

# Food for thought at Cal Reiet

with Ulrica Norberg and Henning Bensland  $10^{\rm th}$  March  $-14^{\rm th}$  March 2024







## **DESCRIPTION**

#### Welcome!

At a glance, a holistic approach to life and wellness means to provide support that looks at the whole person and try to merge all aspects of living together as a n entity. Holistic medicine looks at the whole person for answers, not just at physical symptoms. So, when approaching one's health from a more holistic perspective, you look and evaluate something from a complete of total point of view, where all aspects of wellbeing is considered as a factors that influence or sense of self, level of awareness and health status.

It is easy as a human to only look at ourselves and the world and venture an opinion from what we can divulge in. That is highly subjective and from there its quite hard to increase a level of consciousness. If we start to practice examining a more complete picture, we gain the advantage of more often than not, reaching some realization and insight that there is far more value to the whole, which also gives more freedom, ease and power from within. We are entire eco-systems where our brain, senses, emotions, muscles, organs, nerve system and all our surroundings need to work together as a network in order for us to function.

Ulrica Norberg and Henning Bensland have both experienced deep healing and have been adopting a more holistic, multidimensional approach and embracing the power of nurturing mental well-being through body, mind and spirit practices. They are here to share their rich knowledge and deep insight with you in what will be a truly inspirational 5 couple of days. Expect to use your body, breath, emotions, thoughts, sleep and nourishing foods as tools to start building yourself towards higher health and well-being.

Some topics that will be covered:

- The Power of Breath
- The build of Neuropathy (mind and body connection practice)
- Stress management through restorative practice
- Body conscious movement
- Mindfulness philosophy and psychology
- The healing philosophy of food, digestion and eating.
- Meditation practice
- Embracing interconnectedness through reflection and practice
- Solitude and communion.



## DAILY PROGRAM

March 10<sup>th</sup>

3 pm - Check in.

4.30-6 pm - Post travelling yoga practice

7 pm - Dinner

March 11th -13th

07.30-9 am - Morning yoga practice

9-11am - Breakfast

2-4 pm - Afternoon program

4.30-6 pm - Restoring yoga & meditation practice

7.30 pm - Dinner

## March 14<sup>th</sup>

07.30-9 am - Morning yoga practice

9-11 am - Breakfast

11 am - Check out and departure



## Who we are

## Ulrica Norberg

Ulrica is an inquirer and has throughout her life journey collected experience from various fields, cultures, countries and types of work. With a mind intrigued how things function and affect energy, she has spent many years studying science, human arts, biomedicine, health science, physiology, anatomy, philosophy, psychology, and bioenergy work. She is a life coach, meditation teacher, breath trainer, an initiated yoga master (only 9 westerners were initiated before her) with over 30 + years' experience.

This Sweden native, holds a master's degree from Stockholm University in Journalism and film and a bachelor's degree in philosophy and literature, is a trained journalist and dramatist and shares her teaching with work as a creative consultant, moderator, lecturer and teaching creativity and innovation workshops. She has written over a dozen books on health, travel, nature, and creativity and is a well sought-after teacher in leadership programs focusing on mind health, transformation, and business innovation. Her passion is nature and health, and you find her in her natural habitat, hiking around the world. By herself or leading group expeditions.

Ulrica has a sincere fascination for nature, culture and diversity which had her living abroad for many years before settling back in Stockholm, that is now her base and from where she travels to hold workshops, trainings, lectures, and retreats globally.

When you come on a retreat with Ulrica she makes you feel seen and right at home with her deep knowledge, ability to adapt practices for individual needs, her gentle ways and sense of humor.

Quote Ulrica:

"When you start taking yourself too seriously, the yoga is gone. Its just yoga.

Aim to soften and you shall receive what you need."

WEB: ulricanorberg.se IG: ulricanorberg YOUTUBE: ulrica norberg



## Henning Bensland

Henning was an active serial entrepreneur until being diagnosed with MS 17 years ago from where he started his long and challenging healing journey.

Additional he also experienced two earlier depressions that helped him to deeply understand the importance to heal his psyche and to strengthen resilience.

He has been educated in body psychotherapy and recently in psychotherapy based on a Buddhist perspective. He has also a master in Engineering.

He uses methods that have proven effective in his embodied healing journey connecting body, mind and spirit. His teachings are practical, and done with an open heart and sensitivity.

Henning is Swedish, has 3 children and is living in Zürich together with his wife Petra. He co-founded Cal Reiet 2015 with the aim of creating a true holistic healing retreat.



## **PRICING**

**Single room:** 2.435,- €\*

**Double room:** 1.855,- €\* per person (beds can be set as one double or two twin beds)

\* There is a surcharge of 45 € per room and night for luxury rooms & one bedroom suites

### What is included:

4 nights accommodation at Cal Reiet Holistic Retreat

Vegetarian/Vegan Breakfast and Dinner

60 minutes Cal Reiet Holistic Treatment

Morning & afternoon sessions with Ulrica and Henning as described in the program above

# External participants (not staying overnight):

1.395,-€ per person

#### What is included:

Vegetarian/Vegan Breakfast and Dinner 60 minutes special Cal Reiet Holistic Treatment Pool usage Morning & afternoon sessions with Ulrica Norberg as described in the program above



## **BOOKING & PAYMENT**

To make your reservation, please contact enquiries@calreiet.com or alternatively call us at (+34) 971 947 047.

We charge 500,- € deposit when booking up to 3 months in advance to guarantee the room. Three months before the retreat the remaining amount will be charged.

Our account details:

IBAN: ES80 0019 0086 15 4010067913 BIC/SWIFT: DEUTESBBXXX

Bank: Deutsche Bank

Beneficiary: Cal Reiet Mallorca SL

After receiving your payment CAL REIET HOLISTIC RETREAT will send you a booking confirmation. By doing the payment for the retreat reservation you accept the cancellation policy stated below.

#### CANCELLATION POLICY

There will be no refunds or discounts for arriving late, leaving early, flight cancellations, travel delays or illness. We do not accept any liability for failure to provide the services contracted or any of them due to circumstances beyond our control. To the extent permitted by law, Cal Reiet do not accept any liability arising out of any occurrences beyond its control including but not limited to acts of terrorism, acts of God, flood, war, strikes, riot, theft, delay, cancellation, civil disaster, government regulations or changes in itinerary or schedule (collectively, "Force Majeure").

If you cancel the retreat for any reason, the cancellation policy below will apply, with no exceptions:

#### IF YOU CANCEL YOUR RESERVATION:

If you cancel more than three months in advance – we will charge 150€ per person as an administration fee. The remaining amount (350,00€) will be refunded. If you cancel between 30 and 90 days prior to retreat start, we will transfer 100% of the deposit paid towards a new retreat or private booking.

If you cancel up to 3 weeks prior to retreat start, we will transfer 75% of the deposit paid towards a new retreat or private booking.

If you cancel up to 2 weeks prior to retreat start, we will transfer 50% of the deposit paid towards a new retreat or private booking.



If you cancel up to 1 weeks prior to retreat start we will transfer 25% of the deposit paid towards a new retreat or private booking.

If you cancel less than 1 week prior to retreat start, no refund will be given.

To cancel please send an email stating that you wish to cancel your booked retreat to enquiries@calreiet.com.

In the event that Cal Reiet Mallorca S.L. by forces beyond its power needed to cancel all services stipulated under the contract, Cal Reiet Mallorca S.L. reserves the right to postpone the booking by offering alternative dates and transferring the full amount of the deposit received towards the new booking. We look forward to having you with us!

