



CAL REIET

HOLISTIC RETREAT

## “Spring Rejuvenation Detox Retreat”

Yoga with Verónica & Stuart  
Meditation and Essential Psychotherapy with Petra  
Nutritional Talks and Juice Cleanse with Rosa

16<sup>th</sup> – 23<sup>rd</sup> April 2023





# CAL REIET

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

## DESCRIPTION

Spring is an ideal opportunity to rejuvenate and to cleanse the body, mind, and soul. It is ideal for anyone who is searching for more clarity of mind, lightness of being, to release stress, and truly take a break from their daily routine.

The Detox Yoga Retreat is designed to facilitate the letting go of old patterns and create the space for healing and nourishing of the physical and energetic body. Through yoga, qi gong, meditation, breathwork, and especially through food and education we will focus on detoxing the entire body.

Our days will start by cleansing the mind in meditation and detoxifying the body with a vibrant vinyasa practice. We will transition from light, local, and vegetarian meals into a 3 day detox juice cleanse in the middle of the retreat. There will be ample time for healing treatments, psychotherapy, and other cleansing rituals and bodywork. Afternoons and evenings will be focused on restorative yoga, sound healing, and yoga Nidra to continue the detoxification on more subtle and deeper levels. All in the beautiful and serene grounds of Cal Reiet Holistic Retreat.

## WHO WE ARE

### **Petra Bensland | Yoga, Essential Psychotherapy**

Petra is an experienced RYT 500 Vinyasa and Hatha Yoga retreat teacher, who has studied with many well-known teachers such as Sri O.P. Tiwari, Paul Dallaghan, and Michael Hamilton. She is the co-founder of Cal Reiet and Yoga Elements Zurichsee. Her classes focus on clarity, strength, and flexibility of both body and mind. She uses the tools of breathwork, meditation, and chanting all informed by ancient wisdom.

Petra is a mother of three grown-up children, has officially been on the Yoga path since 2009, and has fully dedicated her life to conscious living 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, and wisdom.

### **Verónica An | Yoga, Qi Gong, Sound Therapist**

Veronica is a RYT 500 Hatha teacher, who trained in Rishikesh, India; although her personal practice has been influenced more by Ashtanga Yoga. Her classes are built according to her own practice, experience, and trainings, imprinting each class with a rhythm and character of her own design. She adapts and varies the asana to the needs of the student, so, whether you are a beginner or advanced the practice she teaches is a great way to start your day with vitality on the physical level, and peace on the mental level.



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## **Stuart Clark | Yoga**

Stuart Clark is an experienced RYT 500h Vinyasa Yoga Teacher. He believes that a yoga practice is a journey of embodiment. When we get intimate with our bodies, our emotions, and our mindset we can learn everything we need to create the story of our lives in a fulfilling and meaningful way.

The practice he teaches his students is only what he has embodied. He pulls from all of the trainings and learning he has done over the years; nothing is off limits. Stuart creates his classes with the utmost care and intention. His goal is to empower you physically and mentally and use the microcosm of the mat to bring you fully into the present moment. With awareness and presence magic happens.

## **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.

## 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 / Sharing Circles / Shamanic Fire Ritual



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## PRICING

### 8 days / 7 nights retreat

Single room – 3.075 €\*  
Double room – 2.165 €/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. Restorative Yoga  
1x 60' Cal Reiet's Holistic Treatment  
Juicing program\*  
Cooking Class & 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):

1.500 €/person  
(Includes everything mentioned above - except accommodation)

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

Luxury Rooms: 3.390 € (single room), 2.480 € /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](mailto: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 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.

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.



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

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](mailto: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!

