

Mindful Living at Cal Reiet

with Ulrica Norberg and Lama Chimey

10th March – 14th March 2026



DESCRIPTION

Mindful Living: A Retreat for Living with Awareness and Alignment Nurture, calm, clarity, and wholeness with two lifelong masters of inner transformation.

We warmly invite you to a rare and exclusive retreat designed to deeply nourish your body, mind, and spirit. This is a unique collaboration between Yogamaster Ulrica Norberg and Buddhist Lama Chimey, long-time friends and practitioners who together bring over five decades of embodied wisdom in yoga, meditation, health, and spiritual life.

In the serene embrace of Cal Reiet, you are offered the chance to reconnect with your deepest currents—beyond ingrained limitations, roles, or routines. Through authentic guidance in yoga, Buddhist Triyana meditation, and timeless teachings, this retreat will support you in cultivating inner leadership, aligned strength, and sustainable balance.

What to Expect

- **Morning silence** to rest the mind and awaken clarity.
- **Triyana Meditation** with Lama Chimey: A transformative path into presence, rooted in Buddhist depth and adapted for modern practitioners.
- **Yoga and Pranayama** with Yogamaster Ulrica Norberg: Embodied awareness and vitality guided by decades of experience.
- **Daily Dharma Talks with Q&A:** Where ancient insight meets contemporary life.
- Space for contemplation, nature, rest—and joyful connection.

This is a space for realignment, for inspiration, and for life-deepening practice. The atmosphere will be one of sincerity, laughter, community, and meaningful silence.

Who is this for?

This retreat is designed for those seeking genuine spiritual depth and embodied renewal for a mindful way of living. Whether you are an experienced practitioner or simply ready to meet yourself in a new way this retreat is for you.

DAILY PROGRAM

March 10th

15 - Check in.

17-18-Yogapractice

19 -Dinner

March 11th -13th

07-09 – Silent meditation,chanting&morning yoga practice

09-11 – Breakfast

11-16 Free Time

16-17–DharmaTalk

17-18-Restoringyoga

19 - Dinner

March 14th

07-09 – Silent meditation,chanting&morning yoga practice

09-11 – Breakfast

11 am - Checkoutanddeparture

Who we are

Ulrica Norberg Ulrica is an inquirer and has throughout her life journey collected experience from various fields, cultures, countries and types of work. With a mind intrigued how things function and affect energy, she has spent many years studying science, human arts, biomedicine, health science, physiology, anatomy, philosophy, psychology, and bioenergy work. She is a life coach, meditation teacher, breath trainer, an initiated yoga master (only 9 westerners were initiated before her) with over 30 + years' experience.

This Sweden native, holds 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. Her passion is nature and health, and you find her in her natural habitat, hiking around the world. By herself or leading group expeditions.

Ulrica has a sincere fascination for nature, culture and diversity which had her living abroad for many years before settling back in Stockholm, that is now her base and from where she travels to hold workshops, trainings, lectures, and retreats globally. When you come on a retreat with Ulrica she makes you feel seen and right at home with her deep knowledge, ability to adapt practices for individual needs, her gentle ways and sense of humor.

Quote Ulrica:

” When you start taking yourself too seriously, the yoga is gone. It's just yoga. Aim to soften and you shall receive what you need.”



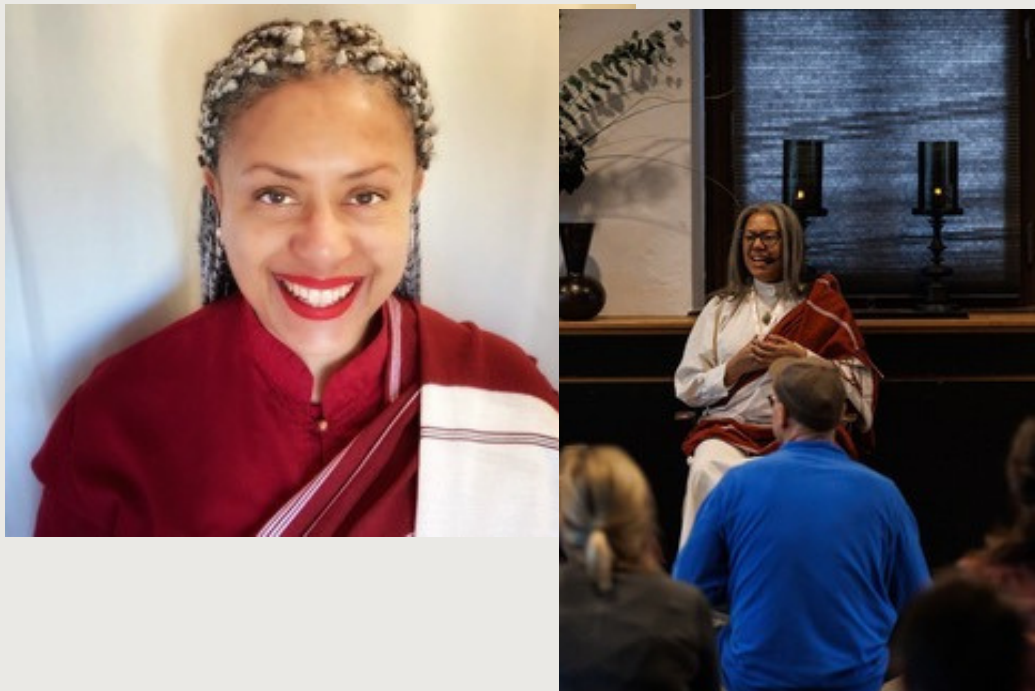
CAL REIET
HOLISTIC RETREAT

Lama Chimey

Victoria Chimey Victoré a.k.a. Lama Chimey is an authorized Dharma and Meditation Teacher with over 12 years of monastic training in the Himalayas and North America, including several years in deep retreat. As the founder of the Triyana™ Meditation system, she shares timeless Buddhist wisdom in a way that is accessible, relevant, and deeply transformative.

Known for her grounded presence, clarity, and warmth, Lama Chimey offers teachings that support both inner stillness and real-life integration. She has guided international seminars and retreats for leaders, creatives, and seekers across cultures, and was honored with the *Outstanding Woman in Buddhism Award* in Thailand in 2023.

Her retreats invite participants into an atmosphere of depth, renewal, and practical insight – bridging ancient wisdom with modern life. Lama Chimey teaches in both English and Swedish.



PRICING

Single room: 2.210€*

Double room: 1.590€* per person (beds can be set as one double or two twin beds)

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

What is included:

- 4 nights accommodation at Cal Reiet Holistic Retreat
- Vegetarian/Vegan Breakfast and Dinner
- 60 minutes Cal Reiet Holistic Treatment
- Morning & afternoon sessions with Ulrica and Lama Chimey

External participants (not staying overnight):

990€ per person

What is included:

- Vegetarian/Vegan Breakfast and Dinner
- 60 minutes special Cal Reiet Holistic Treatment
- Pool usage
- Morning & afternoon sessions with Ulrica Norberg and Lama Chimey

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€ per person as an administration fee. The remaining amount (350€) will be refunded.

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