



CAL REIET

H O L I S T I C R E T R E A T

“Under your Skin” Spring rejuvenation retreat at Cal Reiet

Host Petra Bensland invites Lovisa and Christina Hahn

11 April– 17 April 2025





CAL REIET

H O L I S T I C R E T R E A T

DESCRIPTION

Welcome!

Led by the unique combination of a mother & daughter - Lovisa and Christina Hahn started the holistic beauty & wellness brand Under Your Skin in 2017. Since then they have had their individual spiritual and personal journeys of growth and healing. Together, they work with both psychological, physical and energetic aspects of healing - combining their unique methods that contribute to profound life change.

Both Christina and Lovisa have always had a burning passion and interest in holistic health and how to live life as fully and healthy as possible.

DAILY PROGRAM

Example of a retreat day:

08:00-09:30 We start the day in silence:
morning meditation & movement

09:30 – 11:00 Breakfast

10:00-13:00 Individual coaching sessions
+ time for tailor made sessions/rest & contemplation

13:00 Light lunch available a la carte
+ time for Q&A and individual talks

15:00-17:00 KAP session/breathwork/yoga

18:00 Dinner

20:00 Sharing circle/Individual talks/Q&



CAL REIET

H O L I S T I C R E T R E A T

Who we are



Host: Petra Bensland

Petra is the co-founder of Cal Reiet and Yoga Elements Zurichsee. Her classes focus on clarity, strength, and flexibility of both body and mind. She uses the tools of breathwork, meditation, and chanting all informed by ancient wisdom.

Petra is a mother of three grown-up children, has officially been on the Yoga path since 2009, and has fully dedicated her life to conscious living since. Her development in Buddhist mind training and western psychotherapy is designed to help dissolve incoming emotional and cognitive patterns and release healing qualities such as love, compassion, openness, and wisdom.



CAL REIET

H O L I S T I C R E T R E A T



Lovisa

Through her spiritual journeys with ayurveda, yoga, transcendental & non-duality meditation - Lovisa discovered KAP and is today a trained facilitator. With focus on KAP and meditation the practices are designed to reach your intuition, release emotional & energy blockages, gain a stronger sense of self and feel a stronger sense of clarity and purpose.

Christina

Christina Hahn is an award-winning serial entrepreneur who has always had health and wellbeing as her greatest interest. Through her work, she found tools to manage stress, decision making and life choices early on in life. Today, she is a trained coach and mentor and has helped many to emerge as their true self, to find their path in life and to set healthy boundaries and habits.



CAL REIET

H O L I S T I C R E T R E A T

PRICING

Single room: 2.520,- €*

Double room: 1.615,- €* 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:

Carrer Cal Reiet 80, 07650 Santanyi, Mallorca, Spain
www.calreiet.com +34 971 947 047 enquiries@calreiet.com



CAL REIET

H O L I S T I C R E T R E A T

6 nights accommodation at Cal Reiet Holistic Retreat

Vegetarian/Vegan Breakfast and Dinner
Morning & afternoon sessions

External participants (not staying overnight):

1.080,- € per person

What is included:

Vegetarian/Vegan Breakfast and Dinner
Usage of the pool, wellness area and all the other facilities

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



CAL REIET

H O L I S T I C R E T R E A T

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€ 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.



CAL REIET

H O L I S T I C R E T R E A T

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!