

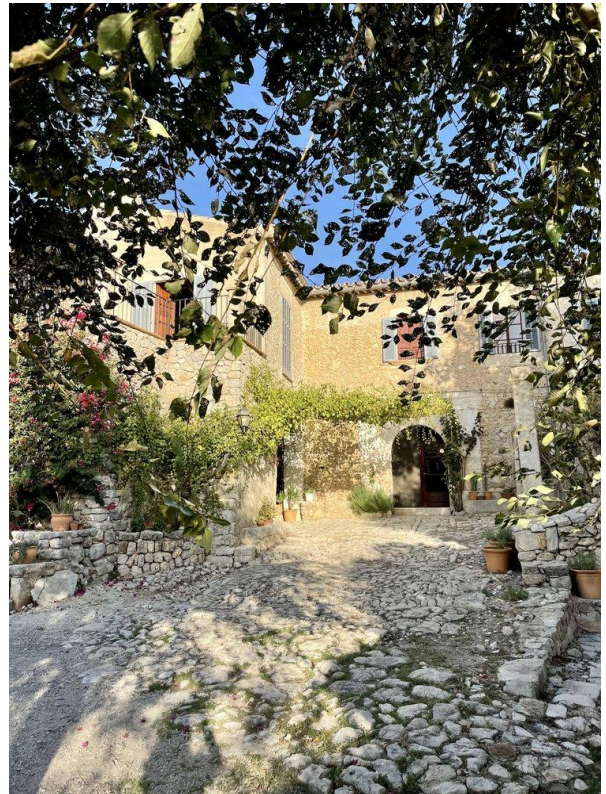


CONNECTION, JOY, TRANSFORMATION: a SUMMER RETREAT in MALLORCA

10-17 June 2023

Imagine waking up surrounded by green mountains, clear air and only the sounds of nature... Starting your day with yoga; breathing, meditation and morning stretches for body and heart... Enjoying plant based delicious food prepared by the in house chef, and connecting with yourself and with other women in Movement, Stillness, Conversations, Laughter, Cycle Awareness and Self Discovery... In collaboration with [BREATHSPIRATION](#):

Join me for a colorful week of Connection, Joy, and Transformation 10-17 June in Mallorca.



This could be one of the best gifts you could give to yourself this year!



Arrival Day 10 June, and we will start with dinner at 19:00 followed by an Opening Circle and Evening Meditation. Program ends on June 17th around 11am.



A typical day this week will look more or less like this:

Wake Up Tea

8:00-9:45 - morning yoga

10:00 - Brunch

11:30-13:30 Womens' circle (topics to be suggested by the group, might include: our inner ecology and the inner seasons, Principles of the Divine Feminine, the two main energies in the moon cycle, the Chakras, how to find balance in daily life...)

13:30 - free time for pool, rest, walks, excursion, massage or other treatments (afternoon tea and healthy snack)

17:30 Either free activity or Breathwork or Restorative Yoga

19:00 Dinner

20:30 Evening Sharing and Meditation

[Breathspiration](#) has carefully selected Finca Son Riera, once an olive farm, now a comfortable six bedroom villa right by the foot of the Tramuntana Mountains. You can experience the absolute calm and quiet nature, the Mallorcan countryside unchanged throughout centuries, yet having all modern comforts. Approx 45 min from Palma/Airport.

INVESTMENT: Single Room 1770 EUR

Double Room 1395 EUR

Price is per person 7 nights, taxes included.

Price includes: 7 nights accommodation in unique rooms in a historical refurbished finca, daily yoga and meditation (morning and evening), two vegan meals/day, daily womens' circle.

Prices do Not include: travels to and from Mallorca, Airport Shuttle, Travel Insurance.

BOOKINGS: info@miaeyoga.com