

This retreat is designed for anyone who wants to focus on their yoga practice or just wants to disconnect from the hectic daily routine and enjoy a week in Mallorca. The classes with Natalia will be Mysore style, where everybody receives personal attention and one to one classes in a group setting, which makes the practice suitable for all levels of practitioners.

Cissi will prepare amazing and balanced daily menus based on organically grown ingredients that will nourish your body after the intense practice. We always make sure there is plenty of free time to explore the beauty of the island, since this is your holiday! You can either go for a hike, explore the charming little towns near by, visit the amazing beaches around or any other activities. Also, Massages and other therapies are available upon request. You will experience the authentic Palma lifestyle Being in the countryside and in the city at the same time. The space, freedom and quietness of a villa combined with the advantage of being in the centre of Palma.

WHAT IS INCLUDED?

Morning Mysore Yoga Practice

2 Afternoon workshops/classes

Accommodation in a stunning luxury finca in Palma

Plant-based meals using organic and locally grown ingredients

Plenty time to explore the beauty of the island

All day fruits, coffee, and tea available

WHAT IS NOT INCLUDED

Flights Transportation to and from the accommodation

Massages or other therapies

(available under request)

Activities (available under request)

Shared Room - 1250 €

Single Room - 1550 €

500 € Deposit. Balance due two months before the retreat



ABOUT THE HOUSE

Fully equipped kitchen
Air-conditioning
Espresso Machine
Dining area
Television - smart TV
Wi-Fi
Washer/Dryer
Hair dryer
Heated floors
Iron/Ironing Board
Swimming Pool
Outdoor Kitchen
Barbeque Terraces
Street parking
Sun loungers

Transportation

The plane lands at Palma de Mallorca (PMI) airport. Bus or taxi from the airport to the Alzinaliving location takes about 15 minutes and cost about 20 EUR.

Activities

Beachlife, bicycling, roller skating/skiing, tennis, squash, horse riding and five golf courses around the bay of Palma and much more.

Sun & bathing

There are many great beaches near Palma- Cala Mayor 5.5 km, Illetas 10 km, Playa de Palma 15 km and Palma Nova 15 km. Food & Drink in Palma You can find all types of restaurants in Palma. The island in total can boast of having approx 2 700 restaurants. In Santa Catalina there are many local and good traditional restaurants, and all of these are within walking distance from the Alzinaliving neighbourhood.

Currency and credit Cards

Euro (EUR). It is not difficult to find ATMs in Palma, except perhaps in the more remote parts of the city. Do you have difficulty finding one, you can find some at Plaza Reina and Passeig des Born.

Weather and climate

Palma is a great destination year around, with typical mediterranean climate. High season in Palma is from mid-June through August – with a perfect temperature of about 30 degrees at midday. July has the sunniest days, and the water temperature is at its highest in August, with around 25 degrees. If you prefer weather corresponding to a nice, northern european summer you should consider traveling in spring or autumn. In May, the average temperature is about 22 degrees, and 27 degrees in September. In September and October you will still experience a nice water temperature. Palma is also a great place to travel in the winter. There can be up to 20 degrees during daytime even in December and January.