

# Yoga and Crystal Chakra Healing Retreat

Cal Reiet, Mallorca, Spain

January 23rd-28th 2020



With Angie Beadle and Simona Palumbo

Cal Reiet is a luxury retreat centre in Mallorca, dating back to 1881. It has been restored beautifully to turn it into the elegant retreat centre that it is today, whilst retaining a rural chic, informal spirit.

We will begin our days in silence before commencing a Crystal Chakra Meditation and Mini Workshop (hosted by Simona Palumbo) this will be followed by an Iyengar Inspired Yoga Session. We will return to the principles of the Iyengar practise and look at some of B.K.S Iyengar's famous quotes and how to apply them in our practise and life.

Included in your retreat package will be a 50 minute Personalised Crystal Healing Session with Simona, which I highly recommend.



The afternoons are an opportunity for you to relax, walk into the village, journal or have one of the many treatments on offer at the retreat centre.

We will return to the fully equipped yoga space in the afternoons to enjoy a deeply restorative yin class and pranayama session.

Please see our retreat space below;

<https://calreiet.com/>

The retreat will include a vegetarian breakfast buffet and evening dinner at the retreat centre's restaurant, where the cuisine is healthy, exciting and vibrant – full of natural Mediterranean Flavours.

Accommodation will be in one of their 10 elegant rooms inside the house. The rooms are both luxurious and simple and all have en-suite bathroom facilities.



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### ***Price***

Single Occupancy £2160 per person

Shared Occupancy £1400 per person

(£250 non-refundable deposit required to reserve place)

1<sup>st</sup> Payment required 9<sup>th</sup> September 2019 - £955 (single) / £575 (shared)

2<sup>nd</sup> Payment required 9<sup>th</sup> December 2019 - £955 (single) / £575 (shared)

To reserve your spot contact Tamara (tamara@angiebeadle.com).

### ***What's Included***

5 Morning Yoga and Meditation Sessions

5 Evening Restorative and Pranayama Sessions

5 Crystal Chakra Meditations and Mini Workshops

50 minute Crystal Healing Session with Simona

Personalised Crystals for your healing journey at home

Pre Retreat Information Pack including 'what to pack'

Post Retreat Information Pack including Retreat Playlist and Retreat Video

5 Nights' Accommodation with Vegetarian Breakfast and Dinner Buffet

### ***What's not Included***

Flights, Transfers and Spa Treatments



Please make payments to; Santander Bank, Angie Beadle,

Sort Code 09-01-53 Account Number 84323987

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### ***Recommended Flights***

Thursday, 23/01/20 London Gatwick (LGW) → Mallorca (PMI) BA2570 14.10 - 17.25

Tuesday, 28/01/20 Mallorca (PMI) → London Gatwick (LGW) EZY8628 15.25 – 16.55