FACTSHEET
A WEEKLY FOR WOMEN CONVALESCENT AND FITNESS SEEKERS

Sacred Winter *Immersion*

DATES	DEPARTURES	PRICE
7 nights / 6 days	November 23, 2026	4,900 Euro
14 nights / 13 days	12 guests/spaces	

FITNESS LEVEL · STAY STYLE

FULL DESTINATION

"Soften, reconnect, and find clarity from within."

After the heat and outward movement of summer, November arrives as a natural turning point. As the year beginning to close, the light shifting softer, this space invites something quieter.

Sacred Winter is designed for adults that seek to recover from mental fatigue, disorder, intensity, or emotional weight. For those who know their practice, and are ready to go deeper.

A gentle practice to the inner work: with strong morning practice, deeply restorative afternoons, and gentle evening rituals. Not a boot camp, not a spa day.

And for those ready for more: this retreat is the gateway to something bigger. A three-month integration programme that makes the transformation stay.

THIS WEEK FOCUSES

Grounded
Back in your body. Steady. Clear.

Renewed
Energy restored. Perspective widened.

Connected
To your inner wise guidance. To a circle of dedicated practitioners.

Transformed
Not just how you feel for a week - but how you live, breathe, and move through the world.

WHO THIS IS FOR

This retreat welcomes practitioners who are ready to move deeper. Whether you've been on your path for years or just beginning, the invitation is the same: to be genuine about and supported by oneself - physically, mentally, spiritually.

WHO THIS IS NOT FOR

Sacred Winter is a beautifully restored 18th century in Mallorca. Luxurious, quiet, and truly beautiful. The kind of place that drops you down simply by being there. Evenings glow with candlelight. Mornings smell of the garden. The stay centers light in golden and enhanced.

FACILITIES

Strong foundations. *Soft landings.*

Each day holds two practices: exertion - morning and afternoon - designed to work together. The morning wakes you body, mind, and spirit. The afternoon integrates. The afternoon restores, integrates, and prepares you for a deeper experience the following day.

Between sessions, the time is yours. Read by the pool. Walk to the nearby beaches where the sea still carries the warmth of summer. Sit in the garden. Read a massage. Write in your journal. Simply be.

Morning Practice
Movement, meditation, and an extended breath practice. Yoga, breathwork, dance, and classes tailored to your fitness.

Afternoon Practice
Movement, Restorative Hatha, Yin Yoga, Qi Gong, Tai Chi, Pilates, Breathwork and Hatha Vinyasa Yoga. Approx. 2-3 hours.

Evening Rituals
Cacao ceremony, chanting, meditation, Yoga Nidra, sound healing, and gentle movement - available throughout the week.

Morning Silence
From setting until the end of morning practice. A deliberate boundary that allows meditation, reflect, and deepen the inner process.

Plant-Based Nourishment
Five functional and flavorful meals daily. Fresh, seasonal, and prepared with care. Nourishing and fuel. Not celebrated. Not punitive.

Cacao as Our Daily Guide
Not as a ceremonial daily ceremony, but used as the ritual that opens the day, alongside other simple tools: Yoga, breathwork, focus.

Personal Attention
Healing is available for questions, personal guidance, and deeper conversations, depending on availability.

A week that *breathes.*

DAILY RHYTHM

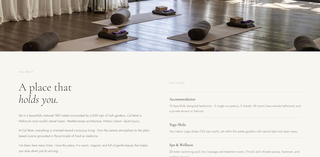
Simple. Spacious. Intentional. The schedule is a container - not a programme to get through. There is always room to rest, wander, and integrate.

MONDAY, NOVEMBER 2 - ARRIVAL	
Noon - 15:00	Arrival and settling in
17:00 - 18:00	Opening Circle and Gentle Yoga
19:30	Welcome dinner

TUESDAY - FRIDAY	
06:00 - 07:30	Extended morning practice: movement, meditation, opens
10:00 - 11:00	Brunch (self-serve buffet)
11:00 - 13:00	Personal time - pool, spa, beach, rest, massage
14:00 - 17:00	Afternoon practice: restorative yoga, yin, yin-yang, yoga nidra
18:30	Dinner (three courses)
Evenings	Evening programme: ceremony, chanting, yoga nidra, meditation

SATURDAY, NOVEMBER 7 - DEPARTURE	
07:30 - 09:00	Closing practice and closing circle
09:00 - 10:00	Brunch together
by 11:00	Departure

Schedule subject to change. Alternative practices available upon request. Morning practice for those who prefer.



FULL DESTINATION

A place that *holds* you.

