



CAL REIET

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

“A Healing Journey”

with Henning Bensland & Johanna Lundström

19th – 23rd June 2023



This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.



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

DESCRIPTION

This retreat is a unique opportunity to come to better understand ourselves and others through healing practices, compassionate encounters, and mature dialogues. Together we expand our capacity to be real, to express authentically and in doing so enjoying the richness of life all the way down on a cellular level.

Johanna and Henning share their experiences and wisdom from their own healing journeys within the fields of Yoga, Shamanism, Buddhism and Body-oriented Psychotherapy.

Our intention is to support you with a holistic healing system using physical, emotional, psychological, and spiritual approaches to healing. You will get practical tools to accompany you in your daily life that may inspire you to make helpful, positive life changes.

Join us: step into the fire of self-discovery. It will not burn you; it will only burn what you are not!

No previous experience is needed. Come as you are. In the beautiful oasis of Cal Reiet, you can enjoy all the wellness facilities, healthy food, tailor made healing session and more.

We look forward to sharing these five days with you!

WHO WE ARE

Johanna Lundström

Johanna is one of the co-founders of Cal Reiet and our healer in residence. She has a corporate career behind her developing some of the largest international hotel brands around the world.

Some 15 years ago, living through the shock of the unexpected death of her brother, Johanna embarked on the yogic path – a healing journey that has taken her into deep self-inquiry into the body and breath, and subsequently on to body-oriented psychotherapy.

Johanna found great relief and insight in working through her pain in an embodied way, and when she years later experienced a burn-out it was these practices that once again helped her heal.

Today, Johanna passionately shares her wisdom with individuals and groups to bring about presence and awareness to facilitate change and healing from within. She is a Biodynamic Craniosacral therapist, Compassionate Inquiry practitioner, IFS-informed therapist, Shamanic healer, and Yoga teacher.

Her approach to the healing process is not from a disease diagnosing perspective, but from one of wholeness, knowing that our system has the innate wisdom to heal itself from within when the right conditions are provided.

Henning Bensland

Henning was an active entrepreneur until being diagnosed with MS 17 years ago from where he started his long and challenging healing journey.

Additional he also experienced two earlier depressions that helped him to deeply understand the importance to heal his psyche and to strengthen resilience.



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He has been educated in body psychotherapy and recently in psychotherapy based on a Buddhist perspective.

He uses methods that have proven effective in his embodied healing journey connecting body, mind and spirit. His teachings are practical and done with an open heart.

He founded Cal Reiet with Johanna and his wife Petra in 2015 with the aim of creating a true holistic healing retreat.

DAILY PROGRAM

Day 1

16:00 Opening Circle: sharing, relating, movement & framework
18:30 Welcome drink
19:00 Dinner
21:00 Moving Meditation

Day 2

07:00 Meditation, breathwork and yoga
09:30 Breakfast
11:30 Psychosomatic practices
Free time for tailor-made healing sessions
16:00 Philosophy, dialogues, and embodiment practices
19:00 Dinner
20:30 Self-expression as meditation form

Day 3

06:00 Sunrise hike
09:00 Breakfast
11:00 Body-oriented psychotherapy
Free time for tailor-made healing sessions
15:00 Breathwork & ice bath
19:00 Dinner
20:30 Innerdance

Day 4

07:00 Meditation, breathwork & yoga
09:30 Breakfast
Free time for tailor-made healing sessions
15:00 Philosophy & dialogues
16:00 Zurich Resource Model
19:00 Dinner
20:30 Evening ceremony

Day 5

07:00 Heart-opening breathwork & meditation with free movement
08:30 Closing circle
09:30 Breakfast
11:00 Check out
Afternoon is open for personal healing sessions



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

PRICING

5 days / 4 nights retreat

Single room – 2.260 €*
Double room – 1.760 €/person*

What is included:

4 nights' accommodation at Cal Reiet Holistic Retreat
Vegetarian/Vegan Brunch and Dinner
Yoga and meditation program as described in the daily schedule

External participants (not staying overnight):

1.040 €/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: 2.440 € (single room), 1.940 € /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.



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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 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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HOLISTIC RETREAT



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