



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 and Stefan Stolczewski

17th – 21st June 2024



It is said that before entering the sea
a river trembles with fear.

She looks back at the path she has travelled,
from the peaks of the mountains,
the long winding road crossing forests and villages.

And in front of her,
she sees an ocean so vast,
that to enter
there seems nothing more than to disappear forever.

But there is no other way.
The river cannot go back.

Nobody can go back.
To go back is impossible in existence.

The river needs to take the risk
of entering the ocean
because only then will fear disappear,
because that's where the river will know
it's not about disappearing into the ocean,
but of becoming the ocean.

-Kahlil Gibranas



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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 Do you want to become the “ocean”? What about enhancing the experience of fullness and richness in your life?

The first step is often to confront what seems to limit us. Something is in the way of us realising our fullest potential. One common issue that we face is to be trapped or limited by our own physical and emotional states. These are the times when we feel stressed and anxious, or frustrated and angry. Other times we feel sad, stuck, depressed and unmotivated. We may fear failure, not being understood, accepted, not feeling good enough, unloved, unworthy, feeling that something is wrong with us... the stories we tell ourselves (often unconsciously) are many and they go on and on...

Would you like to break free and transform limiting beliefs and emotional patterns that are playing out in your life?

This is a unique retreat offering you the opportunity to process and heal what is limiting or restricting you at this moment in time. During five days together we will share a healing journey holding you in a multidimensional space including the physical, emotional, psychological, and spiritual plane.

For millennia science and research have been breaking humans down to individual systems. Only to arrive at the understanding that there is no one system that governs the human body, but rather all systems inter-are and have an effect on one another, and therefore the person as a whole. In this retreat we will be working with the whole as much as we will be honouring each part that the whole contains.

The retreat is experiential, meaning we will not just share our knowledge, but we will actually be doing live process work together. Previous participants have highlighted that it was this combination that was so powerful for them. You see, the brilliance of somatic work is the ability to directly intervene with old behaviours and provide alternative ways of responding without getting stuck in the habits of the past.

We will work with topics relevant to the individuals in the group and carefully unpack them in our sessions. Every group member will play an important part, holding space in the healing field for the work to unfold. In our experience this way of practicing together creates a very powerful learning activator with palpable resonance throughout the group.

Johanna, Stefan and Henning have many years of experience decomposing and rebuilding themselves as human beings. They share practices, research, and wisdom from the fields of somatics, psychology, buddhism, yoga and shamanism, all traditions of which have formed part of their own healing journeys.



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Do you feel curious? Come along. This is one of the most transformative retreats we offer. Like previous retreats it is open to anyone looking for a catalyst of change, or a further deepening of their healing process. It brings together a unique group of people from different parts of the world and different walks of life. This on its own, is adding yet another enriching aspect of the healing journey, namely diversity, and everything that comes with it.

Are you ready to dive deep? To feel, to laugh, to cry, to share and care? We certainly are, and we can't wait have you amongst us here at beautiful Cal Reiet.

With love,

Johanna, Stefan & Henning

And please, if you have any questions or hesitations contact, one of us so we can help you feel into if this retreat is truly for you. 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 her roots in the very north of Sweden, some 100km north of the arctic circle. She has a successful 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.

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.



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Stefan Stolczewski

Stefan is a Diplom-Psychologist , Psychological Psychotherapist (focus on CBT = Cognitive Behavioral Therapy), Therapist in Essential Psychotherapy (EPT) and Therapist in Clarification-Oriented Psychotherapy (COP).

From an early age, Stefan's interest was directed towards human experiences and behaviors. Consequently, after graduating from high school, he studied psychology. Supporting people in their suffering and mental illnesses was a central concern for him, leading him to initially pursue basic training as a psychological psychotherapist with a focus on cognitive behavioral therapy. He then underwent further therapeutic training in clarification-oriented psychotherapy (COP) and, most recently, in essential psychotherapy (EPT).

He has gained diverse experiences in outpatient and inpatient settings, including working with psychosomatically ill or drug-dependent people, as well as counseling parents, children, and adolescents.

Since 2021, partly due to significant life changes, Stefan has shown increasing interest and dedication to Buddhist psychology and psychotherapy. This is coupled with a desire to integrate the teachings and experiences into his daily therapeutic work with people, aiming to support healing experiences and processes.

Similar to Johanna and Henning, Stefan's approach in his work is less about a conservative, pathologizing view of people's suffering and more about a holistic, spiritual perspective,



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

DAILY PROGRAM

DAY 1 Monday

- 15:00 Check in
- 16:00 – 18:00 Opening Circle
- 18:30 – 19:00 Welcome drink
- 19:00 – 20:00 Dinner
- 20:30 – 21:45 Moving Meditation

DAY 2 Tuesday

- 07:00 – 07:30 Meditation
- 07:30 – 09:30 Breathwork & Movement
- 09:30 - 11:00 Brunch
- 11:30 - 13:30 Somatics & Psychotherapeutic practices
- 16:00 - 17:30 Somatics & Psychotherapeutic practices
- 18:00 - 19:00 Dharma & Meditation
- 19:00 – 20:00 Dinner
- 20:30 – 21:30 Shamanic journey

DAY 3 Wednesday

- 06:00 – 08.30 Sunrise hike to the beach
- 09:00 – 11.00 Brunch
- 11:30 - 13:30 Somatics & Psychotherapeutic practices
- 15:00 - 16:30 Breathwork & ice bath
- 18:00 - 19:00 Dharma & meditation
- 19:00 –20:00 Dinner
- 20:30 –22:00 Innerdance journey

DAY 4 – Thursday

- 07:00 – 07.30 Meditation
- 07.30 – 09.30 Breathwork & Movement
- 09:30 – 11.00 Brunch
- 11:30 - 13:30 Somatics & Psychotherapeutic practices
- 16:00 - 17:30 Resourcing practice
- 18:00 - 19:00 Dharma & Meditation
- 19:00 – 20.00 Dinner
- 20:30 - 21:30 Fire ceremony

DAY 5 – Friday

- 07:00 – 08.30 Breathwork, meditation and movement
- 08:30 - 09.30 Closing circle
- 09:30 – 11.00 Brunch
- Before 11:00 Check out

** Schedule subject to changes*



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

PRICING

Single room: 2.440,- €*

Double room: 1.880,- €* per person
(beds can be set as one double or two twin beds)

* There is a surcharge of 45 € per room and night
for luxury rooms & one bedroom suites

External participants (not staying overnight):

1.080,- € per person

What is included:

Vegetarian/Vegan Breakfast and Dinner
Usage of the pool, wellness area



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BOOKING & 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:

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.



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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!

