



CAL REIET

HOLISTIC RETREAT

# The ART of TRANSFORMATION at Cal Reiet

with Ulrica Norberg

14<sup>th</sup> October – 18<sup>th</sup> October 2022



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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 for what will be a sweet retreat, where the focus will lie on wholeness, decreasing pain and increasing joy, transforming tension to strength and insecurity to growth. Every day is targeted on rebuilding strength, re-connect with yourself and carve out the seeds within yourself that can sprout and nourish you from the inside out.

You will most certainly leave with a far more cleared up and more joyful sensation in body, mind and spirit. Ready to care for building your future so it can be about inspiration, abundance, awareness and enjoyment.

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

Some of the topics covered will be:

### EARTH, WATER AND FIRE

Balancing and strengthen 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 strengthen 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, STRENGTH AND SOFTFULNESS

We will work on ways to yoke different techniques together and overview the management of a practice. On 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.



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## DAILY PROGRAM

Morning yoga at 7-9 am Wise Flow and meditate  
Afternoon yoga at 4-6 pm Yielding and restoring  
Certain days at 3-4 pm Satsang/philosophy talks

Every morning starts with a flowing, sweet yoga class followed by a guided meditation. In the afternoon, we will deepen the yoga practice through more tension releasing practice alongside with pranayama. Ulrica is very skilled in different practices of yoga, breath work and meditation as well as anatomy, biomechanics, physiology, personal development and mental training, all of which you will benefit greatly from in practice as well as theory. Her way of teaching involves a more individual adapted yoga so no matter if you are an advanced yogi or beginner, she makes room for all levels.

In between sessions you will have the option to swim, do nothing, reading, take massage, go hiking, cycle to the ocean or enjoy the village Santanyi.

## Who I am

Ulrica has been studying and teaching yoga since the late 90's 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 90's on, has trained hundreds of yoga and meditation teachers and is a respected teacher, trainer, mentor and author of several books on yoga.

Ulrica teach on 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.



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Quote Ulrica:

”When you start taking yourself too seriously, the yoga is gone. Its just yoga.  
Aim to soften and you shall receive what you need.”

WEB: [ulricanorberg.se](http://ulricanorberg.se)

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

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

## 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



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## 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

## BOOKING & 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").



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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.

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](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!



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