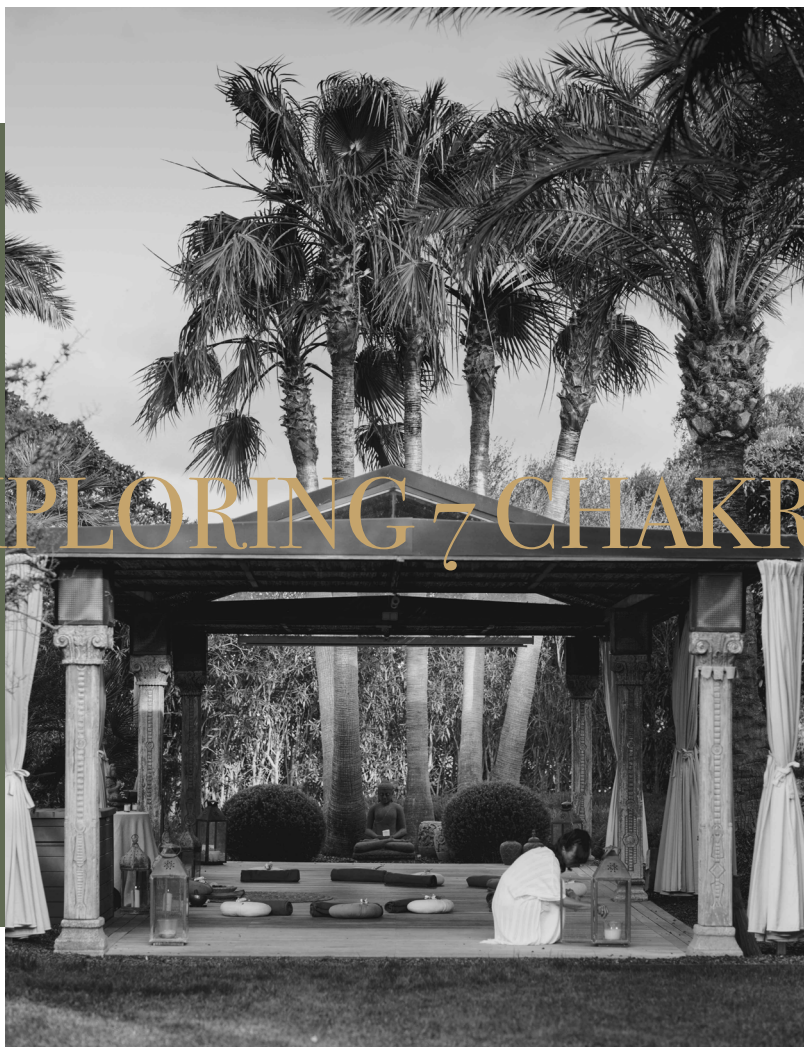




CAL REIET

HOLISTIC RETREAT

EXPLORING 7 CHAKRAS



Summer Yoga Academy

1st July 2025- 31st August 2025

7 Chakras

Exploring the chakras system through yoga is a profound way to deepen your practice and align both mind & body.

The chakra system consists of seven primary energy centers that run along the spine, each corresponding to different physical, emotional and spiritual aspects of our being.

Through our yoga classes you can balance and harmonize these centers, promoting overall well-being.

Whether it's diving deep into a specific chakra, playing with some new flows, or simply grounding yourself...let's get together to connect body, mind & spirit on the mat.

ROOT CHAKRA (I am)

1st - 6th of July

SACRAL CHAKRA (I feel)

7th - 13th of July

SOLAR PLEXUS (I do)

14th - 20th of July

HEART CHAKRA (I love)

21st - 27th of July

THROAT CHAKRA (I speak)

28th of July - 3rd of August

THIRD EYE (I see)

4th - 10th of August

CROWN CHAKRA (I know)

11th - 17th of August

All 7 Chakras : 18th - 31st August

We're looking forward to welcoming all of our yoga friends & practitioners again this year.

Petra Bensland,

Co-owner & founder Cal Reiet, holistic retreat.

The teachers

Verónica An

Yoga, Qi Gong & Singing Bowl Therapist



Veronica is a RYT 500h Hatha Yoga teacher, trained in Rishickesh, India. Her personal practice includes Bhakti Yoga, where her intuition and inner guru guide her through devotional chanting along with the harmonium. Verónica is also a professional sound healing therapist and Master Gong certified by the International Academy of Sound Healing, India, who has always feel amazed by the healing power of sound and vibration.

