

FINCA SERENA, MALLORCA

# YOGA & MEDITATION RETREAT

*by Lina Jurevičiūtė*



22-25 October 2026

FINCA SERENA, MALLORCA

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# YOGA & MEDITATION RETREAT/

Join us for four restorative days at Finca Serena, one of the most magical spots in the Mediterranean. Yoga, mindfulness, nourishing food, and time in nature. This retreat is suitable for all levels and led by Lina Jurevičiūtė, who will support and inspire you on your journey.

## BENEFITS/

- Increase flexibility
- Renewed energy and inner peace
- Improve posture and balance
- Deepen your yoga practice
- Complete disconnection
- Time for yourself

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**DATES/ 22nd - 25th October 2026**

**LANGUAGE/ English**

**CHECK IN/ 3 pm**

**CHECK OUT/ 12 pm**

**\*Limited spots available**

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# FINCA SERENA, MALLORCA/

In the heart of Mallorca, Finca Serena is a serene retreat surrounded by vineyards and olive groves — a place where tranquility and renewal come naturally.

*@fincaserenamallorca*



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## MEET LINA/

Lina Jurevičiūtė is a passionate yoga teacher specializing in Vinyasa, Power, Yin, and sound healing, Lina's classes are designed for all levels, inviting you to move with presence and listen to your body.

*@bylinaju*

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## FINCA SERENA, MALLORCA

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# PROGRAM/

### Day 1

03.00 pm	Check in
05.45 pm	Team and participants presentation
06.00 pm	Yin & Yoga Nidra practice
08.00 pm	Dinner

### Day 2

08.30 pm	Vinyasa Flow yoga practice
10.00 am	Breakfast
12.00 pm	Mindful Nature Walk (optional & self-led*)
01.30 pm	Lunch
05.00 pm	Cacao Ceremony & Breathwork
08.00 pm	Dinner

### Day 3

08.30 am	Vinyasa Flow yoga practice
10.00 am	Breakfast
12.00 pm	Inversion workshop (optional*)
01.30 pm	Lunch
05.30 pm	Yin yoga & Sound Healing
08.00 pm	Dinner

### Day 4

08.30 am	Vinyasa Flow yoga practice
10.00 am	Breakfast
12.00 pm	Check out

*\*The schedule is approximate and may be adjusted slightly as the retreat progresses.*

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## INCLUDES/

- Accommodation for 3 nights
- Welcome drink
- Full board with local and seasonal products (adaptable for vegan, celiac and other food intolerances). Includes non-alcoholic drinks with meals.
- 5 yoga classes, different sessions and workshops
- Sauna, heated pool with fireplace, porch with sun loungers and Technogym fitness gym
- Special offers on selected beauty spa products
- Yoga equipment included: mats, blocks and straps



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## WHAT TO BRING/

Although Finca Serena provides everything you'll need, we recommend packing:

- Comfortable shoes for walking around the estate and vineyards.
- Comfortable clothing for yoga and outdoor activities.
- A notebook or journal to capture your thoughts and reflections.
- A good book for moments of relaxation.

And most importantly, the desire to enjoy every moment.

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## PRICE/

**Double Room** – single use: 2.250 €

**Double Room** – double use: 3.450 €

(1.725 € per person\*)

*For a more connected retreat experience, consider sharing a room with a retreat companion — please email [reservations@fincaserenamallorca.com](mailto:reservations@fincaserenamallorca.com) to arrange.*



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TO REGISTER  
*for the retreat,  
please contact:*

(+34) 971 18 17 58  
[reservations@fincaserenamallorca.com](mailto:reservations@fincaserenamallorca.com)  
[fincaserenamallorca.com](http://fincaserenamallorca.com)

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