

A tropical resort poolside scene with palm trees and lounge furniture. The background shows a clear blue sky and several tall palm trees. In the foreground, there is a swimming pool with clear blue water. Along the poolside, there are several lounge chairs with white cushions and wooden frames, some with white curtains. The overall atmosphere is serene and relaxing.

NORDIC KUNDALINI RETREAT

WITH LILA CRISTINE LUTZ
AT CAL REIET, MALLORCA

ABOUT LILA CRISTINE LUTZ

Lila is a leading Kundalini Yoga and Stress Relief Yoga teacher based in Copenhagen. She also offers psychotherapy, relaxation and sound therapy, as well as mindfulness with healing. She is the founder of Nordic Kundalini Yoga, which is a unique yoga system that works to provide mental peace, grounding and bring life-giving harmony to the body and soul. To learn more about Lila, visit nordickundalini.dk.

NORDIC KUNDALINI YOGA RETREAT

WITH LILA CRISTINE LUTZ
AT CAL REIET, MALLORCA

- Kundalini yoga, aromatherapy, yin yoga, stress relief, sound meditation and redondo-movement.
- Classes every morning and every afternoon min. 4 hours a day in fully equipped beautiful yogashala.
- Delicious vegetarian and organic food with taste experiences for all the senses and created by very skilled chefs.
- Meet springtime at Mallorca and enjoy 15-18 degrees, beautiful walks and bathing in the sea.
- We offer a bike cycle guide (road bike and e-bike tours of 2-3 hours. You must rent your own bike.
- Cal Reiet's offers facial and body treatments from skilled therapist for your complete wellness.
- Get to know Lila at nordickundalini.dk or @lilayoga at Instagram and Facebook



JOIN US ON RETREAT FROM FEBRUARY 14TH TO 20TH,
2026, OR FROM FEBRUARY 21ST TO 27ST, 2026.



PRACTICAL INFORMATION

PRICE

DKK 12,000 / €1,610 per person sharing a double room. DKK 6,900 / €925 extra for a single room.

INCLUDES

6 days at the hotel, beautiful brunch & dinner. All classes & bike tours (Bike tours are only available on the retreat from 14th-21st February 2026)

TERMS

Upon registration, a deposit of DKK 4,000 / €535 (non-refundable upon cancellation). Remaining amount due by October 1st, 2025.

Flight to Palma/Mallorca and transport to Cal Reiet (approx. 40 km) at own expense

THE PLACE

Learn more about the beautiful 4-star boutique hotel at calreiet.com

REGISTRATION & QUESTIONS

Please contact Hanne Bousager Larsen hanne@heartevent.com + 45 22 74 94 22

Lila & Hanne look forward to giving you a wonderful experience for body and soul.