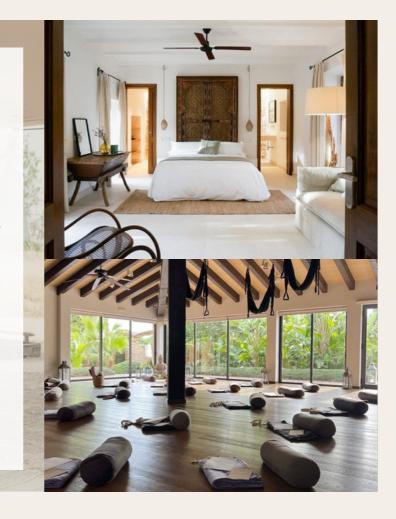


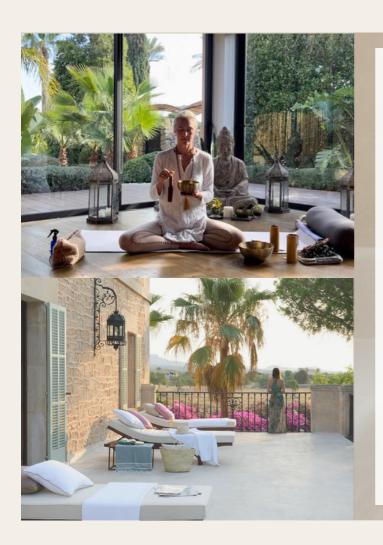
## NORDIC KUNDALINI YOGA RETREAT

## 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

#### DDICE

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.