



CAL REIET

HOLISTIC RETREAT

The fall equinox retreat at Cal Reiet

with yoga master Ulrica Norberg
13th October – 18th October 2023



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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, increasing joy, transforming tension to strength and how to find better balance in life, breath and body.

Ulrica is an initiated yoga and meditation master, schooled in many traditions and styles as well as immersed in philosophy, anatomy, biomechanics, and physiology which brings her teaching to be unique, highly inspiring, and individually effective for any level. If you are looking for a teacher that is down to earth, highly knowledgeable, sincere and a sense of humor, then a retreat with Ulrica is quite a treat. You will attain a lighter and balanced mind and body, love inside, better posture and probably much inspiration and creativity in mind and spirit.

Everyday 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 be building your future so it can include greater 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.

DAILY PROGRAM

Morning yoga at 7-9 am Flow and meditate
Afternoon yoga at 4.30-6 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.

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.



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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 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 master's degree in film and journalism as well as a bachelor's 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 lead 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 which makes her the first Scandinavian to reach such level of achievement.



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

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: 2.545,- €*

Double room: 1.920,- €* per person
(beds can be set as one double or two twin beds)

* There is a surcharge of 55 € per room and night
for luxury rooms & one bedroom suites

What is included:

5 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):

1.360,- € 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.



CAL REIET

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

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.

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!