



## Holistic Womens' Retreat 12-14 May Mallorca



Connecting to Yourself, to Nature and with a group of Women for a weekend of SelfCare, Relaxation and Joy in beautiful [Jardi de Llum](#) (Garden of Light) in Mallorca. Enjoy the stillness and beauty of the countryside, and connect to body, mind and heart through conscious movement, yoga and meditation.

During this Weekend you will connect to Yourself through Silence, Conversations, Laughter, Nature, Yoga, Breathing and Meditation (Beginners and All levels welcome). Focus will be on the Femenine Power of Transformation - Creative Energy, SelfCare and Joy. (Connecting to the moon cycle, your inner ecology - and finding ways for more harmony in daily life)

[Mia](#) is a certified yoga teacher, life coach and art therapist, specialized in Conscious Cycles for wellbeing and personal growth. She loves traveling, and studying (yes;), and her passion is to listen and support you where you are towards what you want.

[Bijan](#) is a life coach, counselor and peace bringer. As a seer of the subconscious mind, he helps you bring out your soul's potential and establish peace and joy in your relationships. He is also a globetrotter, now established in Mallorca, and a wonderful and creative chef.



## PROGRAM\*

Arrival Friday - Welcome Session 17h \* Dinner 19:30 \* Evening meditation 21:00

Saturday 7:45-9:00 Morning Yoga \* Breakfast \* 11:30-13:30 Principles of the Femenine Power - Connecting with cyclicity, earth, the beauty and necessity of the creative, transformative and caring energies

13:30 Lunch \* Free time \*

16-18 Session with Bijan - Finding Your Path through Playfulness, Presence and Peace

18:30-19:30 Restorative Yoga \* 20:00 Dinner

Sunday 8:00-9:15 Yoga \* Breakfast \* 11-12:30 Closing Circle

\*Program might change according to the group, weather, what feels convenient for all.

ACCOMMODATION in Jardí de Llums Finca in a luminous and unique double/or single room. Beautiful spacious garden to walk around, relax and find your favorite spots...

INVESTMENT: 2 nights with 3 veggie jummy meals/day, yoga, meditation and full program included, Single Room 430 EUR/ Double Room 350 EUR

Prices are per person taxes included.

NOT included in the price: travels to and from Mallorca, travel insurance, airport shuttle. Contact us for directions and if you need transport.

BOOKINGS: [info@miaeyoga.com](mailto:info@miaeyoga.com)

