



FINCA  
SERENA

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MALLORCA

FINCA SERENA

# MINDFULNESS

RETREAT

*by Thais Alonso*

March 10-13, 2022

ARE YOU LOOKING FOR THE TIME AND SPACE  
TO RECHARGE, RESET AND RECONNECT  
WITH YOUR CENTRE?

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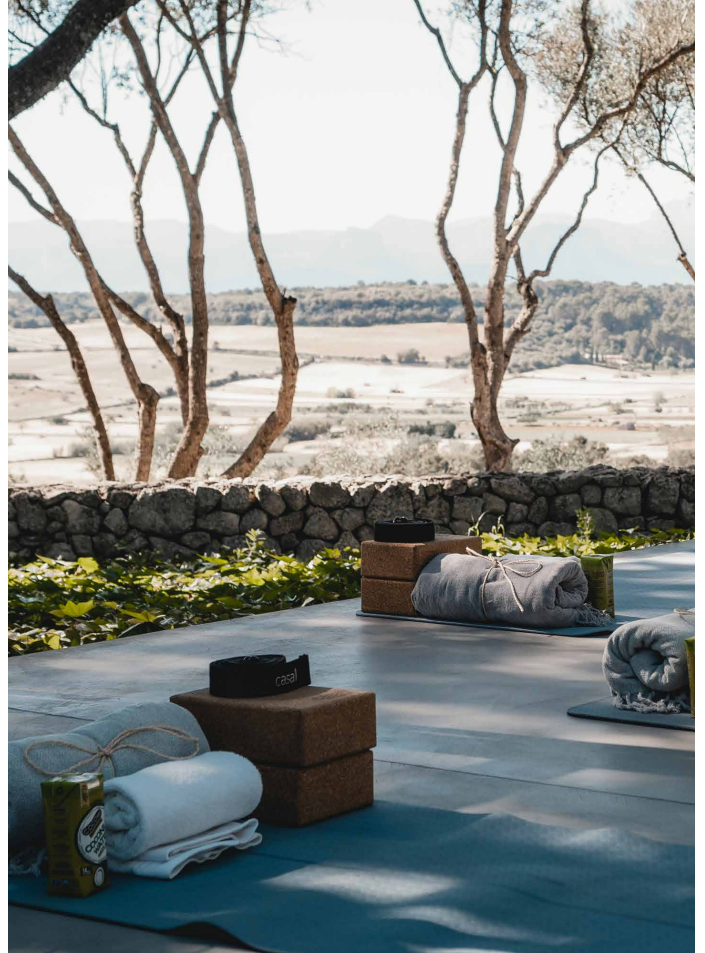
DO YOU NEED THE TOOLS TO LEARN HOW TO STOP,  
CALM DOWN AND DEVELOP A HAPPIER MINDSET?

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IS YOUR PHYSICAL AND EMOTIONAL HEALTH  
AFFECTING YOUR WAY OF THINKING,  
BUT YOU DON'T KNOW HOW TO CHANGE IT?

# IF SO OUR RETREAT IS FOR YOU

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## MINDFULNESS RETREAT AT FINCA SERENA

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**P**ress pause on the maelstrom of stress that occupies your daily life, reduce mental noise and ‘reset’ at this exclusively designed retreat hosted by mindfulness expert Thais Alonso.

Once we develop the ability to ‘be present’ we improve our mental, physical and emotional health, while

reducing the unpleasant side effects caused by stress and anxiety. Thais’s mindfulness practice is based on Neuroscience to teach you how to control your mind and stop functioning on ‘automatic pilot’ through daily meditations, practical classes, self-inquiry spaces and healthy eating.



## THAIS ALONSO

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 @MINDFULTHAIS

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**C**HO (Chief Happiness Officer) of Organizational Well-being and Corporate Happiness by La Salle University.

Leading mindfulness consultant at UEMC and MBSR, humanistic and transpersonal psychotherapist, emotional intelligence consultant and facilitator of change processes, grief and resilience.

