



# Unplug Yoga Retreat

## Cal Reiet, Mallorca



14 – 20 November 2026

With Sukha, time slows down,  
allowing you to step away from the  
demands of daily life and into a  
sanctuary of calm, savouring  
the fresh  
Mediterranean air.

Unplug by Sukha will be held at Cal Reiet - a restored boutique wellness hotel nestled in lush Mallorcan gardens, offering elegant rooms and a calm, soulful atmosphere - an idyllic setting for deep renewal. [Discover more.](#)



# Unplug. Let go and simply be.



## UNPLUG WITH A DEEPLY NOURISHING FIVE-DAY YOGA AND WELLNESS RETREAT.

This retreat is an invitation to slow down, disconnect from devices, soften your edges, and gently reconnect – with yourself, your body, your breath, and your inner stillness. Through a thoughtfully curated blend of Mindful and Gentle Hatha, Yin, Meditation, and Yoga Nidra, we will journey inward – soothing the nervous system, awakening presence, and bringing compassionate attention back to where it is most needed: within.

This experience is not about performance or achievement. It is about unwinding, releasing, and remembering who you are when you step out of “doing” and into simply being. Each session is designed to support you in arriving fully in the present moment, held by the understated luxury of Cal Reiet’s tranquil gardens, nourishing cuisine, and soulful atmosphere.



## FOOD AS MEDICINE

Organic, plant-based meals created to deeply nourish and restore balance from the inside out – prepared with mindfulness, seasonal ingredients, and a touch of soul. You will enjoy:

- Daily abundant brunch
- Three-course evening meal

## DAILY YOGA & PRACTICES

You will be guided through a minimum of 4 hours of yoga and contemplative practice each day:

- Morning: Mindful and Gentle Hatha
- Afternoon: Yin
- Evening: Yoga Nidra

Plus:

- Guided meditations to anchor awareness and calm the mind
- Ample free time to rest, journal, walk in the gardens, swim, enjoy the sauna or steam room, or simply be
- The opportunity to book additional holistic treatments at Cal Reiet (at an extra cost)
- Connection with like-hearted people in a warm, supportive, environment

*No previous yoga or meditation experience is required. All practices are accessible, with options for different levels.*



Each morning begins  
in shared silence,  
creating space for  
gentle awakening and  
self-connection, before  
we break our fast  
together.

“ Yasmin Raja’s calming presence made the session feel both grounding and inspiring. She guided us gently through a long practice, weaving together traditional techniques rooted in yoga’s origins with familiar poses, creating an experience that felt both authentic and accessible.



#### PRICES FOR THE FULL RETREAT EXPERIENCE

- DKK 10.080 / €1.345 per person, sharing a double room
- DKK 15.470 / €2.065 for a single room

*Deposit:* DKK 3.750 / €500 (non-refundable) to secure your place. The remaining balance is due 4 months before the start of the retreat: **14 July 2026.**



“ After this wonderful yoga experience, I finally feel ready for regular sessions, which I know will benefit my body and support me in enjoying all the other sports I value so highly.

#### MEET YOUR GUIDE

Yasmin Raja brings a grounded, sincere, and heartfelt presence to her teaching. Born and raised in London, with roots from India, she has been based in Denmark for over 32 years. Yasmin gently weaves together Eastern wisdom and Western balance – honouring both her cultural heritage and her personal journey of self-discovery.



Alongside her role as a senior leader in the corporate world, Yasmin has been on a profound path of healing while living with Hashimoto's hypothyroidism. This experience has been a powerful teacher, guiding her toward greater self-awareness, compassion, and the therapeutic wisdom of yoga. Over time, yoga has become far more than a physical discipline – it is a sanctuary: a space to slow down, listen inwardly, and reconnect with the body's innate intelligence.

Her teaching is infused with authenticity, empathy, and lived experience. She believes that yoga is much more than movement; it is a pathway to wholeness. For Yasmin, yoga is both a practice and a gift – a way of returning, again and again, to stillness, awareness, and love.



Experience *Unplug by Sukha* – where  
your body flows, the mind eases, and  
every bite is a  
love letter  
*to Mallorca.*



## Booking & Contact

For enquiries or to secure your place on the retreat, please  
contact:

**Yasmin Raja**

Email: [yasminhaja@gmail.com](mailto:yasminhaja@gmail.com)

+45 51 67 61 07

## TERMS AND CONDITIONS

Sukha offers holistic wellbeing experiences, including yoga, meditation, breathwork, coaching, ceremonies, and retreats, delivered both online and in person. By registering for or participating in any class, workshop, retreat, or event offered by Sukha, you acknowledge and agree to the following Terms and Conditions.

### 1. Waiver of liability

By taking part in any Sukha class, workshop, or retreat (whether in person or online), you confirm that your participation is entirely voluntary. You understand that some activities may involve physical exertion and carry the risk of injury.

You acknowledge that you are responsible for assessing your own physical condition and that you have no medical concerns that would prevent your safe participation. You accept full responsibility for any injury, loss, or damage that may occur during your involvement in any Sukha activity.

You agree that neither you, your heirs, nor any legal representatives will hold Sukha or any of its teachers, staff, or partners liable for injury, property loss, or any other damages resulting from participation — whether arising from negligence or otherwise.

You understand that verbal or physical adjustments may be offered during classes to support your practice. You are responsible for informing the instructor prior to class if you have any injuries, health conditions, pregnancy, or if you prefer not to receive adjustments.

### 2. Class changes and substitutions

In rare or unforeseen circumstances, Sukha reserves the right to alter class timetables, venues, or instructors at short notice. If an instructor is unable to attend due to an emergency, a suitable replacement may be arranged to ensure the continuity of the session or retreat.

### 3. Photography and media

Photos and videos may occasionally be taken during Sukha classes, workshops, and retreats for use in promotional materials, both online and offline. By participating, you grant Sukha the right to use such images unless you inform the instructor in advance that you do not wish to be photographed or filmed.

### 4. Personal belongings

For in-person events, you are responsible for your personal belongings. Sukha cannot be held liable for any lost, stolen, or damaged items. If you are attending a class hosted at an external yoga studio or venue, please refer to the studio's individual Terms & Conditions and booking policies.

### 5. Bookings and payments

We kindly ask guests to note that travel to Mallorca, including transfers to and from Palma de Mallorca Airport, is not included in the retreat price, and will need to be arranged individually.

All bookings must be made through [yasminhreja@gmail.com](mailto:yasminhreja@gmail.com) or any booking systems directly affiliated with Sukha.

All payments are final. A non-refundable deposit of €500 is required to secure your place at retreats or multi-day programs.

If you cancel more than 90 days before the event start date, your payment will be refunded minus the non-refundable deposit. Cancellations made within 90 days of the event cannot be refunded. However, you may transfer your booking to another participant by notifying Sukha in advance. We recommend purchasing travel insurance to protect against unforeseen circumstances that might affect your ability to attend.

By providing your email address at the time of booking, you consent to receiving communications from Sukha by email. While Sukha takes care to handle data responsibly, you acknowledge that email communication is not fully secure, and Sukha will not be liable for any loss or damage related to such communications.

### 6. Ownership of content

All materials, content, and resources shared through Sukha's classes, on-demand programs, and other offerings, including text, videos, and teaching materials, are the exclusive property of Sukha. These materials are provided for personal use only and may not be reproduced, redistributed, or resold without prior written consent.

### 7. Updates to terms

Sukha reserves the right to amend or update these Terms & Conditions at any time. If you have any questions regarding these Terms, please contact: [yasminhreja@gmail.com](mailto:yasminhreja@gmail.com)