



FINCA
SERENA

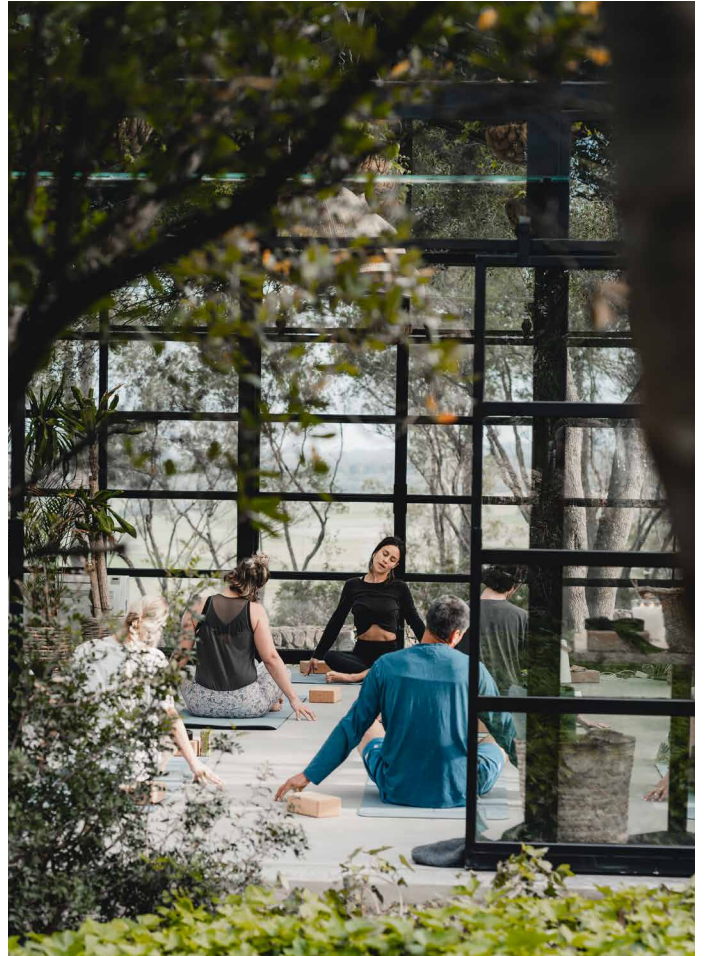
MALLORCA

FINCA SERENA
YOGA
RETREAT

by Lina Jurevičiute

October 19-22, 2021

OUR RETREAT

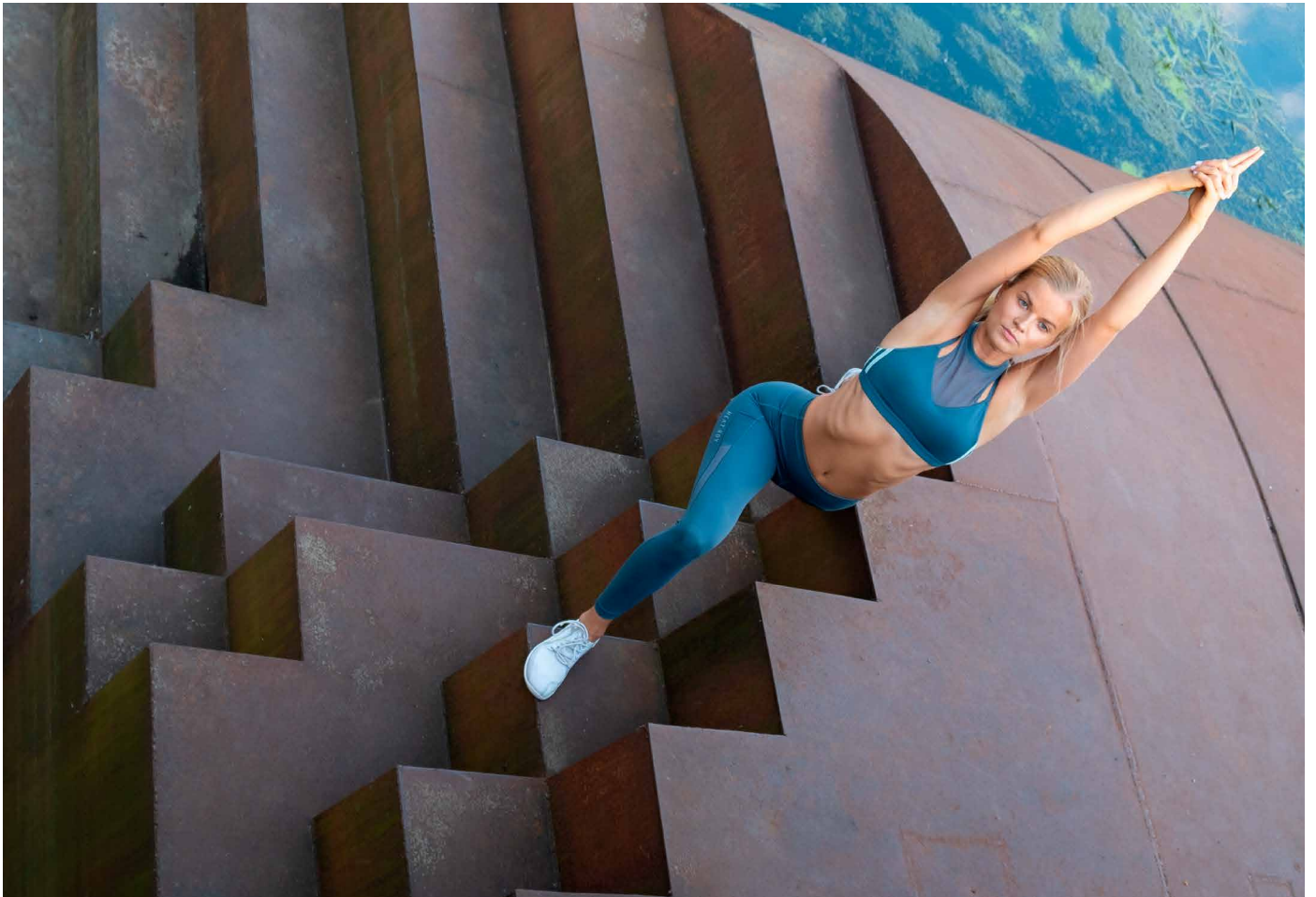


FINCA SERENA YOGA RETREAT

Join us for revitalizing yoga and mindfulness for body and soul at the most magical spot in the Mediterranean. Four luxurious calm days at Finca Serena Mallorca, when the island is at its best. An oasis away from everyday life where you can rejuvenate, grow and

reconnect with your true self. From the nourishing food to the yoga classes, nature and the facilities, this retreat is designed to serve your total wellbeing. This retreat is offered at all levels and led by Lina Jurevičiūtė.

BENEFITS



Increase FLEXIBILITY

Increase MUSCLE STRENGTH and tone

RENEWED ENERGY and inner peace

You'll feel RELAXED AND RESTED

Improve POSTURE AND BALANCE

Complete DISCONNECTION AND TIME for yourself

LINA JUREVIČIŪTĖ



Lina Jurevičiūtė is a passionate vinyasa, power & yin yoga teacher and a sound healing specialist. She strongly believes that through the power of our breath and movement we can transform not just our body but our mind too so during this retreat we'll be exploring strong vinyasa practices, soothing yin, powerful meditations and transformative sound healing sessions. Lina has started her yoga journey 9 years ago and now is teaching around Europe, leading retreats and wellness getaways. Lina places a big emphasis on the internal experience, rather than on external appearances so in her

