





















COLOURFUL AND HEALTHY FOOD LOADED WITH NUTRIENTS AND AROMAS













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.

FSTFFA PASTOR

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

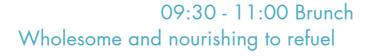
Through her retreats she provides a unique opportunity for individuals to deepen their practice and experience transformative changes in their mental and physical well-being.



DAILY SCHEDULE SAMPLE



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







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

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