With more than 20 years of experience Thais is a “mindfulness” pioneer in Spain. She has worked on the deve-

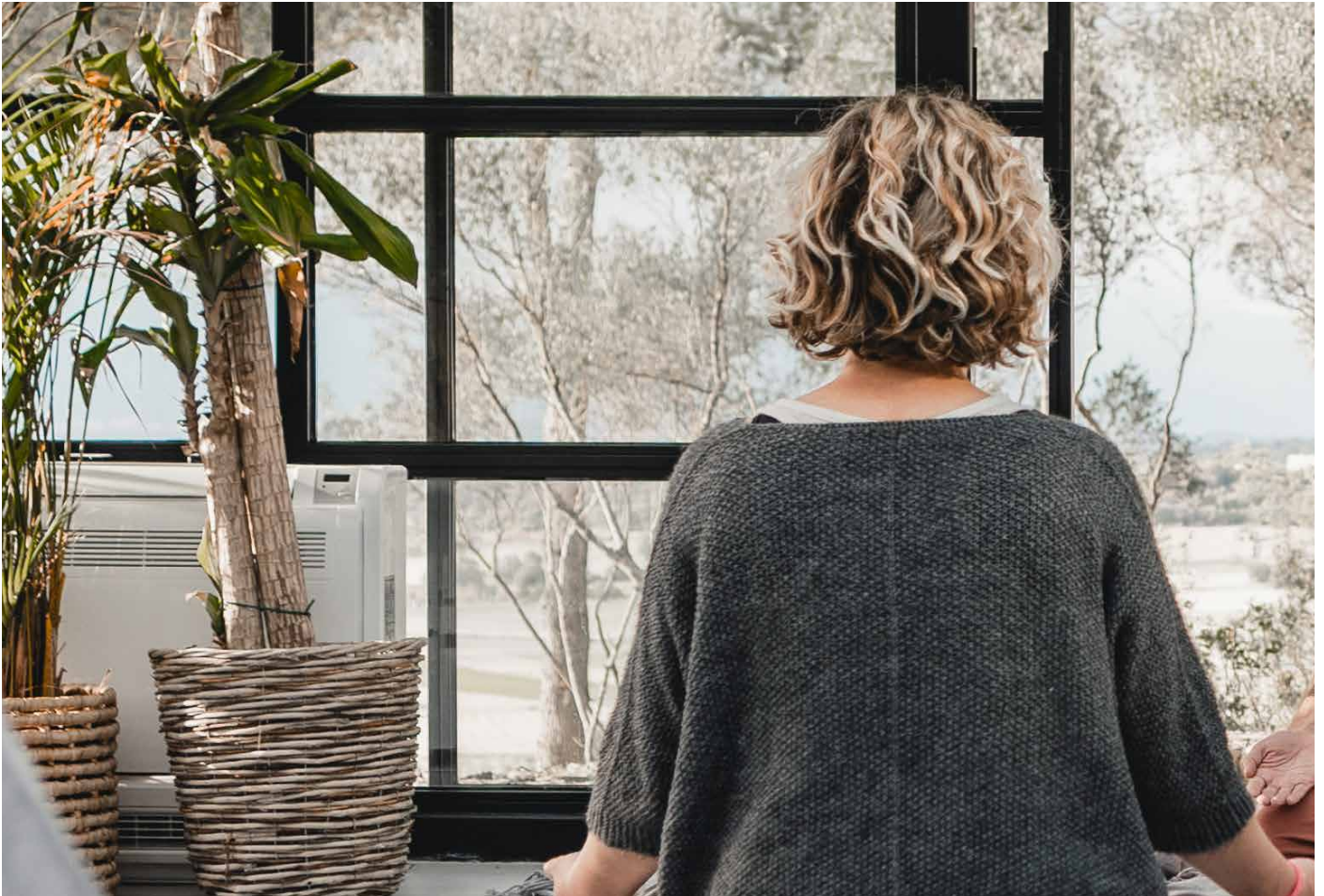
lopment and implementation of healthy methodologies across numerous businesses, educational and hospital organizations.

In the last 12 years she has trained thousands of professionals, entrepreneurs and managers in mindfulness techniques at national and international levels.

Creator of the Happily® Method. Professional brain-trainer. Co-founder of the European Institute Happy Work®.

