

# THE YOGA BEAT

## Yoga & Creativity Retreat

Mallorca, Spain / April 20 - 27 2019



Stella Shakerchi and Chris Leuenberger invite you to join them in their yoga and creativity retreat held at Sa Bassa & Sa Portassa, a beautiful Mallorcan style finca and eco estate located near Porreres, in the southeast of the sunny island of Mallorca.

Enjoy relaxing yet focused daily yoga sessions that will fit your yoga needs. Surrender to the flow of your innate creative potential and try somatic dance and / or creative writing.

While on your leisure time you can go for a swim, play table tennis, badminton, relax, read, meditate, go for leisurely strolls in the 2000 m2 garden with native fauna (mostly birds), ponds and a native forest, go for longer walks and hikes in the area, explore the nearby beaches and maybe after dinner join mantra chanting to calm your mind.

You will come home not only feeling inspired but also recharged!

# Teachers

Stella Shakerchi teaches creative writing and yoga in Oxford.

Chris Leuenberger is a Swiss dancer / choreographer working internationally. Both are 500hr RYT yoga teachers.



## Group Size

The maximum number of participants in the group is 10.

## Location

The yoga retreat finca is located near Porreres, in the southeast of Mallorca, 15 km from the beach. It has been restored and adapted for all requirements of a yoga retreat.

The estate is catalogued as a Wildlife Refuge by the Balearic Government, as it preserves the ecosystem and the native environment. The house is surrounded by 2000 m<sup>2</sup> of a garden with native fauna (mostly birds), ponds and a native forest with protected Mallorcan donkeys. If you want to get away from busy every day life, we invite you to discover your personal paradise.

Sa Bassa has a living room and leisure area equipped with pool, table football, poker table and you can also play chess or enjoy the reading area. The outdoor spaces include a covered barbecue and a summer porch.

The house has a private swimming pool and solarium as well as table-tennis. Sa Portassa also has a private swimming pool with solarium, a chill-out area with hammocks and it is connected to the yoga room and the yoga teachers' room.

The 80 m2 yoga room is a beautiful space with lots of light. It has parquet floors, mirrors on the walls, and glass windows with views to the olive grove.



## Practices

During this retreat you will have two daily yoga classes with Chris and Stella. Experience extensive sessions of Vinyasa yoga, kundalini, restorative yoga, and celestial communication (mantras with extended mudras) in the evening.

To make full use of the life-affirming benefits of a regular yoga practice and to help unleash your creativity, we offer a choice of workshops in creative writing or somatic dance on three afternoons.

## Typical Day Schedule

You will start your day with a 90 minutes Vinyasa class. After your class and relaxation session you will enjoy an abundant brunch buffet. It is important to us to offer you sufficient time to rest, go for a walk or larger hike in the surrounding nature or treat yourself to a massage. If you can't get enough of the yoga, we will give the option of taking a shorter Kundalini yoga class around noontime.

In the late afternoon you will have a choice of creative writing or somatic dance workshops (Monday, Wednesday, Friday).

On Sunday, Tuesday and Thursday we will offer a 90 minutes restorative evening yoga class with meditation, yoga nidra and / or sound baths. After dinner you're invited to join us for 20 minutes of mantras with music and mudras.

On the last morning we'll surprise you with a fun practice that will leave you inspired & beaming for your homeward journey.

## Meals

In this retreat healthy yogic food with vegetarian and dietary options will be served.



The following meals are included:

- Brunch, Dinner, Drinks.

Should you have special dietary requirements, kindly send an inquiry to Chris: [contact@chrisleuenberger.com](mailto:contact@chrisleuenberger.com)

## Accommodation

The venue consists of two separate buildings:

Sa Bassa is a modern Mallorcan style house, light and welcoming.

The area of 355 m2 is distributed over two floors: 4 bedrooms (3 twins and 1 double room), 3 complete bathrooms (2 of them are en-suite) and 1 toilet. It is a spacious living-dining room with a fireplace and a fully equipped kitchen. The house is suitable for 8 guests.

Sa Portassa is a modern and renovated loft with 2 twin bedded rooms with en-suite bathrooms, kitchen and a fully equipped living-dining room. The house is suitable for 4 (or 6) guests.



## Accommodation and Cost:

Twin Room (8x)

EURO 975

### What's included:

- 2 daily yoga classes (Vinyasa, kundalini and restorative yoga)
- 7 nights accommodation in a twin room
- daily yogic brunch and dinner
- choice of creative writing or somatic dance workshop on 3 afternoons
- mantra singing and celestial communication sessions after dinner
- teas, coffees, and water
- use of all facilities including two private pools, table tennis etc.
- Wi-Fi

### What's not included:

- Airfares
- Alcohol
- Excursions
- Massages



## Things to do

There are many options for you to spend your free time on your retreat:

- On several afternoons, we'll have the opportunity to visit the beautiful beaches nearby.
- Cycling: Mallorca is cycling paradise. If you are a professional cyclist or just want to cycle a few hours, we will find a suitable route for you. You can bring your own bike, rent one from our partners, or participate on a guided tour.
- Hiking: We offer guided hikes for all levels, all around the island.
- Rock climbing: Mallorca is one of the best locations in Europe for rock climbing and deep water soloing. We work with the best experts on the island to make your experience safe and unforgettable.
- Wine tastings: We value local gastronomy a lot. Our goal is to show you the healthy and seasonal delicacies our island has to offer. Wine culture is deeply rooted in Mallorca and the island has some really interesting wines that are worth a try!
- Massages: Our professional therapists offer a wide range of treatments to help you relax and feel happy in your body.

## Arrival & Departure

Arrival is on Saturday afternoon, April 20th.

Check-out and departure is on Saturday, April 27th after brunch.

## Getting there

We can help you to arrange your travel plans so that we can all save time, money and the environment.

As soon as the list of participants is complete, we'll contact everybody about their flights and arrival times so people can share a taxi to the venue which is 27 km from the airport. Check-in is possible from 4pm onwards on April 20th. Check-out is 10am on April 27th. Please book your flight to Palma de Mallorca ahead of time.

### Renting a car:

Car sharing makes the cheap rental cars even cheaper. We will send an email before the trip and put all interested participants in contact.

## Payment and cancellation policy

To confirm your space please transfer a 50% deposit.

The balance is due 2 weeks before the start of the retreat (April 6 2019).

Bank details will be provided on registration.

### Cancellation policy as follows:

More than 60 days before the holiday a refund will be given less a 50 Euro admin charge.

Less than 60 days before the holiday a refund (less a 50 € administration charge) will only be given if the space can be filled.