



CAL REIET

HOLISTIC RETREAT

# The HAPPINESS 101 Yoga Retreat at Cal Reiet

with Ulrica Norberg

30<sup>th</sup> August – 3<sup>rd</sup> September 2021 (4 nights option)

30<sup>th</sup> August – 5<sup>th</sup> September 2021 (6 nights option)



Carrer Cal Reiet 80, 07650 Santanyi, Mallorca, Spain  
[www.calreiet.com](http://www.calreiet.com) +34 971 947 047 [enquiries@calreiet.com](mailto:enquiries@calreiet.com)



# CAL REIET

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

## DESCRIPTION

Welcome!

Join Ulrica for a blissful retreat of unwinding, reflecting, moving, meditating, breathing and destressing.

Happiness. Let's look at that.

How often have you said, "I just want to be happy"? And said to someone else, "I just want you to be happy"?

There is a lot of value to pause and explore around what happiness really is and means? Both as an intention as well as an individual growth.

### **Happiness is when your life fulfills your needs.**

In other words, happiness comes when you feel satisfied and fulfilled. Happiness is a feeling of contentment, and in yogic philosophy Santosha is explained as the key gateway to spiritual growth and individual happiness. How does one get there? Is it even possible? What is the path? Or method?

Perfect happiness of enlightenment may be hard to achieve, and even harder to maintain, happiness is not an either /or case. There are nearly limitless degrees of happiness between the bliss of enlightenment and the despair of depression. Most of us fall somewhere between, either becoming more goal-oriented and dissatisfied, or falling into a laissez-faire glorification. 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.

During this retreat we will explore if ancient wisdom and Yogic philosophy can inspire us to gain some light on the matter and also adapt our asana practice, breath work and meditation towards attaining sharper focus and awareness. Towards discovery. Discovery of needs, patterns, yearns in search for freedom, grace and joy. It will be a happy quest to say the least!

The techniques we will be using stems over Chakra Yoga, Vinyasa Yoga, Hatha Yoga, Restorative practices, Pranayama, Ayurveda and meditation.

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.



# CAL REIET

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

## DAILY PROGRAM

(times might slightly change)

### **30<sup>th</sup> August**

Opening / welcome circle  
(depending on arrival times of participants)

Afternoon class  
(depending on arrival times of participants)

**19:30 – 21:00 h**

Dinner Buffet

### **31<sup>st</sup> August, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> September**

**7:00 – 9:00 h**

Morning class “Flow and meditate”

**10:00 – 12:00 h**

Delicious Brunch Buffet

**16:00 – 18:00 h**

Afternoon session “Yield and restore”

**19:00 – 20:30 h**

Dinner Buffet

### **On certain afternoons**

**15:00 – 16:00 h**

Optional SATSANG (Yogic Talk / Lecture)

### **5<sup>th</sup> September**

**7:00 – 9:00 h**

Farewell morning class

**09:00 – 11:00 h**

Delicious Breakfast Buffet

**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 Norberg**

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](http://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

### 5 days / 4 nights retreat

#### Single room

Standard: 1.820 € / Deluxe: 1.940 € / Luxury: 2.060 €

#### Double room

Standard: 1.460 €/person / Deluxe: 1.520 €/person / Luxury: 1.580 €/person

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

### 7 days / 6 nights retreat

#### Single room

Standard: 2.420 € / Deluxe: 2.600 € / Luxury: 2.780 €

#### Double room

Standard: 1.910 €/person / Deluxe: 2.000 €/person / Luxury: 2.090 €/person

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

### What is included:

4 nights / 6 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 and 2x additional Satsang

Yogic Talk / Lecture as described in the program above

### External participants (not staying overnight):

960 €/person (5 days) \*\*\* 1.140 €/person (7 days)

### What is included:

Vegetarian/Vegan Breakfast and Dinner \*\*\* Pool usage \*\*\* Morning & afternoon sessions with Ulrica Norberg and 2x additional Satsang, Yogic Talk/Lecture as described in the program above



# CAL REIET

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 (May 30, 2021) - 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.



# CAL REIET

H O L I S T I C   R E T R E A T

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!