Tamara Ledesma

'Yogalates' Instructor



Full Moon Ceremonies:

10. 07. 2025 (with fire & live music)

24. 07. 2025

09. 08. 2025

Morning classes: Dynamic practice

Afternoon classes: Restorative practice

Stuart Clark

Yoga & Body Therapist



Stuart believes that yoga is a journey of embodiment. By connecting more deeply with your body, emotions and mindset, you'll be able to learn what your body, mind and soul really need. For Stuart, nothing is off limits and his teaching method will empower you physically and mentally. He will teach Pranayama, Kriyas, and Dharma and guide you through breathing exercises. Good music, sweat and laughter are also on the program!

Tamara has always been and continues to be inspired by 'connecting to our centre' so that we may move forward with peace and vitality. She is a comprehensive pilates teacher and trainer, 500h yoga teacher and a sound massage therapist. She loves combining these modalities to align mind, body and spirit. Tam believes in empowerment through education so that you may leave the session feeling connected, energised and invigorated. Expect a journey of movement involving a core flow and fun!

Yoga Class prices

Yoga 30€

Pack of 10 classes 250€

Cal Reiet in-house guests: free morning classes; afternoon & full moon ceremony, regular prices.

Yoga & Breakfast 55€

Full moon ceremony with fire & live music: 35€

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30 09:45	YOGA Guest teacher	BREATH BASED VINYASA Stuart	YOGALATES Tamara	ASTHANGA INSPIRED Verónica	YOGA Guest teacher	YOGA Guest teacher	YIN YANG YOGA Verónica
18:00 19:15	YOGA Guest teacher		SOUND BATH		YOGA Guest teacher		

Lila Cristina

Yoga guest teacher - 1st - 13th of July



Lila is a leading Danish Kundalini Yoga teacher & holistic Psychotherapist based in Copenhagen. She teaches in a soft and joyful way that brings you into a heartfelt space of inner joy and peace. Through the therapeutic yoga practice, you will be able to release toxins, tensions and old mind structures and open up for life energy to flow more freely.

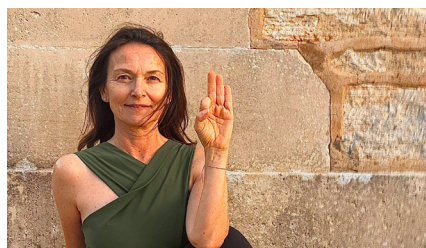
Boris Plücken

Yoga guest teacher - 3rd - 17th of August



Catherine Chassaignon

Yoga guest teacher - 13th - 20th of July



Catherine, a French yogi based in Stockholm, is on a perpetual yoga quest. Trained in Sweden, India, and France, she's been teaching since 2014. She encourages students to apply inward learning, as in her mind, yoga represents an internal journey, a dialogue between strength and softness, energy and relaxation, control and letting-go.

Boris Plücken is an Advanced Certified Jivamukti Yoga Teacher, Yin Yoga and Kundalini Yoga Teacher. His experience arises from self practice and long-term teaching. Further education in self experience, inner energy management, meditation, Thai Yoga Massage & Craniosacral Therapy were helpful additions. In his yoga classes, Boris' intention for us in the practice is to be naturally energized from within, and at the same time to feel steady and calm.

Nicole Schöngart

Yoga guest teacher - 20th July - 3rd Aug.



Nicole, a yoga enthusiast for over 16 years, shifted from architecture and project development to focus on mental and physical practices during the pandemic. Trained in Kundalini Yoga, she now shares her experiences to support others on their journey to well-being. Her classes and retreats integrate sound, aromatherapy, and dance to embrace the beauty of life.

Lina Galli

Yoga guest teacher - 17th - 31st of July



Yoga is Lina's path to clarity, revealing the perfection within. Her journey began at 16, with teacher training in Jivamukti, Kundalini, Vinyasa, and Yin Yoga. Now, she runs Ommm Yoga Studio in Freiburg, grateful for teachers and students who embrace Hatha Yoga's inward learning, harmony, and joy.



ENHANCING Well-Being

Book your place
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