



CAL REIET

HOLISTIC RETREAT

“THE ART OF TRANSFORMATION”

Yoga Retreat at Cal Reiet

with Ulrica Norberg

14th – 18th October 2022



Carrer Cal Reiet 80, 07650 Santanyi, Mallorca, Spain
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CAL REIET

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

DESCRIPTION

Welcome!

Join Ulrica Norberg for this sweet retreat, where the focus lies on caring for maintenance of each segment of the body and its inner domains - with the intention of wholeness, decreasing pain and adding pleasure, transforming tension to strength and insecurity to growth.

You will most certainly leave with a far more cleared up sensation In your body, mind and spirit!

Some of the topics of this retreat are:

EARTH, WATER AND FIRE

Balancing and strengthening the foundation in our body and being. Here we build from the ground up through a series of thought through movement sequences where the intention is to release tension and build stamina, strength and endurance as well as patience, radiance and integrity. Includes flowing asana, pranayama, mudra, mantras and meditation, as well as theory around how we can transform matter to energy and vice versa.

AIR, SPACE AND BEYOND

Balancing and strengthening the top layers and aspects of being. With the breath as our guide, we set sail to soften our edges, finding that gentleness and care that resides inside, ebbing out in a sense of blissful calm and serenity. Involves soft flow, bandha work, pranayama, restorative and Yoga Nidra.

INTEGRATION , STRENGHT AND SOFTNESS

We will work on ways to yoke different techniques together and overview the management of a practice. Furthermore we will learn how we can bring our polarities to unison in new and more functional ways where we can use all our experiences, traits and unbalances as potential building blocks.

The beauty of transformational work is that the new is already known! We don't need to shop from the outside – but rather learn how to integrate and transform energy.



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

DAILY PROGRAM

(times might slightly change)

ARRIVAL DAY 14th October

Check-In starting from 15:00 h

17:00 – 18:30 h Welcome Yoga Session with Ulrica

19:15 h Dinner

15th, 16th and 17th October

7:00 – 9:00 h Morning Yoga Session with Ulrica

9:00 – 11:00 h Breakfast

16:00 – 18:30 h Afternoon Yoga Session with Ulrica

19:15 h Dinner

DEPARTURE DAY 18th October

7:00 – 9:00 h Farewell Morning Yoga Session with Ulrica

9:00 – 11:00 h Breakfast

11:00 h Check-Out



CAL REIET

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

Who I am

Ulrica has been studying and teaching Yoga since the late 90s and has extensive experience in a wide range of different Yogic systems. Her teaching style (knowledgeable, inspirational, generous and warm) reflects elements from her own meditation and Yoga practice, teaching experience, life, studies (she has a masters degree in film and journalism as well as a bachelor in human sciences) and immense travels around the world.

Ulrica has played an important role in Yoga's growth in Scandinavia and Europe from the 90s on, has trained hundreds of Yoga and meditation teachers and is a respected teacher, trainer, mentor and author of several books on Yoga.

Ulrica teaches trainings, retreats and workshops internationally and has been rewarded with the honor of Yogi of the Year in 2018 in Sweden as a way of honoring her always being a centering energy in the community. In spring of 2015, she reached the highest honor a Yogi can receive when she was initiated to Yoga Master (Yogiraj) by KaviYogi Alan Finger, which makes her the first Scandinavian to reach such level of achievement.

Quote:

"When you start taking yourself too seriously, the Yoga is gone. It's just Yoga. So investigate, explore and listen to what arises."

WEB: ulricanorberg.se

IG: [ulricanorberg](https://www.instagram.com/ulricanorberg)

YOUTUBE: [ulrica norberg](https://www.youtube.com/channel/UC...)





CAL REIET

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

PRICING

Single room: 2.098,- €*

Double room: 1.615,- €* per person

(beds can be set as one double or two twin beds)

* There is a surcharge of 45 € per room and night
for luxury rooms & one bedroom suites

What is included:

4 nights accommodation at Cal Reiet Holistic Retreat
Vegetarian/Vegan Breakfast and Dinner
60 minutes special Cal Reiet Holistic Treatment
Morning & afternoon sessions with Ulrica Norberg
as described in the program above

External participants (not staying overnight):

1.280,- € per person

What is included:

Vegetarian/Vegan Breakfast and Dinner
60 minutes special Cal Reiet Holistic Treatment
Pool usage
Morning & afternoon sessions with Ulrica Norberg
as described in the program above



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

BOOKING & 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 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.



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

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.

If you cancel up to 1 weeks 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!

