Wise Women

Day Retreat

Sunday, November 15



Midlife is a season of change — and an invitation to listen differently.

A DAY OF SHARING TOOLS FROM AYURVEDA & YOGA FOR MIDLIFE

- Grounding Yoga: A gentle, intelligent practice for the body you're living in now.
- Ayurveda for Midlife: Practical ways to support yourself through perimenopause and menopause, plus a hands-on nourishing skincare ritual.
- Rest & Renewal: Time to soften in the sauna or hammam, and enjoy a nourishing vegetarian brunch.
- Soul Talks: Honest conversation about changing needs, boundaries, joy and reconnecting with your spark.



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The Details





Date
Sunday, 15 November 2026
9:30-16:00

Where
Cal Reiet Holistic Retreat
Santanyí, Mallorca

Investment
€ 150, Early Bird expires October 25, 2026
€ 170, Regular Price
€ 280, For two, bring a friend (€ 140 each)
Includes a nourishing brunch, yoga sessions, workshops and spa access.

Reserve Your Place
Whatsapp Dagmar: +506 8704 1632
Mail: dagmarspremberg@gmail.com
More infos: www.isla.yoga/events

Guided by



Dagmar Spremberg
Senior Yoga teacher & retreat leader
25+ years teaching yoga internationally, with a deep focus on women navigating midlife transition. Her work blends movement, breath, and philosophy into something grounded, warm, and real.



Isabelle Stüssi
Ayurveda practitioner & Yoga teacher
13+ years teaching yoga and an Ayurvedic Health Practitioner for over 8 years, guiding women through the transitions of midlife. Her work blends Ayurveda, movement, nourishment, and timeless rituals into a modern path to vitality.

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