

# THE MALLORCA YOGA RETREAT 2021

September 4<sup>th</sup> to 11<sup>th</sup>



Exhale Yoga invites you to join us at the Finca "Tres Halcones" with its stunning sea view, located between Santanyi and Cala Figuera close to the Nature Reserve of Mondrago in the East of Mallorca.

The newly renovated Finca, with its big roof terraces to enjoy the sunsets, offers a mix of authentic rustic charm and contemporary comfort.

The week of our yoga holidays will be filled with daily yoga practice, meditation, swimming in the pool or sea, sun tanning and healthy vegetarian food at the beautiful Finca. We will also offer excursions to discover the nearby beaches, to do a hiking tour and to visit the nearby harbor and local restaurants.

All activities are optional. You are always welcome to stay and chill at the Finca in case you want to skip an excursion.

## SIGHTSEEING TOURS

Cala Figuera, "fig bay", a small idyllic fishing village on the shining blue seaside, is situated 900m from the Finca. Even closer to our base, 500m away, there's the protected Nature Park Mondrago with its bays, rocs and forest to hike.

Santanyi is one of the most beautiful villages of the island and attracts locals and visitors to the weekly colorful market. The small alleys with its shops invite to stroll around and the Plaza Mayor offers a large choice of coffee shops and restaurants.

S'Amarador and Es Trenc are both stunning beaches with white sand and well worth a visit.



## SERVICES INCLUDED

- 7 nights' accommodation (see below for more information)
- early morning silent walk or meditation
- daily 2hrs dynamic morning Yoga class with Isabelle
- 2 late afternoon Yin Yoga classes
- healthy breakfast and 2 delicious vegetarian meals (7 lunches & 5 dinners)
- access to the Finca's swimming pool & sun terrace
- sightseeing tours with transportation

### Options (not included in price)

- 2 dinners at local restaurants
- massages, available on-site by local therapist



## TRANSPORT AND ARRIVAL / DEPARTURE

The transport fees are to be booked and paid individually and are not included in the price of the retreat. We can organize a pick up from the airport on demand.

Check-in on Saturday 4<sup>th</sup> September at 3 p.m. and check-out on Saturday 11<sup>th</sup> September at 10 a.m.





## ACCOMMODATIONS / PRICE

All prices include the yoga classes, excursions, accommodation and board. The total price of the retreat is 1500€ per person in a double room (occupancy for 2 persons in single bed or double bed)



## BOOKING / PAYMENT

After receiving your registration, EXHALE YOGA will send you a booking confirmation and invoice for the total retreat price. 50% of the invoice has to be paid within 10 days of receipt. The other 50% have to be paid before August 1<sup>st</sup> 2021. You can pay in cash or via bank transfer to the EXHALE YOGA account (BCEELULL IBAN LU76 0019 3955 9416 4000)

## Isabelle Thill



Long before becoming a teacher myself, yoga was an essential part of my life. In 2004, I met Michael Hamilton, a South African Ashtanga yoga teacher, in Shanghai and he inspired me to take the next step and to enrol for the Sivananda Yoga Teacher's training in India. Years later I received my certification as a Jivamukti Yoga teacher in New York.

After countless workshops, retreats, and teacher trainings, I am still under the spell of yoga. I am thankful for the precious tool of yoga, which saved my life more than once and makes me constantly grow. Diving deeper into the physical as well as the spiritual yoga practice is a never ending journey. I have been blessed to meet the most incredible and inspiring mentors, all of them influenced my own teaching enormously.

Rolf Naujokat, who keeps my first love, Ashtanga yoga, alive. Dechen Thurman and Anja Kühnel, both vegan activists, introduced and awakened my love for Jivamukti Yoga.

I bow down with gratitude to the founders of this method, Sharon Gannon and David Life. Cameron Shayne, creator of Budokon, taught me how to cultivate my inner warrior, to be fearless and take accountability for my acts. Duncan Wong, the most fabulous martial artist and yogi, showed me how to overcome my own limiting thoughts and believes to aim for the stars. I discovered Vipassana meditation in South Africa and it became part of my daily routine.

After many years of having been a freelance yoga instructor, I created my first studio, yogaroom belair, in 2008, followed by yogaloff luxembourg in 2012. In 2016, I moved to Capetown, where I founded Exhale Yoga, a Jivamukti Yoga affiliated studio. During the years in South Africa, I set up Inhale Yoga, promoting selfless service, with a main goal to introduce yoga in local communities. In 2020, I became resident teacher at the Jivamukti school in Paris. The current health crises brought me back to my home country, where I created a new studio, Exhale Yoga, at my former address in Luxembourg-Merl. Capetown will always stay my second home, it keeps me humble.

Yoga gives me the courage to BE MY SELF and the strength to make the world a better place.