# PILATES AND YOGA RETREAT

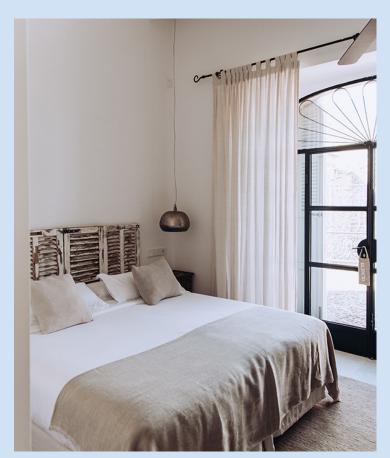
with Ana Pernas

MAY 26TH - 31ST 2024 SANTANYI, MALLORCA



6 days / 5 nights at the cozy and beautiful Holistic Retreat Cal Reiet







### Activities

3 x Daily Sessions

- Meditation
  - Pilates
  - Yoga

3 Workshops

- Breathing
  - Hands
  - Feet

Meals: Nourishing and Healthy Breakfast and Dinner included (Vegetarian)

- Cacao Ceremony
- Fire Night Ceremony (subject to weather conditions)
  - Bicycles
  - Jogging opportunities







#### Suites

Single Room: 2650 CHF\*
Double Room: 1950 CHF\*
\*Price per person
6 days / 5 nights inc. the services
described above.

# Transfer Airport - Hotel - Airport

If you are interested in traveling with the group, booking information as follows:

ZRH - PMI (12:10pm - LX2156) PMI - ZRH (15:05pm - LX2157).

- From 6 people there will be a shared transfer from Palma de Mallorca Airport to the Hotel.
   Please confirm your flight to Ana Pernas.
  - The transfer costs will be charged separately.
- A separate journey by taxi costs approx. 80 EUR per trip. (It takes around 45 minutes).

#### Reservations

pilatesanapernas@gmail.com Mobile: +41 76 537 18 09 Whatsapp: +34 657 367 290 You can find more information about Ana Pernas at www.anapernas.fit

Places and rooms are limited. Both will be confirmed after receipt of payment.





### **Payment Conditions**

You will receive the booking confirmation after receipt off payment by email.

By paying for fhe reservation you immediately accept the cancellation policy below.

#### **Bank Details**

Zurich Kantonalbank CH92 0070 0114 8080 6168 4 Name: Ana Laura Pernas Address: Santisstrasse 5, 8008 Zurich, Switzerland.

# Your Optional Schedule\*

	SUNDAY 26TH	MONDAY 27TH	TUESDAY 28TH	WEDNESDAY 29TH	THURSDAY 30TH	FRIDAY 31ST
7:30 - 8:30		Meditation	Meditation	Meditation	Meditation	Meditation
9:00 - 10:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:30 - 12:00		Pilates	Yoga	Pilates	Yoga	Check out 11:00
12:00 - 16:00	Check in 15:00	Free time	Free time	Free time	Free time	
16:00 - 17:00	Introduction	Breathing Workshop	Free time	Hands Workshop	Feet Workshop	
17:00 - 18:30	Yoga	Yoga	Pilates	Yoga	Pilates	
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	
20:30			Chocolate Ceremony		Fire Ceremony	

<sup>\*</sup> Schedule is not binding. You are free to participate at your convenience.









## **Cancellation Policy**

We understand unexpected events can happen, unfortunately we will not refund or discount for delays, cancelations, early departures, flight cancellations, strikes, illness, accidents, family emergencies, etc. Since fixed costs were already incurred when the reservation was made.

For your peace of mind, please take a private cancellation and travel insurance.