

18th - 25th May 2024

YOGA QIGONG & MEDITATION

MALLORCA

Spring time retreat in the Mallorcan countryside



MALLORCA

Mallorca in Spring time offers soft & gentle breezes, and around 10 hours blissful sunshine each day.

May time in Mallorca is wild flower season, the fields are full of floral gems and luscious greenery thriving from the ambient temperatures.

The island sees some of the best weather of the year in May before the heat of the summer and the crowds arrive.

Eating meals al fresco, strolling in light summer clothes & relaxing on a beach in May, make the Balearic's perfect for those who prefer milder temperatures to sweltering heat.



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About the retreat centre

Situated in the south of Mallorca this brand new authentic Mediterranean style retreat, is surrounded by spacious, stunning gardens. There are many terraces around the house and the pool where guests can relax alone or within the company of the group. The gardens have been mindfully curated and planted by the botanist owner to create private spaces and little nooks ideal for resting, meditating or reading, embraced by nature, hammocks under the shade of the trees and the singing birds, This purposeful planting is to help retreatants to experience deep rest while being embraced by the sound of running water.

The retreat has an outside salt water pool, as well as, inside and outside dining spaces, and a large light and airy purpose built yoga shala with all your yoga mats and equipment.

The interior of the house is bathed in natural light, the style is simple, warm and tasteful, with single or twin rooms to make your stay feel like home.



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A little about Mallorca

As well as the wonderful beaches and coves, the city of Palma which rests on the edge of the shore, has endless links to history, art, architectural heritage, wonderful food. The stunning cathedral in Palma is an impressively Gothic and known locally as 'La Seu', (headquarters)

On higher ground is Bellver castle, a beautiful spot to enjoy the view across the city. La Lonja, and the gardens of Marivent palace, inspire great architecture and stunning gardens.

The Tramontana mountains form the backbone of Mallorca. The mountain range stretches for 90 kilometres in the north-west of the island, between Cap de la Mola and Cap de Formentor. Covering an area over 1000 sq kilometres, they are home to 20 villages. The likes of, Valldemossa which is a quiet & peaceful town with cute restaurants and shops, where the composer Frédéric Chopin and his partner, the writer George Sand, enjoyed staying.

Deià in the north-west of the island, is a small, bohemian village, with its narrow cobbled streets, the village is home to the house of Robert Graves, the English writer who wrote I, Claudius.



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The Studio

A stunning 150m² purpose built large yoga studio with wood floor and underfloor heating.

The studio is a simple but beautiful piece of architecture which forms a curved edge ceiling.

It is fully equipped so no need to bring a yoga mat, unless you wish to.

Morning sessions

Meditation

Pranayama

An exploration of traditional yoga postures with contemporary movement & mobility practice.

Each session ends with relaxation.

Afternoon sessions

Delving into softening practices fusing together qi gong, mellow asana stretches, yoga relaxation / nidra & meditation.

Evening Session

On one of the evenings we will enjoy a sound bath



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About the bedrooms

Each bedroom has an en suite with a shower, basin and sink. The sleep quarters have been designed especially for retreat style communities with a simple, clean and airy colour palette and fuss-free decor to help soothe the mind.

All bedrooms have large built-in wardrobes and have a glass door leading out their own private little outside space with a 'cafe' style table and chair. All bed sheets and 2 towels per person are provided.

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Included in your retreat



SOUND HEALING SESSION

Diego - Amkra, healer who uses different techniques to help people unlock energy and restore balance. energetic experience through sound with Tibetan bowls and other instruments of resonance and vibration; With his technique he seeks to sensitize, awaken, reinstall and connect the nervous system, controlling energy, harmonizing the body to find balance and release blockages.

TAPAS RESTAURANT

Tapas & Vegetarian Paella meal in a restaurant with a strong Mallorcan character. The restaurant atmosphere is cosy yet modern and features a wide variety of dishes from classic tapas to creative twists on traditional recipes.



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Included in your retreat

All morning & evening yoga, qi gong,
meditation practices.

Breakfast, lunch, dinner.

