
PILATES
AND
YOGA
RETREAT
with Ana Pernas
OCTOBER 5th - 9th 2027
SANTANYI, MALLORCA
CAL REIET
HOLISTIC RETREAT

5 days / 4 nights
at the cozy
and beautiful
Holistic Retreat
Cal Reiet







Activities

3 x Daily Sessions:

- Meditation
- Pilates
- Yoga

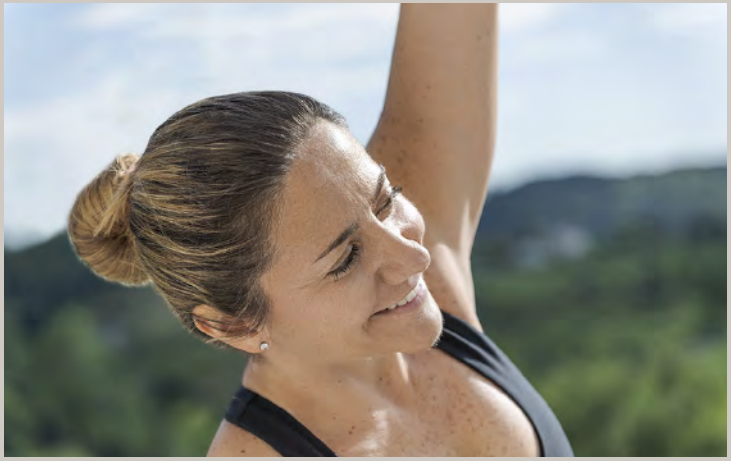
3 Workshops:

- Breathing & Meridians
- Hands & Feet
- Walking & Running

Meals:

Nourishing and Healthy
Breakfast and Dinner
(Vegetarian)

- Bicycles
- Jogging opportunities







Suites

Single Room: 2350 CHF*
Double Room: 1950 CHF*
*Price per person
5 days / 4 nights inc. the services described above.

Transfer Airport - Hotel - Airport

If you are traveling from Zurich here is a flight option:
ZRH - PMI (11:40am - LX8246)
PMI - ZRH (14:25pm - LX2149).

- There will be a shared transfer from Palma de Mallorca Airport to the Hotel. Please confirm your flight to Ana Pernas.

- The transfer costs will be charged separately.

- A separate journey by taxi costs approx. 90 EUR per trip. (It takes around 45 minutes).

Reservations

pilatesanapernas@gmail.com
Mobile: +41 76 537 18 09
Whatsapp: +34 657 367 290
You can find more
information about Ana Pernas at
www.anapernas.fit

Places and rooms are limited.
Both will be confirmed after
receipt of payment.





Payment Conditions

You will receive the booking
confirmation after receipt off
payment by email.
By paying for fhe reservation you
immediately accept the
cancellation policy below.

Bank Details

Zurich Kantonalbank
CH92 0070 0114 8080 6168 4
Name: Ana Laura Pernas
Address: Santisstrasse 5, 8008
Zurich, Switzerland.

Your Optional Schedule*

	TUESDAY 5th	WEDNESDAY 6th	THURSDAY 7th	FRIDAY 8th	SATURDAY 9th
7:30 - 8:15		Morning Breathwork	Morning Meditation	Morning Silent Walk + Breathwork	Morning Breathwork
8:30 - 10:00		Pilates Mat Class with Strap	Pilates and Extensions	Pilates Reformer on the mat	Iyengar Yoga
10:00 - 11:15		Breakfast	Breakfast	Breakfast	**Breakfast & Check out 11:00**
12:00 - 16:00	**Check in 15:00**	Breathing Workshop + Free time	Beach time + Free time	Hands & Feet Workshop + Free time	
16:00 - 17:00	Introduction	Meridians Workshop	Beach time	Walking & Running Workshop	
17:00 - 18:30	Yoga / Stretchig	Yin Yoga	Pilates	Yin Yoga	
19:30	Dinner	Dinner	Dinner	Dinner	
21:00	Nidra Yoga	Sound Bath	Nidra Yoga	Nidra Yoga	

* Schedule is not binding. You are free to participate at your convenience.









Cancellation Policy

We understand unexpected events can happen, unfortunately we will not refund or discount for delays, cancelations, early departures, flight cancellations, strikes, illness, accidents, family emergencies, etc. Since fixed costs were already incurred when the reservation was made.

For your peace of mind, please take a private cancellation and travel insurance.