



7 - 11 april, 2026

MALLORCA RETREAT

Five Mediterranean Days to Redesign Your Life

A MINDRESET INMERSIVE RETREAT BY ARBOLEDA COACHING
CAL REIET - MALLORCA - ESPAÑA

A Luxury Transformational Retreat for Visionary Women

“THE MOST POWERFUL JOURNEY IS THE ONE
THAT TAKES YOU BACK TO YOURSELF.”



20 Momentum Women · By Invitation only



Neuroscience-based coaching · Breathwork · Sound Healing · Daily
Mindfulness & Meditation



1881 estate surrounded by palm trees and turquoise skies



Physical activities like yoga and dance therapy promote relaxation,
improve physical health, and release tension.





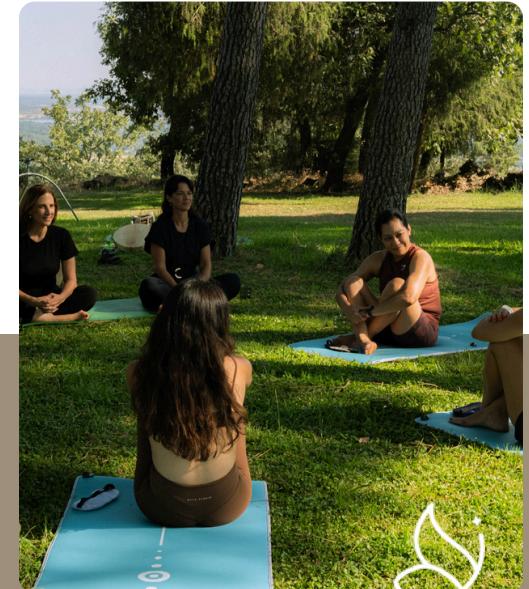
THE CHALLENGE

Leading on the outside. Longing on the inside.

Behind the high performance and elegant poise, many women feel:

- 🔥 Chronic overdrive – always “on” but rarely “truly present”
- 🔥 Disconnected purpose – success boxes ticked but inner spark fading
- 🔥 Silent isolation – there are few places to be raw, real, unapologetically human

CAL REIET IS THE PAUSE THAT BECOMES A TURNING POINT
FROM “I SHOULD” TO “I CHOOSE.”





THE TRANSFORMATIONAL PATH

Five days · Four dimensions · One new reality



REVEAL– 6 Hours of Neuro-Coaching to uncover and reframe unconscious beliefs.



RELEASE– Breathwork and 432 Hz sound to free stored tension and emotion.



RE-IMPRINT– Daily meditation, movement & embodiment to anchor new neural pathways.



RISE & RADIATE– Women circles that transform insight into embodied leadership for every stage of life.

OUTCOMES



Renewed clarity of purpose with meaningful next steps for the journey ahead.



Simple, science-based practices to regulate your nervous system.



A deep sense of calm and recharged energy, leaving you grounded, purposeful, and ready for what's next.



STORIES OF MINDRESET TRANSFORMATION

Cris

"Within me, many limiting beliefs have shifted, and I have been reaffirmed in the power of a group."



Denni

"As women, we can sometimes feel like a minority, but I realized how strong we truly are. These spaces create a sense of sisterhood, where we come together and support each other."

Florencia

"These days taught me to be present, enjoy the moment, and let go of multitasking. I recommend this experience to women who are exploring, searching, and wish to connect with others on the same path."



Leticia

"I feel like I'm loving myself more. I'm grateful for dedicating this time to me, and I was deeply moved by the warmth and closeness of the group."

Lorena

"A huge confidence has grown within me — it's a total transformation. Such a positive, life-changing experience."





OUR VENUE

INDULGE IN THE WARMTH OF A HOME
AWAY FROM HOME AS YOU IMMERSE YOURSELF
IN THE UNPARALLELED COMFORT AND
HOSPITALITY OF OUR HAVEN.



SURROUNDED BY NATURE'S GRAND BEAUTY, OUR
RETREAT INVITES YOU TO UNWIND, RECHARGE, AND
REDISCOVER YOURSELF.

Cal Reiet Holistic Retreat

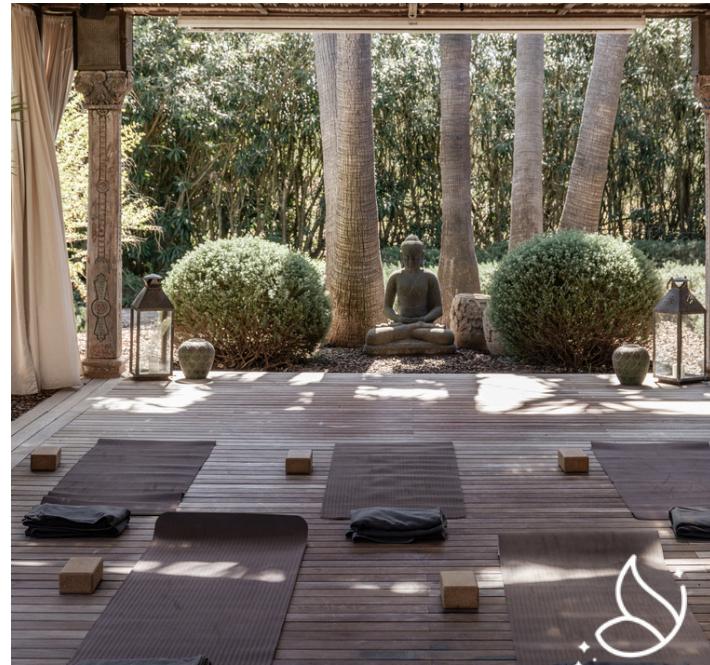
Restored 19th-century finca in idyllic Santanyí, 45 min from Palma de Mallorca airport.