En suite accommodation

A meal in tapas restaurant in a nearby village

A sound bath session

Peace and calm for the week in the Mallorcan countryside





ABOUT THE TEACHER

I'm a creative. A thinker. A questioner and social justice seeker. I have followed my two passions in life, yoga and art. I began practicing yoga 24 years ago as weak and inflexible teenager. Within one year of that first class, I could feel that physically and mentally there was a change for me. Yoga was the missing piece to my individuality and independence, it became my freedom of movement, the stones that my confidence was built on, the foundations of a managing stress and anxieties as well as an important part of my daily routine. The physical and mental benefits of the practice very quickly began to show.

For me, it was 16 years of having a dedicated yoga practice and simply being a 'student' practitioner before I even thought about becoming a teacher. I navigated through the highs and lows of my twenties and thirties, seeking the practice while working as product designer for major high-street blue chip retailers. After 16 years the natural path for me was to step into a teacher role. Now I am very much a student still but I have the benefit to be able to share my learnings.

I found love in anatomy research, especially the individuality of anatomy, we are all so different, this led me into becoming focused on becoming creative with my yoga sequences and teach with an undogmatic approach.

Creating a yoga practice that intertwines with my creative has allowed me to be innovates on the mat, designing fun sequences with informative learnings.

I wish for my yoga teachings serve the purpose of deepening a connection not only to ourselves, but with the people around us. I believe in people, I believe in the potential people, their movement potential, their kindness, the will and want to cultivating a strong sense of community and togetherness.

But most of all I believe that 'We' the people make the difference.

MALLORCA

Investment in your well being
Shared occupancy £1260pp
Single occupancy £1780pp

A non-refundable deposit* of £350 is required to secure your place.

Final balance due by 1st Feb 2024
To reserve your place please email
heykarmayoga@hotmail.com

Cancellation notice (received by email)

Cancelling more than or exactly 1 year before the date of your booking 0% of total booking fee forfeited.

Cancelling less than 1 year but more than or exactly 8 weeks before the date of your booking 25% of total booking fee forfeited.

Cancelling less than 8 weeks but more than or exactly 2 weeks before the date of your booking 50% of total booking fee forfeited.

Cancelling less than 2 weeks before the date of your booking 100% of total booking fee forfeited.

*In the event you cannot attend the retreat, and a replacement attendee is found, then an admin fee of 20% of the deposit (£70) will be incurred and the remaining deposit will be refunded.



Need to Knows

Insurance

It is a condition of your booking, that you take out travel insurance to cover any cancellations, health, pandemics and other eventualities.

Check in and out

Check-in time is on Saturday after 3 pm.

Check-out is on Saturday at 10 am

Flights

You will be flying to Palma airport In Mallorca

Ryanair, easyJet, Jet2, TUI, British Airways, Iberia, Qatar Airways and BA Cityflyer all fly to Palma.

The average flight time from London to Palma is 2 hours, 25 minutes.

You must have a valid passport with at least one blank page, valid for at least 3 months after the day you plan to leave (check the expiry date)

Transfer Information

The transfer from Palma airport to the retreat takes 25-30 minutes.

Transfers to and from the airport in Palma are **not included**.

Once everyone is booked onto the retreat, you will be put in touch with people on the same flight as you, so you can share taxis.

All transfer payments will be paid at the time of the stay in Majorca.

What's not included

Flights

Massages (to be booked when in Majorca)

Transport to/from the airports in the UK and in Majorca.

Travel insurance

Alcoholic & soft beverages

Transport for exploring the island

Taxi to the tapas restaurant during our stay

Any COVID testing, PCR or lateral flow tests.

If you need to isolate in Majorca this will be at your own cost.

Tips for the staff



Finally

I am foremost a Yoga Teacher, not a Travel Agent, I will endeavour to do my best to insure your yoga retreat is as wonderful as I know you'd wish it to be. Please do feel free to let me know if you have any further questions, or if I have missed any information that you might need and I'd be delighted to assist.

SEE YOU IN MAJORCA

Much love and light

Paula