

# Happiness 101 at Cal Reiet

with Ulrica Norberg  
11<sup>th</sup> October – 16<sup>th</sup> October 2024



## DESCRIPTION

Welcome!

Over the course of the days together, we will embark on a journey through movement, alignment practice, meditation, breath work, unwinding and reflection as means to bring us further towards clarity in ourselves regarding happiness. This since it is something worth exploring for our own self-worth, health and individual growth. Happiness has a lot to do with contentment, or Santosha, as the yogic philosophy explained it as the key gateway to spiritual growth and individual happiness.

How does one get there? Is it even possible? What can be a path? Or methods to be practiced?

Contentment is a practice of balancing attention and surrender, having them equally present in every moment. In this retreat, we will set out on a journey towards individual contentment and I will share many tools with you, which we will explore and learn how to own on your own.

At Cal Reiet, you are offered to set out on a retreat. To re-treat from every day life. Take a pause. Breathe. Digest. Listen. Slow down. Be inspired. Nurtured. Cared for. Me and the management of this blissful place, invite you to do just that. Pause. Be. Release. And invest in yourself.

## 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

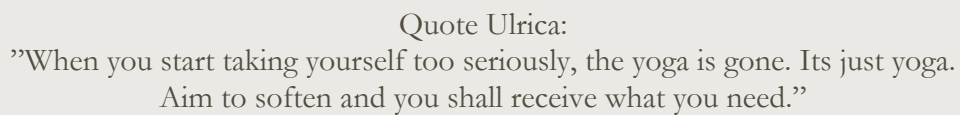
Every morning starts with a thoughtful, balancing yoga class followed by a guided meditation. In the afternoon, we will deepen the yoga practice through more tension releasing and restoring practice alongside with pranayama. On two occasions, Ulrica will offer what is called a Satsang, a talk and discussion on the topic of Happiness. A session where we can share and communicate around the practices and what comes up.

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.



## PRICING

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

## 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):

1.255,- € 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").

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!



# CAL REIET

HOLISTIC RETREAT



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