

# yoga

by Lina Jurevičiūtė

18-21 | MAR | 2025

INCA SERENA MALLORCA



DATES:

18th to 21st March

LANGUAGE:

English

ВҮ

LINA JUREVIČIŪTĖ

PRICE

One person: 2000€ Two people: 3180€

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

Limited spots\*



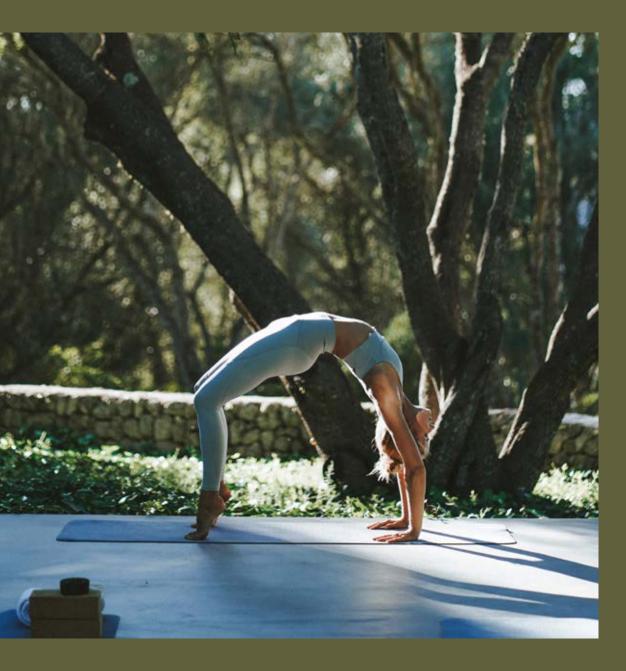
#### ABOUT THE RETREAT

Join us for a revitalising experience of yoga and mindfulness for body and soul at the most magical spot in the Mediterranean. Four luxurious and tranquil days at Finca Serena Mallorca, just when the island is at its best. This retreat offers an oasis away from everyday life, where you can rejuvenate, grow, and reconnect with your true self. From the nourishing food to the yoga classes, nature, and facilities, this retreat is designed to nurture your total wellbeing. Suitable for all levels and led by Lina Jurevičiūtė.



#### MEET LINA

Lina Jurevičiūtė is a passionate vinyasa, power, and yin yoga teacher, as well as a sound healing specialist. She firmly believes that through the power of our bodies but also our minds. During this retreat, we'll explore strong vinyasa practices, soothing yin, powerful meditations, and transformative sound healing sessions. Lina places great emphasis on the internal experience rather than external appearances, so expect to be guided through creative flows using your breath to lead you on an extraordinary journey through mind, body, and soul. On our yoga mats, Lina guides with ease and openness, where we all learn from our past, strengthen our present, and build our future. It's never just about the poses; Lina encourages you to delve deeper to find true connection and inner stillness.



## BENEFITS

- Increased flexibility
- Renewed energy and inner peace
- Improved posture and balance
- Enhancement of your yoga practice
- Complete disconnection
- Time for yoursel



### INCLUDES



Accommodation in a double room for 3 nights.



Welcome drink.



Mini bar stocked with healthy drinks and snacks



Full board with a balanced, plant-based menu.

(Adaptable for vegan, gluten-free, and other dietary needs)



5 yoga classes.

Energising Vinyasa Yoga in the mornings, restorative yoga in the evenings.



1 Yoga Nidra Meditation session.



1 Sound Healing session.



Inversion Workshop



Mindful Walk.



Afternoon Cacao Ceremony.



Access to Unico Spa.
sauna, hammam, heated pool, water circuit



Specialist equipment

(including yoga mats, blocks, and straps).



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