



CAL REIET

HOLISTIC RETREAT

“Joyful Summer Retreat”

Yoga and with Verónica An & Stuart Clark
Meditation and Essential Psychotherapy with Petra Bensland

2nd – 9th June 2023





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

DESCRIPTION

Summer is the time to enjoy and celebrate. That is why high spirits, lightness, and pure joie de vivre are the focus of this cheerful and colorful program.

The yoga on this retreat is tailored to bring a smile to your face and create the space for more joy in your life. Explore meditation in a fun and easy way and enjoy cooking with local organic products.

There will be plenty of time to relax by the pool or enjoy a healing massage or holistic treatment offered at the hotel. Explore the beaches in the vicinity or indulge the senses with the local wares offered at the weekly Santanyi market.

In June, the island awaits with wonderful summer weather and Mediterranean serenity. Don't miss this opportunity to leave everyday life behind, and relax for a while in this dreamy hideaway.

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

WHO WE ARE

Petra Bensland | Yoga, Essential Psychotherapy

Petra is an experienced RYT 500 Vinyasa and Hatha Yoga retreat teacher, who has studied with many well-known teachers such as Sri O.P. Tiwari, Paul Dallaghan, and Michael Hamilton. She is the co-founder of Cal Reiet and Yoga Elements Zurichsee. Her classes focus on clarity, strength, and flexibility of both body and mind. She uses the tools of breathwork, meditation, and chanting all informed by ancient wisdom.

Petra is a mother of three grown-up children, has officially been on the Yoga path since 2009, and has fully dedicated her life to conscious living since. Her development in Buddhist mind training and western psychotherapy is designed to help dissolve incoming emotional and cognitive patterns and release healing qualities such as love, compassion, openness, and wisdom.

Veronica An | Yoga, Qi Gong, Sound Therapist

Veronica is a RYT 500 Hatha teacher, who trained in Rishikesh, India; although her personal practice has been influenced more by Ashtanga Yoga. Her classes are built according to her own practice, experience, and trainings, imprinting each class with a rhythm and character of her own design. She adapts and varies the asana to the needs of the student, so, whether you are a beginner or advanced the practice she teaches is a great way to start your day with vitality on the physical level, and peace on the mental level.



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Stuart Clark | Yoga

Stuart Clark is an experienced RYT 500h Vinyasa Yoga Teacher. He believes that a yoga practice is a journey of embodiment. When we get intimate with our bodies, our emotions, and our mindset we can learn everything we need to create the story of our lives in a fulfilling and meaningful way.

The practice he teaches his students is only what he has embodied. He pulls from all of the trainings and learning he has done over the years, nothing is off limits. Stuart creates his classes with the utmost care and intention. His goal is to empower you physically and mentally and use the microcosm of the mat to bring you fully into the present moment. With awareness and presence magic happens.

DAILY PROGRAM

Arrival day check in from 15.00 /Meet and Greet at 17.00
Departure day check out at 11.00

08:00 – 09:45

Meditation & Yoga

10:00 - 11:00

Breakfast

11:15 – 16:30

Cooking workshop / Treatments & Free Time

16:30 – 17:45

Yoga & Pranayama

18:30

Dinner

20:00

Singing Bowl / Sharing Circles / Shamanic Fire Ritual

PRICING

8 days / 7 nights retreat

Single room – 3.155 €*

Double room – 2.280 €/person*

What is included:

7 nights' accommodation at Cal Reiet Holistic Retreat
Vegetarian/Vegan Brunch and Dinner
Yoga and meditation program as described in the daily schedule
Vegan cooking class
Farewell fire ritual

Carrer Cal Reiet 80, 07650 Santanyi, Mallorca, Spain
www.calreiet.com +34 971 947 047 enquiries@calreiet.com



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External participants (not staying overnight):

1.500 €/person

(Includes everything mentioned above - except accommodation)

*Prices are based on room category “Standard Room”.

Furthermore, upon availability, you have the following option:

Luxury Rooms: 3.470 € (single room), 2.595 € /person (double room)

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.

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:



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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 week 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!



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