

## A Yoga and Culture Holiday in Historical Mallorca

with Danielle Satya Parla

July 18–25th, 2017



Set in one of the oldest regions on the island, the traditional Mallorcan village of Porreres is famous for its delectable apricots and relaxed local living. It's a gem that remains off the radar for most tourists and it provides a beautiful insight into traditional Mallorca.

Unplug and enjoy six fun-filled and relaxing days of yoga and delicious vegetarian cuisine balanced with enough leisure time to explore the real Mallorca and its beaches, nature reserves, villages and vineyards, Mallorcan gastronomy and sightseeing and shopping in Palma.

For more than 20 years Danielle has naturally fused her work in psychology with the wisdom of the Eastern ancient sciences. Trained in classical Indian Hatha, Yin, Kundalini and Ayurvedic Yoga, she has shared her understanding of the ancient teachings with students in Japan, Canada, NZ, India, Nepal, Spain and Switzerland. A certified breathworker and Reiki master, Danielle empowers you to practice the tools that move you towards greater presence, health and joy.

**Cost:** €600

### **Included:**

- 7 nights shared accommodation in a traditional 19th century Mallorcan home (shared with one other attendee of the same sex)
- Healthy and delicious breakfast and vegetarian dinner.
- Daily yoga classes: A hatha yoga, kundalini yoga or breathwork practice in the morning and yin yoga, yoga nidra or guided meditation in the evenings (except for one yoga free day during the week). Classes are adapted to suit all levels.
- Orientation to places of interest in Porreres and on the island.

**Optional extras:** 1-1 Transformational Breathwork®, Reiki or Yoga session with Danielle · Massage or foot reflexology with local certified therapist (advance booking required) · Transfer from and to the airport · Additional nights

**Not included:** Airport transfers, excursion transportation during leisure time, other meals

## DETAILS

**Arrive** Tuesday July 18th from 17:00

**Depart** Tuesday July 25th: 14:00

### Accommodation:

Feel at home in a traditional Mallorcan house, just minutes walk from the quaint village centre. All rooms have a balcony, two single beds, wardrobe and are clean, comfortable and charming. All bathrooms are shared.



**Travel:** Mallorca has many direct flights from Europe.

*Porreres, Mallorca is approximately 30 minutes from Palma de Mallorca Airport and Palma city.*

- Taxi is approx 40-50€.
- Depending on your arrival/departure time, airport transfers may be provided: 35€
- Car rental: Mallorca is very easy to drive and navigate and I highly recommend renting a car from the airport if you wish to explore the beaches and island on your leisure time.
- Buses go *regularly* from the airport to Palma (5€, 48 min) and approx every 90-120 minutes from Palma to Porreres (Bus 490 Estació Intermodal @ Plaça D'Espanya, 5-8€, 47min).
- There are two [Aerotib](#) bus options that connect to and from the airport to towns closer to Porreres 1) [#A51](#) to Campos (Rambla stop, 6€) and 2) [#A42](#) to Montuiri **by request one day in advance** (s'Hostal de Montuiri stop, 5.50€ ). Transfers to/from Porreres to connect with Aerotib is 20€.

### The Daily Programme

Each day will begin with optional meditation and pranayama followed by a morning yoga class on the open upper terrace that aims to strengthen and energise the body and attune the mind to the breath. The morning practice is followed by a nourishing breakfast, and leisure time for you to relax on one of the terraces or explore the village and magnificent island.

We will meet again in early evening for a second yoga session that will focus more on calming and relaxing. After class we will enjoy a delicious vegetarian dinner, followed by satsang, enjoying the village square or

simply relaxing. There will be one yoga free day during the week in order to give your body a rest and the freedom to explore further afield.

### **Leisure Time**

There's plenty of space within the property to find a quiet spot and relax with a book or catch some rays. We are located in Porreres' village center and access to the town plaza, shops and many restaurants and cafés are just 1 minute walk away.

For those of you with an adventurous spirit you could hire a car to explore the outstanding beauty of this island. Beaches, swimming, nature reserves, kite surfing, snorkelling, hiking, town-hopping, wineries, hill top monasteries, and the Serra de Tramuntana - a stunning mountain range on the NW side of the island that was given UNESCO World Heritage status for its physical and cultural significance.

It is easy to drive or take the local bus into the vibrant capital city of Palma for an afternoon of shopping, eating at trendy restaurants, and visiting the beautiful old town and local attractions like the spectacular Santa María cathedral overlooking the Bay of Palma and the Almudaina - a Moorish-style Arab fortress converted to a royal residence. Palma is home to a thriving art scene and the Joan Miró Museum.

### **Booking**

Once your email confirmation has been received, further communication will follow with account information for payment by bank transfer (€).

Please pay the full amount to confirm your retreat place.

To ensure emails don't end up in your junk folder please save *danielle@spacetobreathe.ch* in your contact lists.

### **Practices**

**Traditional Indian Hatha Yoga** incorporates asana, pranayama & relaxation with the goal of building vitality, strength, flexibility, and a focused & quiet mind.

**Kundalini Yoga** energises and opens all levels of body, mind and spirit. The endocrine, nervous and subtle energetic systems of the body will be harmonised and awaken in you a deep source of energy & creative potential.

**Yin Yoga** is a truly beautiful practice that benefits both mind and body by teaching us to relax, be patient and quiet, surrender and let go. Like acupuncture, the meridians are stimulated by the long posture holds that assist with lubricating the joints and releasing the connective tissue of the hips, pelvis and lower spine to encourage energy flow & release.

**Yoga Nidra** is a particularly effective way to conserve and consolidate the energy from the yoga asana practices and also teaches us to relax the entire muscular and nervous system by drawing awareness to different parts of the body with conscious attention.

### **Breathwork**

Experience what the Sages, Seers and Yogis have known for millennia - the healing and illuminating power of your own breath. Breathwork is a powerful and safe way to infuse the body with oxygen and energy, integrate traumas and blocked emotions and open to higher levels of consciousness so that we can tap into the wisdom of our inner resources and live with greater joy and abundance.