



## ABOUT LILA CRISTINE LUTZ

Lila is a leading Kundalini Yoga and Stress Relief Yoga teacher based in Copenhagen. She also offers psychotherapy, relaxation and sound therapy, as well as mindfulness with healing. She is the founder of Nordic Kundalini Yoga, which is a unique yoga system that works to provide mental peace, grounding and bring life-giving harmony to the body and soul. To learn more about Lila, visit [nordickundalini.dk](http://nordickundalini.dk).

# NORDIC KUNDALINI RETREAT

WITH LILA CRISTINE LUTZ  
AT CAL REIET, MALLORCA

# NORDIC KUNDALINI YOGA RETREAT

WITH LILA CRISTINE LUTZ  
AT CAL REIET, MALLORCA

- Kundalini yoga, aromatherapy, yin yoga, stress relief, sound meditation and redondo-movement.
- Classes every morning and every afternoon min. 4 hours a day in fully equipped beautiful yogashala.
- Delicious vegetarian and organic food with taste experiences for all the senses and created by very skilled chefs.
- Meet springtime at Mallorca and enjoy 15-18 degrees, beautiful walks and bathing in the sea.
- We offer a bike cycle guide (road bike and e-bike tours of 2-3 hours. You must rent your own bike.
- Cal Reiet's offers facial and body treatments from skilled therapist for your complete wellness.
- Get to know Lila at nordickundalini.dk or @lilayoga at Instagram and Facebook



JOIN US ON RETREAT FROM FEBRUARY 15TH TO 21ST,  
2025, OR FROM FEBRUARY 22ND TO 28TH, 2025.



## PRACTICAL INFORMATION

### PRICE

DKK 11,800 per person sharing a double room.  
DKK 6,700 extra for a single room.

### INCLUDES

Price for 6 days hotel, brunch, dinner and all the classes and bike tours. (Bike tours are only available at the retreat 17th to 23rd of February 2024).

### TERMS

Upon registration, a deposit of DKK 3.500.  
(non-refundable upon cancellation).  
Remaining amount due by November 1st, 2024.

Flight to Palma/Mallorca and transport to Cal Reiet is approx. 40 km (self-payment)

### THE PLACE

Learn more about the beautiful 4\* boutique hotel location at [calreiet.com](http://calreiet.com)

### REGISTRATION & QUESTIONS

Please contact Hanne Bousager Larsen  
[hanne@heartevent.com](mailto:hanne@heartevent.com) + 45 22 74 94 22

Lila & Hanne look forward to giving you a wonderful experience for body and soul.