

Cal Reiet In-house retreat: A Healing Journey

With Henning Bensland, Johanna Lundström and Stefan Stolczewski

15 – 19th of June 2026



A journey of a thousand miles begins with a single step -Lao Tzu



Dive deep into the heart of healing

Are you ready to move beyond surface-level fixes and explore the root causes of your discomfort or distress? Join us for six immersive days at Cal Reiet, where we blend Compassionate Inquiry and psychotherapy with embodied movement practices, meditation, breathwork, Buddhist contemplative practices and shamanic journeys. Our approach is designed to uncover and transform the hidden patterns - physical, emotional, and mental - that have kept you stuck, guiding you toward a more authentic and vibrant life.

This retreat is an invitation to dig deep into the origins of your challenges through real experiential work. Through live process work we'll help you identify the underlying beliefs, emotional narratives and sensations that manifest as discomfort or disease in you; those influences that are keeping your body in a stress response undermining your every effort to change. You see, most of us are not stuck because we don't know what to do – we're stuck in unconscious patterns that keep getting in the way of doing it.

Our experienced facilitators, Johanna, Stefan, and Henning, bring wisdom from somatic psychology, psychotherapy, Buddhism, yoga, meditation and shamanic practices. Together, we'll create a supportive space where every participant in the group plays a vital and unique role in holding a powerful healing field.

Whether you are a seasoned practitioner or new to this kind of transformative work, and whether you're seeking a catalyst for change or a deep healing journey, you'll gain valuable insights and practical skills to cultivate a greater sense of wholeness in every aspect of life. You'll leave with the tools and insights needed to foster profound, lasting change.

Expect laughter, tears, sharing, and meaningful conversations. Previous participants have called this one of the most life-changing experiences they've had.

Come along. We're ready to dive deep - and we can't wait to do it with you!

With love,

Henning, Johanna & Stefan



Retreat Highlights

Framework for growth and healing: learn how your story and personality traits can become stepping stones for growth and connection.

Experiential practices: participate in body-oriented psychotherapeutic process work, reflective exercises, group discussions, guided meditation, breathwork and embodied movement sessions to foster understanding and enhance self-compassion and resilience.

Embodying emotions: we will explore how emotional narratives and adaptive strategies form over time, and how they can be re-framed to cultivate wholeness and well-being.

Scientific insight and Wisdom traditions: integrating insights from neuroscience, somatic, psychology, contemplative Buddhist practices and shamanic wisdom, we will expose the science behind behavior, neuroplasticity, integration, and relational compassionate based healing.

About the facilitators

Johanna Lundström

Johanna is a co-founder of Cal Reiet where she also offers private healing sessions. 19 years ago, the unexpected loss of her brother set her off on a deeply personal journey. Drawn to yoga and the art of deep self-inquiry, she began listening to the language of her body and breath, ultimately embracing body-oriented psychotherapy to reclaim her inner wholeness. Her own experiences of pain, loss and burnout have shaped Johanna's unique approach to healing. Integrating

Compassionate Inquiry, Biodynamic Craniosacral therapy, Internal Family Systems, shamanic wisdom, and the practical science of yoga, she guides individuals, couples and groups to explore the roots of their discomfort.

Johanna believes that within each of us lies an innate intelligence, capable of healing and transformation when nurtured in the right conditions. In her gentle, unwavering presence, Johanna creates a heartfelt space where you feel truly seen, heard, and understood - empowering you to embrace your truth.

With the invitation to live life your unique way, Johanna compassionately accompanies you on the journey towards reclaiming your authenticity, one embodied moment at a time.



Henning Bensland

Henning was a successful entrepreneur when being diagnosed with MS 19 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 is educated in body psychotherapy, Essential Psychotherapy, Compassionate Inquiry, mindfulness and awareness training. He uses well proven methods that have been effective for others and for his own embodied healing journey - connecting body, mind and spirit. His teachings are practical and done with an open heart. He and his wife Petra founded Cal Reiet with the aim of creating a true holistic healing retreat and he also provides in-house therapies.