## B E N E F I T S

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THIS IS YOUR CHANCE TO BREAK OUT OF “AUTOPILOT” MODE AND REPLACE IT  
WITH A SERENE AND HAPPY STATE OF MIND.  
FINCA SERENA IS THE PERFECT SPACE IN WHICH TO LEARN HOW TO DO IT.

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You'll experience improved **quality of sleep** and **reduced stress and anxiety**.

Increased **concentration**, decision-making and **resilience capacity**.

Reinforcement of **empathy** and improvement of **interpersonal relationships**.

Reduction of “**mental noise**” and “**automatic mode**”.

Increased **resilience capacity**.

## I N C L U D E D

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- 3 nights accommodation in a double room
- Welcome drink
- Half board with breakfast and lunch based on seasonal and local products (alternatives for vegan and celiac diets, as well as other intolerances). Non-alcoholic drinks included during meals
- 6 meditation sessions
- 3 practical-theory classes: emotional management tools, stress management tools and techniques for calming the mind
- 3 mindfulness experiences: Mindful Spa, Mindful eating, Mindful walking
- Access to Único Spa (sauna, hammam, heated pool and Fitness by Technogym)
- Possibility to purchase Natura Bissé products at special rates
- Materials for all activities







## LANGUAGES

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Bilingual: English / Spanish

## DATES

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March: 10 - 13, 2022

## PRICES

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1 pax: 1.490€ (VAT included)

2 pax: 2.300€ (VAT included)

Check in: 15pm

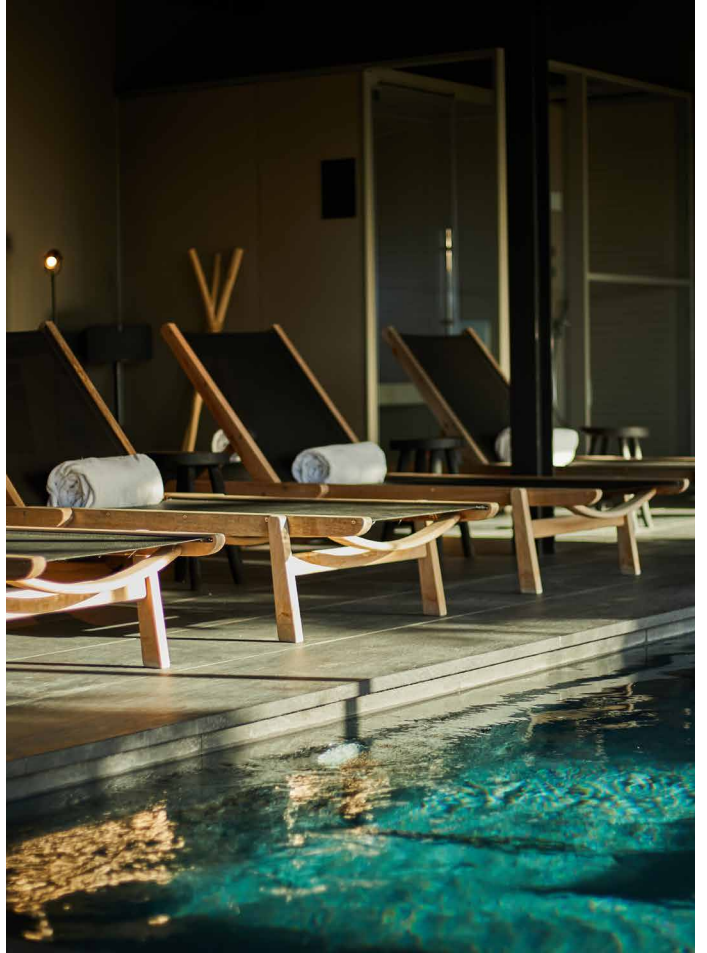
Check Out: 12pm

Limited places\*



## COMPLETE YOUR EXPERIENCE

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## ACTIVITIES

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- Energising chakra massage\*
- Personal Trainer\*
- Bicycle rental\*
- 8 km walking / running routes on the estate
- Oil tasting\*
- Garden visit with our chef
- Botanical tour of the estate\*
- Picnic among the vines\*
- Star Watching
- Petanque

\*Prices on request



