 20:00

4 days of light dinner / various Detox Juices & “Q & A” at the table

20:00

Singing Bowl / Yoga Nidra / Shamanic Fire Ritual



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

Who we are

Petra Bensland Yoga & Essential Psychotherapy

Petra Bensland is an experienced RYT 500h Vinyasa and Hathayoga retreat teacher, who has studied with well-known teachers like Sri O.P. Tiwari, Paul Dallaghan and Michael Hamilton. The co-founder of Cal Reiet and Yoga Elements Zurichsee focuses on clarity, strength & flexibility with the tools of breathing, ancient wisdom, meditation & chanting.

Petra is a mother of three grown-up children, is officially on the Yoga path since 2009 and has dedicated her life to conscious living ever since. Her development in Buddhist mind training and western psychotherapy is designed to help dissolve incoming emotional and cognitive patterns and release healing qualities such as love, compassion, openness & wisdom.

Verónica An Yoga, Qi Gong & singing bowl therapist

Verónica is a RYT 500h Hatha teacher, certified by the Yoga Alliance, trained in Rishikesh, India, although her personal practice has been linked more to Asthanga Yoga. She builds the session according to her own practice, experience and training, printing to her classes a rhythm and character of her own, always, respecting the different levels that the class may have, adapting and varying the āsana to the needs of the student, so, both If you are a beginner as advanced, this practice is great to start your day with total vitality at the physical level and peace at the mental level. With a lot of experience and training, great body discipline Master in Kung Fu.

Rosa Asturias Rius plant-based Chef & healthy food coach

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.

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

PRICING

8 days / 7 nights retreat

Single room - 2.850 €*
Double room – 2.150 €/person*

What is included:

7 nights' accommodation at Cal Reiet Holistic Retreat
Vegetarian/Vegan Breakfast and Dinner (on three days juices only!)
Pranayama, Meditation & Morning Yoga - 120 min.
Restorative Yoga - 75 min.
1x Massage included
Juicing program*
2x Nutritional Talks with Rosa Asturias

*The juicing program consists of the following:

- Information package upon arrival
- Three 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

External participants (not staying overnight):

1.300 €/person

(Includes everything mentioned above - except accommodation)

*Prices are based on room category "Deluxe Double Room".

Furthermore, upon availability, you have the following options:

Standard Room: 2.730 € (single room), 2.090 € /person (double room)

Luxury Room: 3.090 € (single room), 2.270 € /person (double room)

One Bedroom Suite: 3.150 € (single room), 2.300 € /person (double room)



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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 or alternatively call us at (+34) 971 947 047.

We charge 500,- € deposit when booking up to 3 months in advance to guarantee the room. Three months before the retreat (January 2022) - the remaining amount will be charged.

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

There will be no refunds or discounts for arriving late, leaving early, flight cancellations, travel delays or illness. We do not accept any liability for failure to provide the services contracted or any of them due to circumstances beyond our control. To the extent permitted by law, Cal Reiet do not accept any liability arising out of any occurrences beyond its control including but not limited to acts of terrorism, acts of God, flood, war, strikes, riot, theft, delay, cancellation, civil disaster, government regulations or changes in itinerary or schedule (collectively, "Force Majeure").

If you cancel the retreat for any reason, the cancellation policy below will apply, with no exceptions:

IF YOU CANCEL YOUR RESERVATION:

If you cancel more than three months in advance – we will charge 150€ as an Administration Fee. The remaining amount (350,00€) will be refunded.

If you cancel between 30 and 90 days prior to retreat start, we will transfer 100% of the deposit paid towards a new retreat or private booking.

If you cancel up to 3 weeks prior to retreat start, we will transfer 75% of the deposit paid towards a new retreat or private booking.



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If you cancel up to 2 weeks prior to retreat start, we will transfer 50% of the deposit paid towards a new retreat or private booking.

If you cancel up to 1 week prior to retreat start, we will transfer 25% of the deposit paid towards a new retreat or private booking.

If you cancel less than 1 week prior to retreat start, no refund will be given.

To cancel please send an email stating that you wish to cancel your booked retreat to enquiries@calreiet.com.

In the event that Cal Reiet Mallorca S.L. by forces beyond its power needed to cancel all services stipulated under the contract, Cal Reiet Mallorca S.L. reserves the right to postpone the booking by offering alternative dates and transferring the full amount of the deposit received towards the new booking.

We look forward to having you with us!

