



# *Yoga Retreat*

*by Lily @mallorcalma*

21-24 | OCTOBER | 2024

FINCA SERENA MALLORCA

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DATES:  
21 to 24 of October

LANGUAGE:  
English

BY:  
[@mallorcalma](mailto:@mallorcalma)

PRICE:  
Double room for single use: 1900€  
Double room for two people:: 3008€  
(1504€/per person).

Limited places\*

*\*If you come alone and want to share a room, please send an email*



## THIS RETREAT IS FOR YOU IF:

*/ You want to disconnect for a few days in the wonderful and luxurious surroundings of Finca Serena.*

*/ You want to connect with nature among olive trees and lavender, and wake up every day with the singing of birds.*

*/ You want to let yourself be pampered for a few days, you don't have to think about anything, we'll take care of it of everything.*

*/ You want to deepen your yoga practice, gain strength and flexibility, and peace of mind.*

*/ You want to detox your body and mind and enjoy a healthy and delicious meal.*

*/ You want to meet a group of people with the same interests.*



## FINCA SERENA



Finca Serena Mallorca, complete peace and quiet in this hidden Mallorcan treasure. Just 20 minutes from the airport, the city of Palma, and the best beaches, this beautiful hotel lies hidden away in the countryside surrounded by vineyards, olive trees and lavender. An oasis away from everyday life where you can rejuvenate, grow and reconnect with your true self.



## LILY

Lily was born and raised on the beautiful island of Mallorca, Spain. She traveled the world and lived in many places, but the island always remained within her, so she decided to return in 2018.

In 2013, Lily discovered the healing power of yoga at the Jivamukti Yoga School in Munich, Germany. Since then, her yoga practice has become a part of her life, always there as a safe haven. She became a certified Jivamukti Yoga 375H teacher.

In addition to practicing yoga, she loves being in nature, following a sustainable lifestyle, healthy cooking, and caring for the environment. Her mantra: Lokah Samastah Sukhino Bhavantu: may all beings everywhere be happy and free.



## JIVAMUKTI YOGA

Jivamukti Yoga is an active vinyasa yoga that combines asanas (postures) and movements very consciously with breathing, meditation, mantra chanting, and relaxation.

Jivamukti Yoga was founded by Sharon Gannon and David Life with the purpose of basing it on traditional yoga teachings and adapting them to a modern lifestyle.

Jivamukti Yoga is based on five pillars: Ahimsa – non-harming, Bhakti – devotion, Shastra – study of ancient teachings, Nada – study of sound, and Dhyana – meditation. Supported by the vibrations of the harmonium, an Indian instrument, ancient sacred mantras are chanted.

The yoga classes are suitable for all levels. Lily takes great care of each participant and helps them find the appropriate postures with “hands-on assists.”

It doesn't matter if you are a beginner or have an advanced yoga practice: all levels are welcome at this retreat.



## WHAT'S INCLUDED:



Accommodation in a double room for 3 nights.



Full board featuring a vegan menu based on local seasonal products. (Includes nonalcoholic drinks with meals)



Mini bar stocked with healthy drinks and snacks.



Welcome drink.



6 yoga classes. Energizing Jivamukti and Restorative Yoga.



3 Meditation and Pranayama sessions in the morning.



Satsang – sharing circle every night.



Special offers on selected Spa beauty products.



Access to Único Spa. (Sauna, Hammam, heated swimming pool, water circuit and fitness by Technogym).



Specialist equipment including yoga mats, blocks and belts.

A portion of your contribution  
to this retreat will be used for a  
forest care program in the Serra  
de Tramuntana, Mallorca.



F I N C A  
S E R E N A

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MALLORCA

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