



CAL REIET

HOLISTIC RETREAT

“JOYFUL SUMMER RETREAT”

(In cooperation with PKZ Switzerland & Cal Reiet Holistic Retreat)

with Luisa Rossi, Petra Bensland & Rosa Asturias Rius

18th – 24th June 2021





CAL REIET

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

BESCHREIBUNG (DEUTSCH)

Es ist Zeit, das Leben wieder zu feiern! Deshalb stehen gute Laune, Leichtigkeit und Lebensfreude pur in diesem fröhlichen und bunten Programm im Mittelpunkt.

Während des Retreats werden wir zusammen freudvolles Yoga praktizieren, Meditation leicht und spielerisch erleben und genussvoll mit lokalen Bio-Produkten kochen.

Dabei bleibt auch noch genügend Zeit, sich am Pool oder bei einer der zahlreichen Massagen und holistischen Behandlungen im Hotel zu entspannen, die Strände in der näheren Umgebung zu erkunden oder den beliebten Wochenmarkt in Santanyí mit allen Sinnen zu erleben.

Im Juni lockt die Insel mit wunderbarem Sommerwetter und mediterraner Gelassenheit. Nutzen Sie die Gelegenheit, in diesem traumhaften Refugium den Alltag für eine Weile hinter sich zu lassen und wieder Kraft und Inspiration zu schöpfen!

Das Retreat findet in Deutsch und Englisch statt und ist auch für Anfänger geeignet.

DESCRIPTION (ENGLISH)

It's time to celebrate life again! That is why high spirits, lightness and pure joie de vivre are the focus of this cheerful and colorful program.

During the retreat we will practice joyful Yoga together, experience meditation easily and playfully and enjoy cooking with local organic products.

There is still enough time to relax by the pool or with one of the numerous massages and holistic treatments in the hotel, to explore the beaches in the vicinity or to experience the popular weekly market in Santanyí with all your senses.

In June, the island awaits with wonderful summer weather and Mediterranean serenity. Take the opportunity to leave everyday life behind you for a while in this dreamy hideaway and draw strength and inspiration again!

The retreat takes place in German and English and is also suitable for beginners.



CAL REIET

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

TÄGLICHES PROGRAMM

18. Juni

Individuelle Anreise

Check-In ab 15:00 Uhr

(Poolnutzung und individuelle Verpflegung den ganzen Tag über möglich)

17:15 Begrüssung, Einführung & Meditation mit Petra

18:15 Dinner

19. Juni

8:00-8:30 Meditation mit Petra

8:30-9:45 Yoga mit Luisa

10:15 Brunch

13:00-14:30 Veganer Kochkurs mit Rosa

16:30-17:45 Yoga mit Luisa

18:15 Dinner

20. Juni

8:00-8:30 Meditation mit Petra

8:30-9:45 Yoga mit Luisa

10:15 Brunch

Zeit für Treatments

16:30-17:45 Yoga mit Luisa

18:15 Dinner

21. Juni

8:00-10:00 Gehmeditation & Yoga am Strand mit Petra

10:15 Brunch

13:00-14:30 Veganer Kochkurs mit Rosa

Zeit für Treatments

17:00 Stylistin Luisa öffnet ihren Kleiderkoffer für uns

18:15 Dinner

22. & 23. Juni

8:00-8:30 Meditation mit Petra

8:30-9:45 Yoga mit Luisa

10:15 Brunch

Zeit für einen Dorfbummel, Wochenmarkt, Strand & Treatments

16:30-17:45 Yoga mit Luisa

18:15 Dinner

19:30 Feuerritual (letzter Abend)

24. Juni

8:30-9:30 Yoga mit Luisa

Verabschiedung durch Petra

10:00-11:00 Brunch

Check-Out Zimmer um 11:00

Individuelle Abreise

(Pool und individuelle Verpflegung den ganzen Tag über möglich)



CAL REIET

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

DAILY PROGRAM

18th June

Individual arrival

Check-in from 15:00 h

(Use of the pool and individual catering possible throughout the day)

