

HEALTH OUR FOCUS

for nutrition advice and yoga

YOGA & Healthy Eating Retreat, Mallorca

Friday 9th – Tuesday 13th February 2018

Enjoy a holistic retreat to revitalise and rejuvenate in 2018. Vegetarian food will be prepared from locally sourced ingredients, with vegan and raw options. Carla is a yoga teacher and qualified nutritional therapist with extensive cooking experience, including running her own yoga and detoxification retreats in the UK and abroad.

The Retreat

The structure of the retreat allows for ample time to explore the island should you wish to do so; rest with a book on one of the lovely terraces, or simply relax. A 2-hour yoga class in the morning will be followed by brunch at 12.00am, and a 1.5 hour practice in the late afternoon followed by an evening meal at 8.00pm. All meals are vegetarian with raw and vegan options. A complementary massage by David, our experienced Swedish remedial/sports massage therapist, is offered for resident yogis during your stay. Please book this with Carla on arrival day.

The Yoga

This is a small retreat for a maximum of 10 participants including resident and 'yoga only' guests. All equipment, including mats, will be provided. Carla has 18 years' experience of teaching yoga and studied in the Iyengar method. She also practiced Ashtanga yoga in the 90's with Derek Ireland, both in Crete and in India, so the classes will feature aspects of 'yoga flow'.

Each participant will conduct a yoga practice suitable to experience, and any injuries or limitations can be discussed with Carla on your arrival. Adjustment and correction are intrinsic to Carla's teaching style, so students will be encouraged to improve their practice through the use of props, guidance, and correction where appropriate.

Breath awareness and yoga nidra, with emphasis on 'mindfulness', are essential elements of yoga with Carla.



The Venue

Son Pelat is nestled on a quiet country road, minutes away from Santanyi. Santanyi is an old town offering a market on Saturdays and many bars and restaurants where you can relax and enjoy the local sights. The villa has recently undergone a total renovation. It is well appointed with underfloor heating throughout and many private courtyards and terraces from where to enjoy uninterrupted views of the coast. WiFi operates throughout, but we encourage you to leave the stresses of life far behind for the few days you share this wonderful space, and simply enjoy the tranquility.



Your stay

Accommodation is available in 3 double/twin luxury suites. The master suite features a walk-in wardrobe, 3-piece appointed bathroom with dual sinks, and a private balcony. 2 of the 3 rooms have television and the house has Wi-Fi throughout. Full details and photos of your room will be provided on your Booking Form.

Travel

Participants are requested to arrange their own flights. Regular flights to Palma, Mallorca are available via many airlines, including Easyjet and Iberia. Cost of flights varies, but flights from London are approximately £100 return, and 100 euros from Europe.

The airport is around 40 minutes away by taxi and costs approximately 60 euros to Santanyi. Details of your onward journey to Son Pelat will be supplied on confirmation of booking.

Car hire via Europacar is approximately 120 euros for the duration of your stay for a Polo, Micra or similar.

For those who wish to share taxi transfers or car hire, please let us know and we can share details of other attendees.



Arrival day

Arrive from 12.00 onwards on Friday (depart after brunch on Tuesday).

On arrival at Son Pelat, you will have time to rest and relax until the evening meal which will be served at 8.00pm. Following that, the programme for the duration of your stay will be outlined to you, and a yoga nidra session conducted from 9pm.

The offer

Prices are per room for double/twin occupancy. Single occupancy will reflect a 25% discount on the prices quoted, as will non-yoga partners who wish to attend.

Double master suite for couple – King size bed, en suite, private balcony.	£1600
Double with en suite for couple	£1350
Twin with en suite (ground floor)	£1300
Yoga only – living off site but includes brunch each day	£450

Please note that this cost reflects the cost for the room; meals as outlined above and does not include travel.

The offer includes 2 yoga sessions each day, brunch and evening meal (including locally sourced wines). Beds are made up daily and rooms serviced mid-stay. Complementary massage (aromatherapy/Swedish) included for all residential guests.

THE FOOD

Brunch

Locally sourced fresh fruits and cheeses, organic boiled eggs, a variety of breads including rye and wholegrain rolls and sliced breads, bircher muesli freshly prepared daily, natural yogurts and a range of conserves, nut butters and vegetarian pates freshly squeezed orange juice.



Example Evening Meals

Avocado, tomato, red onion, peas, sprouts and Quinoa with lemon, cashew, mint and turmeric dressing (VG/GF)

Vegan Caesar salad with garlic croutons, spinach and garden leaves (VG/GF)

Ganesha Curry Bowl – Whole grain rice, lentils, veggies, Bombay curry, coconut milk, peanut butter (GF/VG)

Creamy red rice with tempeh, mushrooms, hazelnuts and carrot aioli. (VG/GF)

Crispy nut roast with lentils, mixed nuts including brazil nuts, hazelnuts, cashew and almonds with a minted pea coulis



Mascarpone and fig cheesecake with an almond, date and cacao butter base (GF/Sugar Free)

Traditional apple crumble served with cashew cream

Walnut pear parfait with anise seeds (VG/GF/Sugar Free)

Expression of Interest

If you would like to attend the retreat please email Carla with RETREAT in subject box.

A Booking Form will then be forwarded to you, with a request for a holding deposit.

Please indicate if you prefer ground floor accommodation.

I hope that this is of interest to you and look forward to hearing from you,

Carla