classes expect to move through creative flows using your breath that will guide you into this extraordinary journey through your mind, body and soul. On our yoga mats Lina guides you with ease and open mind where we all learn from our past, strengthening our present and building our future. It's never just about the poses - Lina encourages to delve much deeper to find the true connection and inner stillness.

 @bylinaju



LANGUAGES

English

DATES

October: 19 to 22, 2021

PRICE

1 pax: 1420€

2 pax: 2140€

Check in: 3:00 pm

Check Out: 12:00 pm

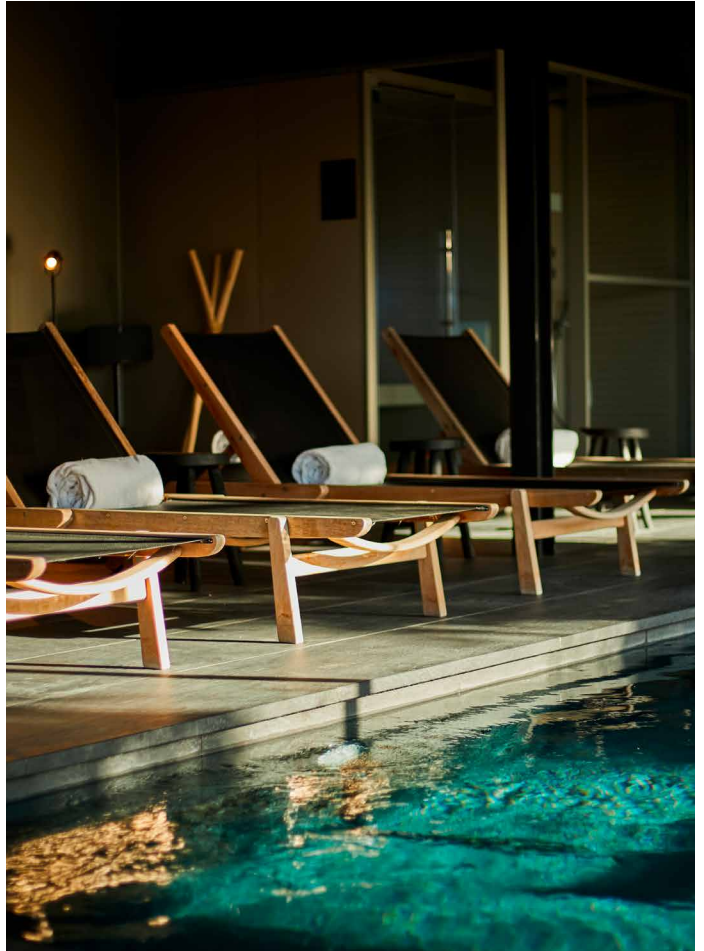
Limited places*

I N C L U D E S

- 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 nonalcoholic drinks with meals.
- 6 yoga classes – energizing Vinyasa Yoga in the mornings, restorative yoga in the evenings.
- 1 Yoga Nidra Meditation session.
- 1 Sound Healing session.
- Olfactory workshop by Viti Vinci.
During this workshop you will learn to navigate the subtle and unknown world of natural essences, as they teach you how to identify and communicate with aromas and listen to their delicate whispers. You might not believe it till you smell it. But once you do, you will be changed forever.
- Mindful walk.
- Access to Unique Spa (Sauna, Hammam, Heated Pool and Fitness by Technogym room).
- Special offers on selected Natura Bissé beauty products.
- Specialist equipment including yoga mats, blocks and belts.



COMPLETE YOUR EXPERIENCE



IN - HOUSE ACTIVITIES

- An energetic chakra massage*
- Personal trainer*
- Reiki by Lina Jurevičiūtė*
- Bicycle rental*
- 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

*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

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You will feel relaxed and rested!