Lush mediterranean gardens perfumed by citrus and bougainvillea, hidden meditation decks under olive trees.

Eco Spa Hotel-luxe philosophy: an oasis ripe with scents of the earth, sea and sun and an ideal setting for the communion of mind, body and spirit.

Soft sunsets tint the salt-water pool rose-gold while church bells echo in the distance.

HERE, LUXURY IS NOT EXCESS, IT IS EXQUISITE SIMPLICITY.



YOUR GUIDE



Patricia Arboleda
Leadership, Confidence & Wellness Coach

International executive coach who incorporates neuroscience into her practice. Patricia is the creator of EmpowHerMind. She blends evidence-based brain training with fierce, compassionate inquiry.

CEO of Arboleda Coaching, with more than 25 years as an exec in Fortune 500 companies. Since 2020 she has been driving the growth of women leaders in the U.S., Europe and Latin America. A member of the Forbes Coaches Council, and an expert in transformational leadership.

President of Women in Tech in Spain.
Her approach integrates meditation and self-leadership to bring about real, sustainable change from the inside out.

We have created MINDRESET as a bridge between science and the soul — a space where transformation happens from the inside out, and where you finally give yourself permission to pause, breathe, and be reborn.





Enjoy your lunch daily on our beautiful terraces near the pine trees or at the tables throughout the beautiful gardens.

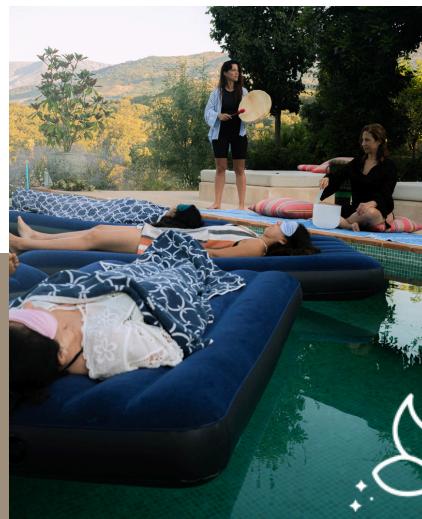
We offer tasty, colorful and plant-based healthy food bursting with flavor using the best products Mallorca has to offer. Each meal is made fresh daily with love. (Wine is not included but available at the participant's expense.)

MALLORCAN WINE TASTING

Join us for a serene experience that beautifully marries the essence of Mallorcan wines with nourishing vegetarian cuisine. Immerse yourself in the rich flavors of our local wines in our beautiful pool area.



Through our retreat offerings we showcase tools for individuals to explore the connection of body, mind and spirit. We embrace lifelong learning; our intention is not to be everything to everyone, but rather to offer each individual their own space in which to grow.





EVERYTHING YOU'LL RECEIVE

Experience	How it Elevates You
6 hrs Transformational Neuro-Coaching	Sustainable mindset rewiring for legacy-level impact.
2 Yoga Sessions	Gentle yoga to restore energy and reconnect with yourself.
2 Immersive Sound Healing Journeys	Reset vagus nerve and deepen integration.
Daily Meditation + Conscious Movement	Embody clarity and translate insight into somatic knowing.
Gourmet Plant-Based Cuisine (Full Board)	Anti-inflammatory menus grown in Cal Reiet's organic garden.
Luxury Accommodations (4 nights)	Private and shared suites with spa-grade linens and garden views.
Salt-Water Pool · Healing Spa	Restoration as a sacred, daily ritual.
Fire Ceremony	Letting go of what doesn't serve you and expanding your inner horizon.



SCHEDULE



DAY	
1	<ul style="list-style-type: none">• Check in• Welcome drink• Women circle• Dinner• Sound Healing
2	<ul style="list-style-type: none">• Meditation• Yoga• Breakfast• Visit to Local Market/Lunch• Workshop• SPA/Journaling• Dinner• Meditation
3	<ul style="list-style-type: none">• Meditation• Soundhealing• Breakfast• Workshop• Lunch• SPA/Journaling• Workshop - Fire Ceremony• Paella Cooking Show & Dinner
4	<ul style="list-style-type: none">• Meditation• Yoga• Breakfast• Workshop• Lunch• Wine Tasting• Workshop• Dinner
5	<ul style="list-style-type: none">• Meditation• Playful Movement• Breakfast• Workshop• Checkout

This schedule is a referential outline of the experiences planned for each day



To elevate your retreat experience, we also offer a selection of exclusive activities such as spa rituals, private excursions, and bespoke services. These are not included in the retreat package, but may be reserved directly with the venue during your stay based on availability. Elevated services allow you to curate your journey with the touches that resonate most with you.

EXTRA ACTIVITIES

RENTAL BIKES

Rent a bike in southwest Mallorca to explore the charming village of Santanyí, its stone buildings, lively markets, cozy squares, and local cafés with Mallorcan cuisine.



TRANSFER SERVICE

Palma de Mallorca Airport is only 45 minutes from Cal Reiet. We can arrange a taxi or transfer, or help you book a rental car for flexible exploration.



SPA TREATMENTS

We have a wide range of treatments working on different levels, such as **relaxing, therapeutic & healing, energetic & spiritual**, as well as **beauty** sessions available. Our two beautiful treatment rooms and open air space invite you to let go and deeply relax.





Five sun-drenched days.
The master key to authentic power.

“Your future is your choice.
Claim it in Mallorca”.

CLICK BELOW TO SCHEDULE A CLARITY CALL OR
SECURE YOUR SEAT TODAY.

