



CAL REIET

HOLISTIC RETREAT

Cal Reiet In-house retreat: Reflect & Realign

with Ulrica Norberg

10th March – 14th March 2026





CAL REIET

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

DESCRIPTION

REFLECT & REALIGN

A Retreat in Meditation, Longevity & Embodied Clarity

With Yogamaster Ulrica Norberg

There are moments in life when movement forward requires stillness first. This retreat is an invitation to pause and invest — not to escape your life, but to meet it more honestly. And gain ownership over your presence and health.

Over five days at the serene sanctuary of Cal Reiet, we gather for reflection, meditation, and embodied practice. Not as performance. Not as self-improvement. But as a quiet return to what is already true.

Through meditation, thoughtful dialogue, breath practice and yoga, we explore:

- How clarity arises when we stop forcing answers
- How reflection becomes strength
- How presence becomes direction
- How inner alignment creates outer courage
- How our body is our very own energy temple

This retreat is not about adding more.

It is about refining what matters. Come as you. Leave recharged.



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DESCRIPTION

What You Will Experience

Meditation as Inquiry

Guided meditation rooted in embodied awareness and contemplative practice. We train the capacity to observe, reflect and choose consciously. We begin each day in stillness — allowing the nervous system to settle and the mind to clear.

Yoga & Breath practice

Intelligent, nervous-system aware movement and functional strength practice to support mental clarity and grounded strength.

Life inspiration Sessions

Thoughtful talks and guided inquiry on inner leadership, life direction and living deliberately — with space for dialogue and curious questions.

Time to Integrate

Long afternoons for rest, journaling, walking in nature, swimming, or simply being. This retreat holds space for sincerity, depth and lightness. Silence and laughter. Structure and spaciousness.

Who This Is For

For those who sense that something is shifting.

For those who are tired of reacting and ready to respond with intention.

For thinkers. Creatives. Leaders. Seekers.

Anyone who wants to live with more awareness — not noise.

You do not need prior experience.

You need willingness.



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

DAILY PROGRAM

March 10th

15:00 – Onwards- Check-in
16.30 - Welcome
17:00–18:00 – Opening Practice
19:00 – Dinner

March 11–13

07:00–09:00 – Meditation & Morning Yoga Practice
09:00–11:00 – Breakfast
11:00–16:00 – Free Time / Reflection
16:00–17:00 – Talk & Contemplative Session (march 12 and 13)
17:00–18:00 – Restorative Practice
19:00 – Dinner

March 14

07:00–08:30 – Closing Meditation & Practice
09:00–11:00 – Breakfast
11:00 – Departure



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

About Ulrica Norberg

Ulrica Norberg

Ulrica Norberg is an initiated yoga master, meditation teacher, breath trainer and author with over 30 years of experience guiding individuals toward embodied clarity and inner resilience.

With a background in journalism, philosophy, curation, film and health sciences, her work bridges body, mind and reflective inquiry. She teaches internationally within leadership programs, creative fields and health education, and is known for combining depth with grounded practicality.

Her approach is intelligent, sincere and adaptable — creating spaces where people feel both challenged and supported.





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

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

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



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

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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