



yoga
retreat

by Lina Jurevičiūtė

11-14 | OCT | 2024

FINCA SERENA MALLORCA



DATES:

October 11 to 14, 2024

IDIOMA:

English

PRICE:

1.500€ (1pax)

2.565€ (2pax)

CHECK IN: 15pm

CHECK OUT: 12pm

TEACHER:

Lina Jurevičiūtė

Limited places*



Teacher

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.



Finca Serena Mallorca
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.



Yoga BENEFITS

- Increase flexibility
- Increase muscle strength and tone
- Renewed energy and inner peace
- You'll feel relaxed and rested
- Improve posture and balance
- Silence and time for yourself



What is INCLUDED



- Accommodation in a double room for 3 nights.
- Welcome drink.
- 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 non alcoholic drinks with meals.
- 5 yoga classes- Energizing Vinyasa Yoga in the mornings, restorative yoga in the evenings.
- 1 Yoga Nidra Meditation session.
- 1 Sound Healing session.
- Afternoon Cacao Ceremony.
- Access to UnicoSpa (Sauna, Hammam, heated swimming pool, water circuit and fitness by Technogym).
- Special offers on selected beauty Spa products.
- Specialist equipment including yoga mats, blocks and belts.



FINCA
SERENA

MALLORCA

fincaserenamallorca.com

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