



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.

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 17TH TO 23RD,
2024, OR FROM FEBRUARY 24TH TO MARCH 1ST, 2024.



PRACTICAL INFORMATION

PRICE

DKK. 10.800 pr. person with 2 people in a double room. DKK. Extra cost DKK 5.700 for a single room. Book before 1st of October to secure your spot.

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 2.500. (non-refundable upon cancellation).

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

REGISTRATION & QUESTIONS

Please contact Hanne Bousager Larsen hanne@heartevent.com + 45 22 74 94 22

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