17:15 Welcome, introduction & meditation with Petra

18:15 Dinner

19th June

8:00-8:30 Meditation with Petra

8:30-9:45 Yoga with Luisa

10:15 Brunch

13:00-14:30 Vegan cooking class with Rosa

16:30-17:45 Yoga with Luisa

18:15 Dinner

20th June

8:00-8:30 Meditation with Petra

8:30-9:45 Yoga with Luisa

10:15 Brunch

Time for treatments

16:30-17:45 Yoga with Luisa

18:15 Dinner

21st June

8:00-10:00 Walking meditation & Yoga on the beach with Petra

10:15 Brunch

13:00-14:30 Vegan cooking class with Rosa

Time for treatments

17:00 Stylist Luisa opens her suitcase for us

18:15 Dinner

22nd & 23rd June

8:00-8:30 Meditation with Petra

8:30-9:45 Yoga with Luisa

10:15 Brunch

Time for a stroll through the village, weekly market, beach & treatments

16:30-17:45 Yoga with Luisa

18:15 Dinner

19:30 Fire ritual (last evening)

24th June

8:30-9:30 Yoga with Luisa

Farewell by Petra

10:00-11:00 Brunch

Check-out rooms at 11:00

Individual departure

(Pool and individual catering possible throughout the day)

Who we are

Luisa Rossi

Luisa Rossi is a renowned Yoga teacher in Switzerland. She discovered her passion for Yoga when she turned 50, packed her suitcase and flew to New York to complete her teacher training. The best decision she could take!

She's also been enthusiastic about fashion and styling for more than 40 years now.

Furthermore she loves to live, feel, discover, enjoy and appreciate the term "lifestyle". She likes to share her experiences on social media, in workshops, events or private occasions.

Petra Bensland

Petra Bensland, mother of three grown-up children, is officially on the Yoga path since 2009 and has dedicated her life to conscious living ever since. Certified yoga teacher since 2012 with a 200h TT RYT at the Centered Yoga Thailand in classical yoga with Paul Dallaghan. 2013 & 2018 she completed the 200h TT RYT Pranayama program with Paul Dallaghan and Sri O.P. Tiwari at the Centered Yoga Thailand. 2017 followed an advanced 200 TT with Michael Hamilton, Airyoga Switzerland. Currently she is completing her training in essential psychotherapy.

"With the co-founding of Yoga Elements Zürichsee in 2014 and Cal Reiet in 2015, it is my great concern to offer platforms for contemplative practices, so that visitors can experience and practice a way to become more centered, move towards health and the rewarding path toward self-realization."

Rosa Asturias Rius

From 2017 to 2020, Rosa has been the chef in charge for Cal Reiet's breakfast buffet. She has developed and created many healthy recipes to match our guest's requirements regarding to dietetic restrictions, allergies or food intolerances. Some of them, like the buckwheat bread, the gluten free muffins, the plant-based milks and butters or the baked veggies with turmeric, cardamom and ginger are already classical dishes on Cal Reiet's breakfast buffet.

Rosa's cuisine is mainly plant-based, intuitive, a little bit transgressive and very creative. Paying particular attention to cooking procedures and showing deep respect for original ingredients, she firmly believes that what we eat will also nourish our soul. This is why it's worth to cook putting all our love in it.

Nowadays, aware of the great impact that our food habits have on our health and loving to share her knowledge, Rosa has focused her professional activity in naturopathic consultation, gastronomic counseling and plant-based cooking workshops at Cal Reiet.



CAL REIET

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

PRICING

7 days / 6 nights retreat

Single room – 2.535 €*
Double room – 1.905 €/person*

***What is included:**

6 nights accommodation at Cal Reiet Holistic Retreat
Vegetarian/Vegan Brunch and Dinner
Yoga and meditation program as described in the daily schedule
2x Vegan cooking class with Rosa Asturias
Farewell fire ritual

External participants (not staying overnight):

1.100 €/person
(includes everything mentioned above - except accommodation)

REGISTRATION & 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!