

YOGA & HIKE

MALLORCA RETREAT 2022

June 22nd to 26th



Exhale Yoga invites you to 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 four days of our retreat will be filled with daily yoga practice, meditation, hikes, swimming in the pool or sea, sun tanning and healthy vegetarian food at the beautiful Finca.

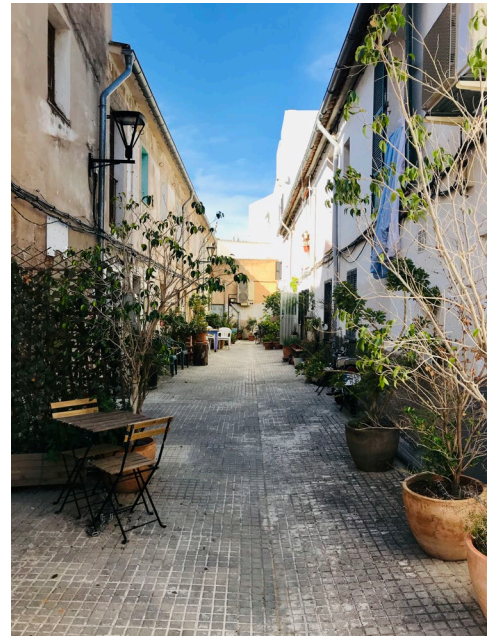
All activities are optional. You are always welcome to stay and chill at the Finca in case you want to skip an excursion.

HIKES AND 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 it's 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.



SERVICE

Includes

- 4 night's accommodation (see below for more information)
- daily yoga class with Isabelle
- hikes and sightseeing tours with transportation
- healthy breakfast and 2 delicious vegetarian meals
- access to the Finca's swimming pool & sun terrace
- pick up/ drop off at the airport

Options (not included in price)

- dinner 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 organize a pick up and drop off at the airport.

Check-in on Wednesday 22nd June and check-out on Sunday 26th June at 10 a.m.

ACCOMMODATIONS / PRICE

All prices include the yoga classes, excursions, accommodation and board.

The total price of the retreat is 1050€ per person in a double room (occupancy for 2 persons in single bed).

Early bird rate €900 (until 31st March)

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 May 1st 2022. The early bird rate has to be paid in full until 31st March 2022.

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.

