

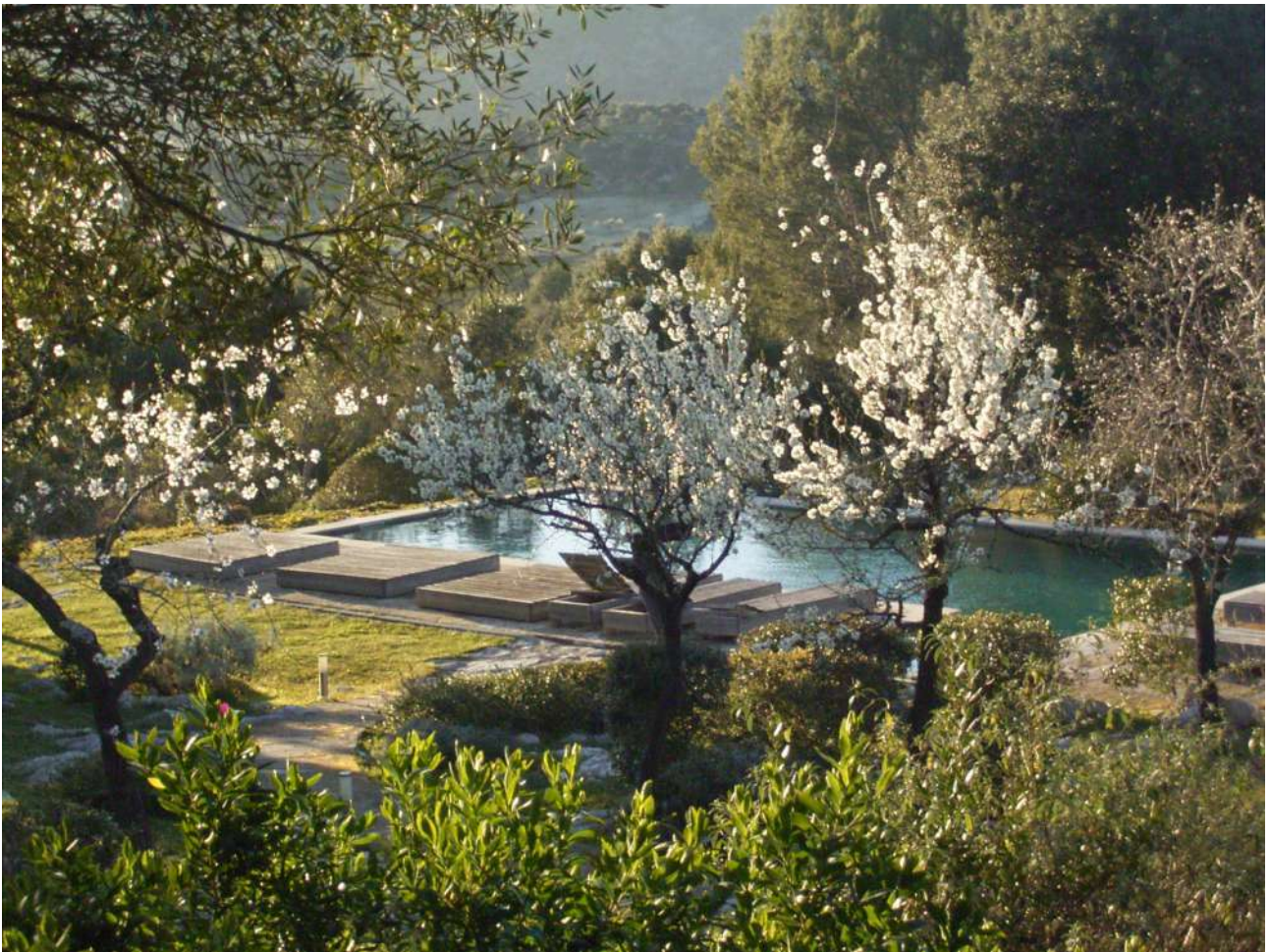


7 Day Yoga Retreat at La Serrania, Mallorca

May 17-24, 2025

Stepping away from your daily routine for a week provides the perfect opportunity to deepen your connection with yourself, surrounded by nature in a totally unrushed environment. This retreat offers twice-daily yoga sessions, exploring Hatha Yoga and Dynamic Hatha Yoga, different relaxing techniques, and nourishing vegan and vegetarian meals, designed to support a full detox for both body and mind. The week is an invitation to unwind, disconnect from the outer world and reconnect inwardly, to find a sense of clarity and focus. For those who wish, there's also the gentle option to take a break from electronic devices, allowing for deeper relaxation and presence in each moment.

This retreat is rooted in the wisdom of Ayurveda, with a focus on cleansing and balancing the Kapha dosha, which tends to accumulate during the colder months. Through grounding practices and rejuvenating meals, you'll realign with the rhythms of nature, feeling lighter, more energized, and in harmony with the season of renewal. Join us for a transformative experience where time slows down, allowing you to fully immerse in mindful living, restore your inner balance, and embrace the growth and rejuvenation of the season.





Quick Info

Dates

The retreat runs from Saturday, May 17th to Saturday, May 24th, 2025.

Arrival is on Saturday after 3:00 PM.

Departure is on Saturday by 11:00 AM.

Practices

Start your day with Pranayama and Meditation, followed by chanting and a dynamic asana class. In the late afternoon, unwind with Yin Yoga and restorative postures, sometimes Yoga Nidra and Pranayama, which complement the morning practice and prepare you for deeper exploration the next day.

Personal guidance

I'll be available for questions and personal attention after brunch, as well as private consultations if you need more assistance.

Silence - a suggestion

The mornings are in silence, from waking till the end of the morning practice. This will help to keep the attention within and benefit the inner process to clear the mind and have a deeper experience.

