

FINCA SERENA

YOGA

RETREAT



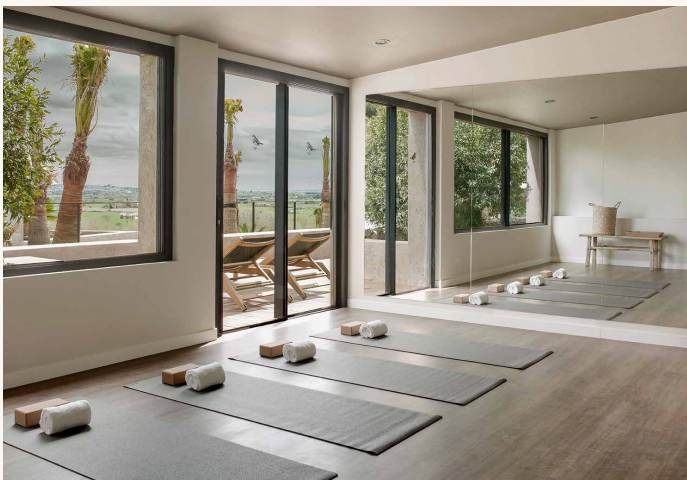
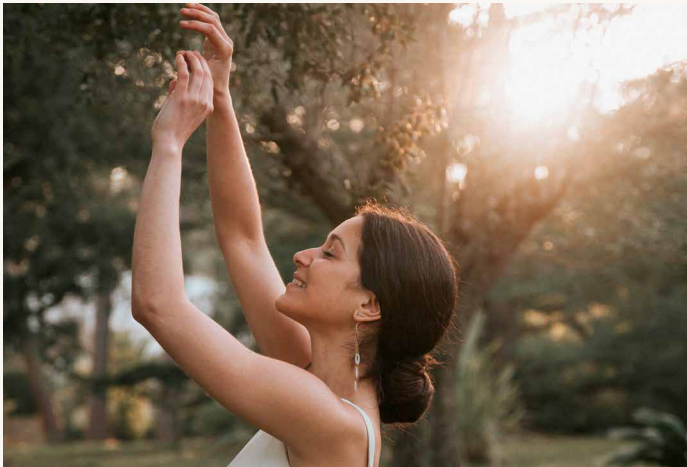
FINCA
SERENA

