

A scenic view of a swimming pool at sunset. The pool is in the middle ground, reflecting the golden light of the setting sun. In the foreground, a blue mat and an orange cushion are visible on a stone patio. The background shows a lush, green landscape with hills and a body of water under a warm, orange sky.

PROFOUND PRACTICE

A YOGA RETREAT WITH
KATRINA REPKA

Mallorca, Palma & finca Cas Bernats, Sóller 14-18 Sep 2019

A 5-day retreat for teachers and advanced students. Katrina Repka, Yogiraj, will guide us deeper in to asana, pranayama and the profound "whispering technique" of Maha Mudra. There will be delicious food cooked by passionate local chef Louise Sarrión, a beautiful setting in the old farm Cas Bernats above Sóller, a night in and a chance to be guided around charming Palma and its secrets and a mountain hike along the coast line. We will enjoy deep yogic practices, philosophical talks and we will transform on all levels.

The retreat starts with an evening class at Lucky Bodies & Happy Souls, Palma

First night in hotel of your choice in Palma (not included)

Daily yoga classes & meditations (mornings & evenings)

Full accomodation at the Farmhouse Cas Bernats, Sóller

Plant based whole food made with lots of love by our own chef

A hike in spectacular landscape in World heritage mountains and excursion to nearby villages

For booking and more info contact
Sarah Elfvin, sarah@luckybodies.com

900 € (shared room)

1350 € (single room)

Sign up for the "Palma Secrets" city tour (included in the price) in good time

