



## Gentle Living at Space to Breathe

Space to Breathe cares deeply about the environment and is a low-impact retreat space. Through mindful action and awareness each of us has the opportunity to be stewards of the earth— ensuring good health, clean and safe water, air and food for all living creatures for generations to come.

We believe that we have largely lost the connection to our natural world and we encourage you to take the time to reconnect and consider introducing changes in line with *Gentle Living* in order to foster a sense of harmony and appreciation for the abundant gifts our environment provides us.

### **WATER**

The Mallorcan people are very careful about water use knowing that water can easily run low on the island. With the rise in tourism Mallorca now experiences serious water issues and we kindly encourage guests to be mindful of their water use and consider flushing the toilet only when necessary and taking short showers.

Guests receive 2 towels, which can be hung in your room behind the door. By request, your towels will be changed after 3 nights stay.

Every room is provided with a glass bottle of filtered water.

### **ELECTRICITY**

Please turn off lights and fans/heaters when not in the room or in use. To keep rooms cool in the hot summer season, consider closing the outer and/or inner shades before the sun goes direct. In the winter season, this will also provide further insulation.

### **FOOD**

We hope you enjoy the healthy and delicious meals that we make with love and care. The food we offer is predominantly organic and local and we avoid packaging wherever we can.

Please be mindful about not wasting food - you are always welcome to get more if you wish.

### **CLEANING**

We have a no-chemical policy and all cleaning and personal care products are non-toxic, bio-degradable and decomposable.

Please leave your outdoor shoes in the shoe cabinet at the front door. Slippers are available for your use.

### **WIFI**

In order to get the most out of the transformational practices we encourage you to disconnect from the distraction and demands of daily life and leave your computer at home and your cell OFF in your room.

We support you in taking a holiday from your devices, however WIFI is available at almost all cafe's in the village square.

To minimize EMF, management's WIFI router is turned off from 21:00-8:00am.

### **RECYCLING**

Porreres has an excellent recycling program for ALL plastics, paper, cardboard, cloth, glass, organic material. The kitchen has receptacles - please ask if you wish to depot any items.

We try using and re-using the natural resources we have to the best of our ability and commit to continuous learning about ways and means to minimize our impact and carbon footprint.

### **SEPTIC SYSTEM**

The septic system is old in this house and prone to blockage. Please be mindful about the amount of toilet paper and do not flush sanitary products, cotton pads, baby wipes and such down the toilet.



When we heal the earth, we heal ourselves. ~ David Orr