

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



Return to your true Self: a 5-day immersive healing journey

This journey is an invitation to step out of the race of becoming, and rest in the stillness of Being. It is an opportunity to experience a deep and transformative journey in a very safe environment. We will work deeply with our vulnerabilities as well as strengthening our resources.

We offer a space where you can gently lay down the armour and reconnect with the truth of who you are beneath it. This journey is an invitation to meet your true Self. It's about discovering your Essence.

Over five immersive days we combine Compassionate Inquiry® and psychotherapy with embodied movement practices, meditation, breathwork, Buddhist wisdom and 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 and suffering, guiding you toward a more authentic and vibrant life.

Day 1: Safety & Grounding

We begin by establishing safety - not just physical, but emotional and relational. Through somatic practices, gentle inquiry, and co-regulation, we create the conditions for the nervous system to soften. Only in safety can truth emerge.

Day 2: Meeting the Adaptive Self

We explore the parts of us that adapted to survive - people-pleasing, hyper-independence, perfectionism, emotional suppression. These are not flaws. They are intelligent responses to unmet needs. We meet them with compassion, acceptance and loving kindness, not judgment.

Day 3: The Wisdom of Emotion

Emotions are not problems to solve. They are signals: messages from the body about what matters to us. We learn to feel and listen without fixing or identifying. In this space, grief, fear, anger, shame and longing become doorways to wholeness.

Day 4: Reclaiming Authenticity

Healing is the restoration of authenticity. We explore what wants to be expressed, needs, boundaries, voice, and choice - not as performance, but as expressions of the true Self. Through relational exercises and embodied practice, we begin to live from the inside out.

Day 5: Integration & Forward Movement

Integration is not a doing. It is a being. It is a lifelong relationship with ourselves. We reflect, witness, and prepare to carry this work into daily life, supported by community, new tools and inner clarity. We do not simply return to life - we return as life. The end is the beginning.

This journey is designed for those ready to feel deeply, those who long to meet and be met with radical honesty and embodied compassion. This journey is for those who want to find the courage to lead from within. This journey is not about becoming someone new. It is about seeing what is. And in that seeing, something fundamental changes.

Facilitators:

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. Additionally 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 in 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 also works as an in-house therapist. They and their 3 children live in Zürich.

Johanna Lundström

Johanna is a co-founder of Cal Reiet and a somatic therapist in private practice. It was the unexpected loss of her brother that set her off on a deep inner journey 20 years ago. Drawn to yoga and the art of self-inquiry, she began listening to the language of her body and breath, ultimately embracing body-oriented psychotherapy to reclaim her inner wholeness. Johanna's own experiences of pain, loss and burnout have shaped her 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 and distress. Johanna knows that within each of us lies an innate intelligence, capable of healing and transformation when nurtured in the right conditions.

Stefan Stolzewski

Stefan is a Diplom-Psychologist, Psychological Psychotherapist (focus on CBT = Cognitive Behavioral 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-Behavioral 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 counseling parents, children and adolescents.



CAL REIET

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

DAILY PROGRAM

Day 1 Monday 15th of June

15:00 – 16:00	Check-in
16:00 – 18:00	Opening Circle
18:30 – 19:00	Welcome drink
19:00 – 20:00	Dinner

Day 2 Tuesday 16th of June

07:15 – 07:45	Meditation
07:45 – 09:30	Breathwork & Movement
09:30 – 11:00	Brunch
11:30 – 13:30	Somatics & Psychotherapeutic practices
16:00 – 17:30	Process work (meeting the adaptive self)
18:00 – 19:00	Dharma & Meditation
19:30 – 21:00	Dinner

Day 3 Wednesday 17th of June

06:00 – 09:00	Sunrise hike
09:30 – 11:00	Brunch
11:30 – 13:30	Somatics & Psychotherapeutic practices
15:00 – 17:00	Innerdance
18:00 – 19:30	Dharma & Meditation
19:30 – 20:00	Dinner

Day 4 Thursday

07:00 – 07:45	Meditation
07:45 – 09:30	Breathwork and movement
09:30 – 11:00	Brunch
11:30 – 13:30	Somatics & Psychotherapeutic practices
16:00 – 17:30	Zuricher Resource Model
18:00 – 19:00	Dharma & Meditation
19:30 – 21:00	Dinner
21:00 – 22:00	Fire Ceremony

Day 5 – Friday

07:00 – 09:00	Breathwork & Ice Bath
09:00 – 11:00	Brunch
Before 11:00	Check out of the rooms
11:30 – 13:00	Closing circle

PRICING

Single room: 2875 €

Double room: 2231 € 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.

CAL REIET
HOLISTIC RETREAT



We look forward to having you with us!



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