Set in a peaceful 18th century estate surrounded by 6,000 sqm of lush gardens, Cal Rotet is Mallorca's most soulful retreat haven. Mediterranean architecture. Historic charm. Quiet luxury.

At Cal Rotet, everything is oriented toward conscious living. From the serene atmosphere to the plant-based cuisine grounded in the principle of food as medicine.

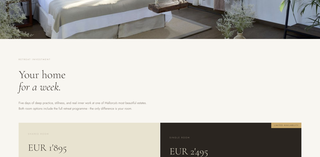
I've been here every time. I love this place. It is warm, magical, and full of gentle beauty that makes you slow down just by arriving.

FACILITIES

Accommodation
10 beautifully designed bedrooms - 3 single occupancy, 2 shared, All rooms have ensuite bathrooms and private terraces or balconies.

Spaces
Two indoor yoga shala (225 sqm each), set within the estate gardens with natural light and open views.

Spa & Wellness
Jacuzzi, saunas/steam room, two massage and treatment rooms, Finnish and infrared saunas, Swimmer, and outdoor jacuzzi.



Your home *for a week.*

PRICE · INCLUSIVE

Five days of deep practice, retreat, and real rest: work on your of Mallorca's most beautiful estates. Both room options include the full programme. The only difference is your room.

SHARED ROOM	SINGLE ROOM · RECOMMENDED
EUR 1895	EUR 2495
Per person · Ensuite bathroom · Shared bedroom	Private room · Ensuite bathroom · Bed and breakfast

WHAT INCLUDED

Flights and travel insurance. Airport transfers (taxi or car rental - carpooling coordination available). Massages and spa treatments. Any additional activities.

Palma de Mallorca Airport (PMI) is 45 minutes from Cal Rotet. Nice to arrive before 16:00, and back departure flights after 19:00.

BOOKING & CANCELLATION

A non-refundable deposit of 1,000 secures your place. Balance due by May 31, 2026.

Cancellations within 60 days of arrival: 50% forfeited. Within 30 days: 100% forfeited.

Your place is yours. Transferable to another participant upon request. Replacement participant. Payment by installment can be arranged.

Travel insurance is strongly recommended.

FOR THE RIGHT PERSON

Your practice begins the moment you book.

Three days into your retreat, your body will remember what it was. Mallorca's seasonal fruit, olive oil, herbs, and sea salt. Slow meals, shared tables, and the kind of conversation that only happens when you have time to listen to each other.

Mallorca's food culture is simple. Fish, vegetables, olive oil, and wine. Nothing rushed, nothing hidden. The kind of place you remember years later and want to return to.

Each day is a practice of self - a practice I hope you take home with you.

FOR A CONVALESCENT TRANSFORMATION

THE INVESTIGATION & INTEGRATION · FIVE-DAY SERIES · SEPTA ONLY

The gate to *something bigger.*

Sacred Winter is a retreat. Sacred Winter Immersion is the gate to something bigger.

You've done it before. You came home glowing - clear, grounded, finally yourself. And then life took over again.

But not this time.

The retreat opens you. The next month seeks to hold what it gave. This is the container that makes transformation stick: weekly, personal, architected to your body, your breath, your work life. Not a programme you follow. A space you step into that holds.

5-7 day	+ 12 weeks	6 + 6x mins	13
retreat	integration	gatherings	weekly group sessions

WHAT'S INCLUDED

- The retreat (5-7 days): daily yoga, pranayama, meditation, yoga nidra, yin yoga, evening rituals, nourishing plant-based meals, accommodation. Flights and transfers not included.
- 12 weekly closed group sessions (75 min): live practice with your cohort, yin, nidra, pranayama, cacao, ritual and integration.
- 6 private 1:1 sessions (60 min): one every two weeks throughout the 12 weeks.
- Weekly personal practice: yin, Pranayama, breath, movement, nidra, or stillness - whatever you need that week.
- Weekly psychological support available in video format or WhatsApp, breath, movement, or meditation - whatever you need that week.
- 12 weekly live recordings (45-60 min): recordings available in your shala for practice any, until 30 days.
- Ecosystem access to Bio: recorded yoga classes (60-120 min) - from arrival, going to yoga walks.
- WhatsApp support Mon-Fri throughout the full 13 weeks.

