



CAL REIET

HOLISTIC RETREAT

THE 5 ELEMENTS



Summer Yoga Academy

1st of July - 30th August

The 5 Elements

In our Summer Yoga Academy, we explore the wisdom of the five elements through daily practice. In Ayurveda, everything in the universe, including the human body and mind are composed of five fundamental elements: Space (Akasa), Air (Vayu), Fire (Agni), Water (Jala), and Earth (Prithvi).

These elements move from the most subtle to the most dense, which is why our journey follows this natural progression: Space • Air • Fire • Water • Earth.

Each day of the academy is dedicated to one element. Through yoga practice, breathwork, and mindful awareness, we will explore how each element expresses itself in our body and mind.

The aim of yoga is not to eliminate the qualities of nature (known as the Gunas) but to regulate and harmonize them so that Sattva, the quality of balance, clarity, and harmony, can guide us.

Understanding the elements helps us recognize imbalances and learn how to adapt our yoga practice, breath, diet, and lifestyle to support greater wellbeing.

Join us on this playful and exploratory journey, where every day invites you to connect with a different element and experience its unique energy.

Namaste,
Petra & Henning.

The teachers

Verónica An

Yoga, Qi Gong & Singing Bowl Therapist



Veronica is a RYT 500h Hatha Yoga teacher, trained in Rishikesh, India. Her personal practice includes Bhakti Yoga, where her intuition and inner guru guide her through devotional chanting along with the harmonium. Verónica is also a professional sound healing therapist and Master Gong certified by the International Academy of Sound Healing, India, who has always felt amazed by the healing power of sound and vibration.

Miquel Sanagustin Llouzas

Yoga guest teacher - 1st - 12th of July



Laura

Yoga & Body Therapist



Laura is a physiotherapist and Yoga & Pilates teacher who combines anatomical precision with intuitive, energetic practices for a holistic approach to body and mind. Her work is inspired by Kundalini Yoga, functional training and dance, seeing movement as a path to vitality and clarity. Through Pilates Fusion and mindful movement, Laura guides students toward strength, alignment and release of tension, creating a safe space to feel balanced, connected and renewed.

Miquel is a yoga teacher based in Geneva, originally from Barcelona. Having studied and practiced in Switzerland, Spain and India, his teaching is influenced by Jivamukti, Dharma and Vinyasa traditions. His classes blend Hatha and Vinyasa yoga, combining movement and stillness with mindful breathing and conscious alignment. Miquel's approach invites students to reconnect with presence and cultivate balance between body, mind and breath.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30 09:45	YOGA Guest teacher	SOULFUL VINYASA Laura	YOGALATES Verónica	ASHTANGA INSPIRED Verónica	YOGA Guest teacher	YOGA Guest teacher	PILATES/ FUNCTIONAL TRAINING Laura
18:00 19:15	YOGA Guest teacher		SOUND BATH Verónica		YOGA Guest teacher		MEDITATION & PRANAYAMA (free) 18h - 19h

Rusty Moore

Yoga guest teacher - 12th July - 2nd of August



Rusty began his yoga journey in New York City in 2000, quickly developing a deep connection with the practice. Inspired by the teachings of Patanjali's Yoga Sutras and the Bhagavad Gita, he approaches yoga with a beginner's mind, guided by curiosity and presence. His classes combine movement, breathwork, relaxation, pranayama and meditation, focusing on the student's inner experience and creating space for harmony between body, mind and breath.

Boris Plücken

Yoga guest teacher - 2nd - 16th of August



Boris Plücken is an Advanced Certified Jivamukti Yoga Teacher, Yin Yoga and Kundalini Yoga Teacher. His experience arises from self practice and long-term teaching. Further education in self experience, inner energy management, meditation, Thai Yoga Massage & Craniosacral Therapy were helpful additions. In his yoga classes, Boris' intention for us in the practice is to be naturally energized from within, and at the same time to feel steady and calm.

Lina Galli

Yoga guest teacher - 16th - 30th of August



Yoga is Lina's path to clarity, revealing the perfection within. Her journey began at 16, with teacher training in Jivamukti, Kundalini, Vinyasa, and Yin Yoga. Now, she runs Ommm Yoga Studio in Freiburg, grateful for teachers and students who embrace Hatha Yoga's inward learning, harmony, and joy.

Full Moon Ceremonies with live music:

19. 07. 2026 - 08:30 PM - open end
28. 08. 2026 - 08:30 PM - open end

Yoga Class prices

Yoga & Sound Healing 30€
Pack of 10 classes 250€

Cal Reiet in-house guests: free morning classes; afternoon & full moon ceremony, regular prices.

Yoga & Breakfast 55€
Full moon ceremony with fire & live music: 35€



Return to Balance

Book your place
enquiries@calreiet.com.
+34 971 94 70 47