

The Art of Longevity

With Ulrica Norberg

09 October – 14 October 2026



DESCRIPTION

Step into a sanctuary of timeless living.

Surrounded by lush gardens, utter tranquility and the soft hum of Mediterranean light, you are invited to pause, breathe, and reconnect to what truly sustains you — vitality, clarity, and inner harmony.

Through yoga sequencing, breath practice, restorative stillness, and reflective dialogue, you will explore how to retrain your nervous system, reignite mental clarity, and restore your body's innate vitality.

This is not just a retreat — it is a curated immersion into the art of living and leading well.

DAILY PROGRAM

- Daily Yoga, Meditation & Refined Breath Practice for Longevity and Balance
- Masterclasses on Brain Health, Inner Sustainability & Conscious Leadership
- Reflective dialogues on creativity, clarity & purpose
- Gourmet Mediterranean cuisine & holistic spa experiences
- Optional one-to-one breath or leadership coaching sessions
- Spacious time for rest, nature walks, and silent integration in Cal Reiet's serene gardens

For Whom:

Open to everyone who value quality, reflection, and evidence-based wellbeing, ready to cultivate longevity — in body, mind, and purpose.

WHO I AM

Ulrica is a life-coach, meditation teacher, breath trainer, and a yoga master with over 30 years experience. Ulrica bridges the ancient wisdom of yoga with modern research in neuroscience, longevity, and conscious leadership.

She is native from Sweden and has a master's degree from Stockholm University in Journalism and film and a bachelor's degree in philosophy and literature, is a trained journalist and dramatist and shares her teaching with work as a creative consultant, moderator, lecturer and teaching creativity and innovation workshops. She has written over a dozen books on health, travel, nature, and creativity and is a well sought-after teacher in leadership programs focusing on mind health, transformation, and business innovation.



PRICING

Single room: 3.295,00 €*

Double room: 2.470,00 €* per person (beds can be set as one double or two twin beds)

External participants (not staying overnight): 1.340€

* 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, yoga), a massage and a sound healing 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.

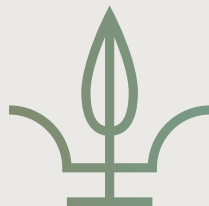
If you cancel less than 1 week prior to retreat start, no refund will be given. To cancel please send an email stating that you wish to cancel your booked retreat to enquiries@calreiet.com.

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

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



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