WHO THIS IS AND WHAT THIS CALLS BACK

- *"I woke up differently now" - not serious, not already healed*
- *A stronger inner voice and stronger vision - that became clearer, expressible*
- *Practices that actually stuck - when life hit, doesn't slow down*
- *Confidence that comes through self-discipline - not force, but consistency*
- *Softer. Warmer. Less interested in approval, more in life.*
- *Connected to something deeply inside you - that you can find again, anytime*
- *Moving with a body that's extremely of service to the same path*
- *A practice that's home. Transformation is a lifeline that will probably change your life*
- *Healthy boundaries are a lifeline for those who have learned to create autonomy in work student - so they can practice without a teacher. This is what Sacred Winter is for.*

FOR THE INVESTIGATOR & INTEGRATOR

Land to hold
Weekly group calls for the closed retreat cohort. Physiology, what your body is telling you, what's ready to be released, what's ready to be held. Trauma, practices and breathwork to help the nervous system. Ritual.

Go further
Structured practices that go beyond the retreat. Personalized weekly cycles and frameworks. 1:1 sessions focused on what's shifting - and what is remaining. Building the foundation for daily life.

FOR THE INVESTIGATOR & INTEGRATOR

Live it
Integration into daily life as a permanent way of being. The transition from retreat to ongoing practice that actually stays - and fully supported.

This is where Sacred Immersion begins to work as a longitudinal, lifelong practice. Not a retreat you book once. Not a programme you finish and move on from. Something you do and discover more from year to year.

FULL JOURNEY · SEVEN WEEKS

EUR 4900
4 days retreat & 12 weeks integration

FULL JOURNEY · EIGHTEEN WEEKS

EUR 5500
4 days retreat & 14 weeks integration

Book now - start now

Book the Cal Cornelia and stack suspect dates immediately - weekly, but cohort classes start from the recommended 2026 deposit is secured. Integration begins and when the retreat ends. Top the moment you did you.

FACILITATOR

Natalija *Fallocca*

Natalija began her yoga journey in India in 2008, and has returned many times since - deepening her study of hatha yoga, pranayama, Ayurveda, mantra, and the philosophy that underpins all of it. She has been a daily practitioner from day one, and this is her deepest aim: to teach her. It comes arising in each student - so they can experience the bounce of the practice in daily life, not just in class.

Her teaching is crafted in her own experience and daily practice, in the classical tradition - precise, devotional, intuitive, and grounded. Transformation. The deliberate purge of accumulated pain, of self-doubt and self-criticism, and ultimately, love, and her ultimate, both space for exactly that.

When she is not teaching, she lives between Mallorca and Switzerland. Cal Rotet is one of her favourite places on earth.

Lots of yoga.
Lots of Ayurveda.
Lots of love.

This is more than a retreat. *It's a return.*

A return to presence. To stillness. To oneself. Supported by Cal Rotet's serene beauty, nourishing food, and a circle of dedicated practitioners - this week is a space to reflect, recalibrate, and renew before stepping into a new cycle.

And if you're ready for the transformation to last - the Integration Programme is waiting for you.

I would love to share this sacred space with you.

Love, Natalija

Natalija Fallocca@gmail.com · +34 (0) 675 00 00 00 · Mallorca, Spain · Instagram

FAQ · FITNESS

Is this suitable for my level of practice?
This retreat welcomes practitioners who are ready to move deeper. Whether you've been on the path for years or just beginning, the invitation is the same: to be genuine about and supported by oneself - physically, mentally, spiritually. If you have any doubts, reach out. I'm always happy to have a quick call.

I'm travelling alone but would like to share a room. Is that possible?
Yes. Shared rooms are available for those who prefer company. Ensuite, you always a bathroom. If you match a bound, you have the option to book at the single rate. Should a match arise later, the difference will be refunded.

Can I bring a room practicing partner or friend?
The retreat is designed as a dedicated space for practice and inner work. I'm unable to accommodate non-practicing guests, as it would change the atmosphere for the whole group.

What about food allergies and dietary needs?
All meals are prepared, based dietary requirements can be accommodated - please let me know when you book. A short questionnaire will be sent in advance.

How do I get from the airport to Cal Rotet?
Palma de Mallorca Airport (PMI) is 45 minutes from Cal Rotet. Nice to arrive before 16:00, and back departure flights after 19:00 on Saturday.

What will I do in my free time?
Cal Rotet is a quiet place. Read. Walk to some of the nearby beaches. The pool is warmer than still cold in November. Book a massage. Simply be still. The afternoons at Cal Rotet are made for exactly this.

I'm interested in the Integration Programme. How does it work after the retreat?
Weekly group calls for the closed retreat cohort. Personalized practices and frameworks. 1:1 sessions focused on what's shifting - and what is remaining. Building the foundation for daily life. This is where Sacred Immersion begins to work as a longitudinal, lifelong practice. Not a retreat you book once. Not a programme you finish and move on from. Something you do and discover more from year to year.

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Typically replies within 24 hours