


CAL REIET
HOLISTIC RETREAT



OPEN UP *to* FREEDOM

Summer Yoga Academy

25th JUNE 2022 - 31st AUGUST 2022

Summer Yoga Academy

We are excited to share another edition of Cal Reiet's Summer Academy with each one of you! Open up to freedom and experience your true potential.

During our Yoga Academy we will focus on working with our body and through the body we will reconnect on a mental and spiritual level; as a door opener for your true potential.

Each week we will choose a body theme, explore it deeply through Yoga asana, Pranayama (breath), meditation and thereby connect the emotional, mental and spiritual aspects.

Weekly topics:

1. Forward Bends: looking within
2. Backbends: finding freedom
3. Twists: removing obstacles
4. Inversions: becoming fearless
5. Strength: vulnerability
6. Flexibility: adaptability
7. Core: stability
8. Balance: discover your centre
9. Creating Space: letting go

More information: +34 971 94 70 47
or www.calreiet.com.

Class prices

Cal Reiet inhouse guests: free
External clients: 25€ / class
3 classes pass: 70€
10 classes pass: 200€

Cal Reiet's Table

Yoga + breakfast (Mon to Sat): 50€
Yoga + Sunday brunch: 55€

The teachers

Petra Bensland

Yoga & Essential Psychotherapy



Petra Bensland is an experienced Vinyasa and Hatha Yoga retreat teacher, who has studied with well-known teachers like Sri O.P. Tiwari, Paul Dallaghan and Michael Hamilton. The co-founder of Cal Reiet and Yoga Elements Zürichsee focuses on clarity, strength & flexibility with the tools of breathing, ancient wisdom, meditation & chanting.

Stuart Clark

Yoga & Body Therapist



Stuart believes that Yoga is a journey of embodiment. Through intimacy with our bodies, emotions and mind-set you will be able to learn what your body, mind and soul really need. For Stuart nothing is off limits and his teaching method will empower you physically and mentally. He will teach Pranayama, Kriyas, and Dharma and guide them by breathing exercises. Good music, sweat and laughter are also on the program!

Meet Ranja Weis, our guest teacher

On the 22th, 23rd, 25th and 26th of August Ranja Weis will be in charge of teaching the Yin Yoga class from 18h to 19.15h. She's a well-known teacher from Germany that has been teaching for over 15 years. She shares her knowledge and her soft and gentle way of teaching. She believes that Yin Yoga is a profound way to awaken love, compassion and kindness.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30	QI GONG	HATHA YOGA	BREATH BASED VINYASA	ASTHANGA INSPIRED	BREATH BASED VINYASA	MOVE & MEDITATE	SWEET VINYASA
09:45	Verónica	Martin	Stuart	Verónica	Stuart	Petra	Petra / Verónica
18:00			PRANAYAMA			SOUND BATH	
19:00			Petra			Verónica	
						FULL MOON CEREMONY*	TRANSFORMATIVE BREATH Clinton*

EXTRA CLASSES

* Transformative breath with Clinton: 3rd & 24th July & 14th Aug from 18:00 to 20:00 (30€/session)

* Full moon ceremony: 13th July & 12th Aug from 21:00 & open end (30€/session)

Martin Córdoba

Yoga & Body & Psychotherapist



Martin has been a body mind therapist for more than 16 years, certified in Hatha Yoga, Psychological Counsellor, Pranic and Reiki Healer, Masseur, Past Life Therapist, studied Enneagram, Mayan Calendar and other healing & development techniques. He uses body practice to integrate all our dimensions, to go beyond the body and explore our emotions and mind, connecting with our essence and going on a journey

Verónica An

Yoga, Qi Gong & singing bowl Therapist



Verónica is a RYT 500h Hatha teacher, trained in Rishikesh, India, although her personal practice has been linked more to Asthanga Yoga.

She builds the session according to her own experience and training, always respecting the different levels

Clinton Howell

Connected breathwork



Clinton is constantly amazed by the profound power of opening the body and breath and its ability to transform our physiological, mental, emotional, and spiritual levels of being. With conscious connected breathwork, you will discover how connecting with your breath is your greatest resource for inner transformation. Your breath is a beautiful gift and the most valuable tool to guide you through whatever you are experiencing in life.



EXPERIENCE *your* POTENTIAL