★★★★★
MALLORCA

September: 21 to 24



OUR RETREAT

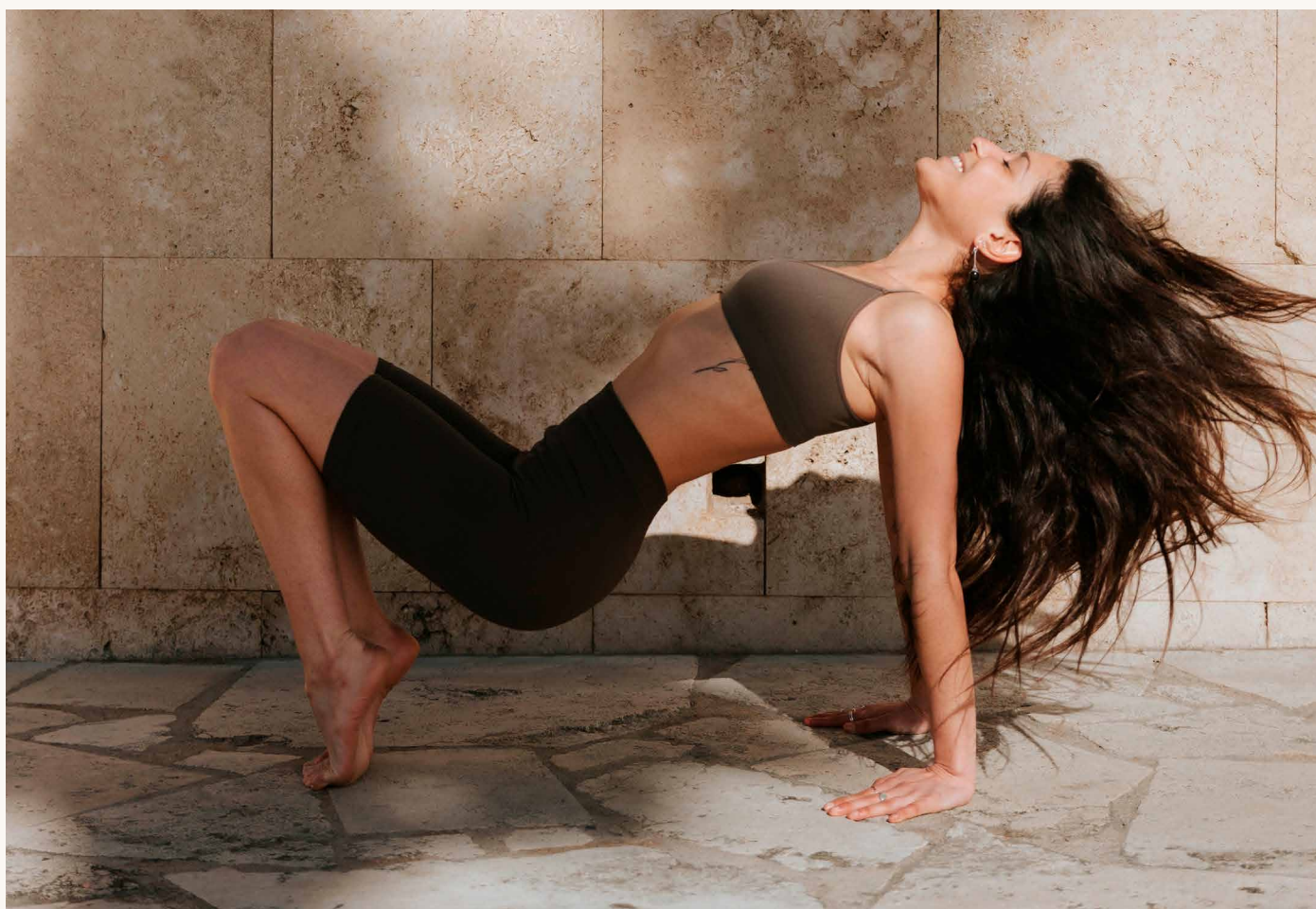


FINCA SERENA YOGA RETREAT

It can be difficult to find peace and balance in our day-to-day lives, and so it gives us great pleasure to invite you to experience our 4-day, 3-night yoga retreat aimed at taking you to a place of deep, inner peace and wellbeing. Designed around a holistic concept that encompasses body, mind and soul, Finca Serena's stunning location in the heart of the Mallorca countryside

is the perfect place to hone your yoga practice, connect with your breath, and enjoy nature at her finest. Here you'll find the time and space to listen to, and nourish both body and mind, and reconnect with the deepest essence of your 'self'. This retreat is offered at all levels and led by Claudia Arias.

BENEFITS



Increase FLEXIBILITY

Increase STRENGTH and muscle tone

Increase ENERGY

Improve POSTURE and BALANCE

Complete DISCONNECTION

TIME for yourself

CLAUDIA ARIAS



“A journey of a thousand miles, starts with a single footstep”

I am Claudia Arias, a yoga and acroyoga teacher. Over the years my travels and training have led my practice to evolve physically, mentally and spiritually. I define my style of yoga as a blend of the best of each of the various disciplines, with correct physical alignment in the postures, a creative flow and a focus on how the body and the mind come together as one entity.

Although throughout the retreat we'll practice all of the distinctive styles of yoga, the one I most vibe with is Dharma Yogo, a practice in which you give of yourself deeply – offering all of your energy and BEING.

A part of these classes is always dedicated to reflection aimed at discovering the tools we can practice off the mat, to assist on our day-to-day journey through life. The practice of yoga is designed to be lived, experienced and felt. I cannot explain this in words, but when you discover it, and allow life to guide you, the magic appears.

I am so happy to be able to share this with you.

LANGUAGES

Bilingual (English/ Spanish)

DATES

September: 21 to 24

PRICE

1 pax: 1250€

2 pax: 1850€

Check in: 3:00pm

Check out: 12:00pm



INCLUDES

- Accomodation in a double room for 3 nights.
- Welcome drink.
- Yoga welcome pack.
- Mini bar stocked with healthy drinks and snacks.
- Full board featuring a balanced, plant-based menu (fully adaptable for vegan, celiac and other food intolerances) based on local and seasonal products. Includes drinks with meals.
- 6 yoga classes – energising Vinyasa Yoga in the mornings, restorative yoga in the evenings.
- 1 meditation session.
- Access to UnicoSpa (Sauna, Hammam, heated swimming pool, water circuit and fitness by Technogym).
- 1 energising chakra massage to improve you physical, emotional, mental and spiritual health.
- Mindful walk.
- Special offers on selected Natura Bissé beauty products.
- Specialist equipment including yoga mats, blocks and belts.

COMPLETE YOUR EXPERIENCE



IN - HOUSE ACTIVITIES

- Personal trainer*
- Bicycle rental*
- Private tennis classes*
- 8 km of routes for walking or running at the estate
- Oil tasting *
- Visit to orchards with our chef
- Botanical visits on the farm *
- Picnic in the vineyards *
- Stargazing
- Petanque
- Relax at UnicoSpa with heated pool, sauna and hammam.
- Golf in the main Golf Courses of Mallorca, just 15 minutes ride from the Hotel.

*On request - Extra cost

DAY TRIPS



WHAT TO SEE

- Visit to the Archaeological Village of Son Fornés *
- Guided bicycle excursions*
- Birdwatching in s'Albufera
- Discover beautiful beaches and coves
- Tramuntana UNESCO Heritage

*On request - Extra cost



F I N C A
S E R E N A

★ ★ ★ ★ ★

MALLORCA

fincaserenamallorca.com

(+34) 971 18 17 58

info@fincaserenamallorca.com

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OF THE WORLD



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