

PILATES AND YOGA RETREAT

with Ana Pernas

MAY 26TH - 31ST 2024
SANTANYI, MALLORCA



SECRET

YOGA RETREAT

*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 the 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	

* 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, cancellations, 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.