

MALLORCA YOGA RETREAT 2024

October 26th to November 2nd

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.

Our retreat will be filled with daily yoga practice with Isabelle, 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.

MALLORCA YOGA RETREAT



SIGHTSEEING TOURS

Cala Figuera, "fig bay", a small idyllic fishing village on the shinning 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, rocks and forest to hike.

Santanyi is one of the most beautiful villages of the island and attracts locals and visitors to the weekly colourful 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.

MALLORCA YOGA RETREAT

October 26th–November 2nd 2024



w/ Isabelle Thill

SERVICE

Includes

- 7 nights accommodation (see below for more information)
- daily yoga class with Isabelle/ all levels are welcome
morning practice: 08.30-10.00 Jivamukti, Ashtanga, Vinyasa Flow (dynamic)
afternoon practice: 18.00-19.00 Yin Yoga (restorative)
- 3 hikes and/or sightseeing tours with transportation
- 6 healthy vegetarian brunch & 6 dinners (last day breakfast)
- access to the Finca's swimming pool & sun terrace
- pick up/ drop at the airport

Options (not included in price)

- rental of bicycles
- dinner at local restaurants (last evening)
- massages, available on-site by local therapist





TRANSPORT AND ARRIVAL / DEPARTURE

The transport/ flight fees are to be booked and paid individually and are not included in the price of the retreat.

We organize a pick up from and to the airport.

Check-in on Saturday 26th October 04.00 p.m. and check-out on Saturday 2nd November at 9.00 a.m.

ACCOMMODATIONS / PRICE

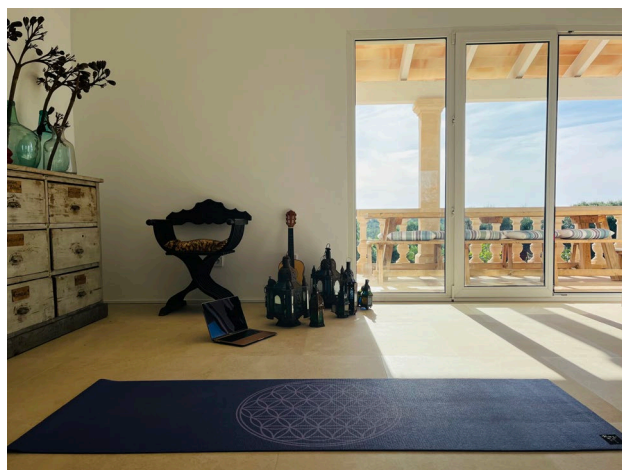
All prices include the yoga classes, excursions, accommodation and board.

The total price of the retreat is 1850€ per person in a double room (occupancy for 2 persons in single 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 October 1st 2024. The booking fees are non refundable, therefore we advise our guests to get a travelling insurance in case of cancelation.

You can pay in cash or via bank transfer to the EXHALE YOGA account (BCEELULL IBAN LU76 0019 3955 9416 4000)



Exhale Yoga 11, rue de Machault L-2111 Luxembourg-Merl
+352 621 644 848 info@exhaleyoga.lu www.exhaleyoga.lu
VAT LU22232402
IBAN LU76 0019 3955 9416 4000 Swift Code BCEELULL



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 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.

I created my first studio, yogaroom belair, in 2008, followed by yogaloft 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. Back in my home country, I created a new studio, Exhale Yoga 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.

Exhale Yoga 11, rue de Machault L-2111 Luxembourg-Merl
+352 621 644 848 info@exhaleyoga.lu www.exhaleyoga.lu
VAT LU22232402

IBAN LU76 0019 3955 9416 4000 Swift Code BCEELULL



Exhale Yoga 11, rue de Machault L-2111 Luxembourg-Merl
+352 621 644 848 info@exhaleyoga.lu www.exhaleyoga.lu
VAT LU22232402
IBAN LU76 0019 3955 9416 4000 Swift Code BCEELULL