Stefan Stolczewski

Stefan has Diplomas in Psychology, Psychological Psychotherapist (focus on CBT = Cognitive Behavioural Therapy), Therapist in Essential Psychotherapy (EPT), Therapist in Acceptance and Commitment Therapy (ACT) and Therapist in Clarification Oriented Psychotherapy (COP).

From an early age, Stefan's interest was directed towards human experiences and behaviors. Consequently, after graduating from high school, he studied psychology. Supporting people in their suffering and mental illnesses was a central concern for him, leading him to initially pursue basic training as a Psychological Psychotherapist with a focus on Cognitive-Behavioural Therapy. He then underwent further therapeutic training in Clarification-Oriented Psychotherapy (COP) and, most recently, in Essential Psychotherapy (EPT) and Acceptance and Commitment Therapy. He has gained diverse experiences in outpatient and inpatient settings, including working with psychosomatically ill or drug-dependent people, as well as counselling parents, children and adolescents.

Since 2021, partly due to significant life changes, Stefan is increasingly interested and dedicated to Buddhist Psychology and Psychotherapy. This is coupled with a desire to integrate the teachings and experiences into his daily therapeutic work with people, aiming to support healing experiences and processes. Like Johanna and Henning, Stefan's approach in his work is less about a conservative, diagnosing view of people's suffering and more about a holistic and spiritual perspective.



DAILY PROGRAM

D. 404.				
Day 1 Sunday	Check-in	Day 5 – Thursd	Meditation	
15:00 – 16:00	0	07:00 - 07.30		
16:00 – 18:00	Opening Circle	07:30 - 09.30	Breathwork & Movement	
18:30 – 19:00	Welcome drink	09:30 - 11.00	Brunch	
19:00 - 20.00	Dinner	11:30 – 13:30	Somatics &	
			Psychotherapeutic practices	
Day 2 Monday		16:00 - 17:30	Resourcing practice	
07:00 - 07.30	Meditation	18:00 – 19:00	Dharma & Meditation	
07.30 - 09:30	Breathwork & Movement	19:30 - 21:00	Dinner	
09:30 - 11.00	Brunch	21:00 - 22:00	Fire Ceremony	
11:30 - 13:30	Somatics & Psycho-			
	therapeutic practices	Day 6 – Friday		
16:00 - 17:30	Somatics & Psycho-	07:00 - 07.30	Meditation	
	therapeutic practices	07:30 - 09.30	Breathwork & Ice Bath	
18:00 - 19:00	Dharma & Meditation	09:30 - 11.00	Brunch	
19:30 - 21.00	Dinner	Before 11:00	Check out of the rooms	
		11:00 - 11:30	Closing circle	
Day 3 Tuesday				
07:00 - 07.30	Meditation			
07:30 - 09:30	Breathwork & Movement			
09:30 - 11.00	Brunch			
11:30 - 13:30	Somatics & Psychoth-			
	erapeutic practices			
15:00 - 16:30	Dharma & meditation			
17:30 - 19:30	Inner dance Journey			
19:30 -20:00	Dinner			

Day 4 Wednesday

6:00 - 08.30	Sunrise Hike
09.00 - 11.00	Brunch
11:30 - 13.30	Somatics & Psychotherapeutic practices
16:00 - 17:30	Shamanic Journey & Group sharings
18:00 - 19:00	Dharma & Meditation
19:30 - 21.00	Dinner



PRICING

Single room: 3.056 €

Double room: 2.456 € per person (beds can be set as one double or two twin

beds)

External participants (not staying overnight): 1.616€

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

The prices of the booking include a single or double room, half board (breakfast and dinner), the activities scheduled on the retreat (meditation, breathwork, movement, somatic and Psychotherapeutic practices, ice bath, a massage and a fire ceremony).

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€ 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!

