

THE FIVE ELEMENTS

An aerial photograph of ancient stone ruins, likely a Roman temple, set against a backdrop of clear, turquoise water. The ruins consist of several standing columns and a partially collapsed archway. The water is exceptionally clear, revealing the seabed and some marine life. The overall scene is serene and evokes a sense of historical discovery.

MALLORCA, SPAIN
12 - 18 MAY 2024



LOCATED IN THE BEAUTIFUL TOWN OF SANTANYI,
IN THE SOUTHEASTERN PART OF MALLORCA





ACCOMMODATION



ACCOMMODATION



OUTDOOR SHALA



INDOOR SHALA



COLOURFUL AND HEALTHY FOOD LOADED WITH NUTRIENTS AND AROMAS



THE RESTAURANT



YOUR RETREAT LEADERS



TERESA CROSSLAND

Teresa holds a profound belief in the transformative power of yoga, providing participants with a serene and nurturing environment where they can wholeheartedly focus on their well-being and personal growth.

Through her caring and expert guidance, she will help you not only deepen your physical practice but also nourish your inner self.

ESTEFA PASTOR

Estefa's passion for hosting yoga and meditation retreats has led her to travel around the globe.

Through her retreats she provides a unique opportunity for individuals to deepen their practice and experience transformative changes in their mental and physical well-being.



DAILY SCHEDULE SAMPLE



07:30 - 09:30 Morning Practice
Meditation, Breathwork and Vinyasa flow

09:30 - 11:00 Brunch
Wholesome and nourishing to refuel



Rest and Recharge by the pool Or
maybe indulge in a massage

17:00 - 18:00 Evening Practice
Restorative Yin session



18:30 - 19:30 Dinner
Fresh organic and locally sourced ingredients



AND MUCH MORE...



Cacao Ceremony and Sound Healing

Yoga Nidra workshop, Wim Hof Breathing session



Workshops to deepen your asana practice

Santanyi's local market visit: food, crafts and textiles



ROOM DETAILS

ROOMS

- Free WiFi Internet
- Under Your Skin bathroom amenities
- Bathrobes, Hairdryer
- Safety box
- Air Condition (cold & warm)

ROOM RATES

DOUBLE OCCUPANCY9,500 AED PER PERSON - €2,400 - £2,050
SINGLE OCCUPANCY12,800 AED PER PERSON - €3,200 - £2,070

YOUR SPOT WILL BE CONFIRMED ONCE 100% OF THE PAYMENT IS MADE.
PAYMENT PLANS ARE WELCOME.

PACKAGE INCLUDES:

- 6 NIGHTS ACCOMMODATION
- ALL YOGA CLASSES AND WORKSHOPS
- BRUNCH AND DINNER
- VISIT TO THE LOCAL MARKET
- ACCESS TO THE FACILITIES (i.e. POOL)
- TOWELS WILL BE CHANGED AFTER 3 DAYS
- BEDLINEN WILL BE CHANGED AFTER 4 DAYS
- AIRPORT PICK UP AND DROP OFFS

PACKAGE DOES NOT INCLUDE:

- AIRPLANE TICKETS
- TRAVEL INSURANCE
- ANY OTHER MEAL



BOOKING POLICY

PAYMENT

VIA BANK TRANSFER, ONCE THE TRANSFER IS MADE SEND AN EMAIL TO TERESAEB@HOTMAIL.CO.UK, SO THE PAYMENT CAN BE TRACKED AGAINST YOUR NAME.

ACCOUNT DETAILS

TERESA CROSSLAND
HSBC
IBAN AE050200000030256366001
ACCOUNT NUMBER 030-256366-001

CANCELLATION POLICY

- CANCELLATION 3 MONTHS PRIOR TO THE RETREAT, FULL REFUND
- CANCELLATION 2 MONTHS PRIOR TO THE RETREAT 50% REFUND
- CANCELLATION 1 MONTH PRIOR, NO REFUND
- NO REFUNDS WILL BE MADE FOR FAILURE TO ATTEND
- OR TO NOT COMPLETE THE RETREAT



ADDITIONAL INFO

WHO IS THIS RETREAT FOR

Our retreat is designed for individuals from all walks of life who seek a transformative and rejuvenating experience. Whether you're a seasoned yogi looking to deepen your practice, a stressed professional yearning for a break from the daily grind, a wellness enthusiast eager to explore mindfulness, or someone simply in search of inner peace and self-discovery, our retreat offers a welcoming sanctuary for you.

If you're seeking a safe space to nurture your physical, mental, and spiritual well-being, connect with like-minded souls, and immerse yourself in the beauty of nature, this retreat is the perfect opportunity to recharge, find inspiration, and embark on a journey of self-renewal.

ADDITIONAL INFORMATION

RETREAT

- The retreat will start on Sunday 12th May evening, with a welcome session and dinner (around 7pm) and will end on the morning of Saturday 18th.

GETTING THERE

- Fly to either Barcelona or Madrid, get a connecting flight to Palma de Mallorca's airport.

EXTRAS *(*not included in the package)*

- Massages
- Reiki Healing
- Craniosacral bodywork & Kinesiology

A tropical poolside scene featuring a swimming pool in the foreground, two lounge chairs with white canopies, and several palm trees in the background. The text "THE FIVE ELEMENTS" is overlaid in the center.

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