The Location

La Serrania is a retreat center in the foothills of the Serra de Tramuntana mountains in northern Mallorca. Surrounded by oak woods and olive groves and built on limestone, the clear and serene architecture completely blends into the Mediterranean setting, creating a sense of harmony and wholeness. Wifi is offered in the main part of the house, but the bedrooms are a place of rest.

Capacity

This secluded retreat offers 9 spacious bedrooms, each with an en-suite bathroom and private terrace, spread across the main house and several buildings within the garden. The main building features open-plan dining and living areas with expansive terraces. A serene pool is tucked away in the lush gardens, creating an ideal spot for relaxation. Rooms will be allocated to guests.

During the retreat, you will follow a simple schedule that balances practice with plenty of free time for reflection, connection, and exploration of the surrounding area. Mornings are held in silence until you leave the practice space. Brunch will be a self-serve buffet, and dinner will be a three-course meal, served family-style in the main house or on the terrace. For those who prefer a light snack before the morning session, tea and fruit will be available.

The afternoons are free until our evening session, offering time for relaxation by the pool, walks, or a visit to the beach. The afternoon class will be a soothing, slow-paced asana practice (including Gentle Yoga, Yin, or Restorative poses), sometimes accompanied by meditation, Pranayama, or Yoga Nidra.



Daily Schedule

Saturday, May 17th

03:00 PM - Arrival

05:00 PM - 06:00 PM Gentle Yoga

06:30 PM - Dinner

08:15 PM - Opening Circle

Sunday - Friday

07:30 AM - 10:45 AM: Extended morning practice

11:00 AM - Brunch

Personal Time

04:30 PM - 6:00 PM: Gentle afternoon practice

06:30 PM - Dinner

Tuesday & Thursday

08:30 PM - 09:15 PM: Evening program

Saturday, May 24th

08:00 AM - 09:00 AM: Short Practice & Closing Circle

09:30 AM - Brunch

11:00 AM - Departure

Note: There will be no afternoon yoga on Wednesday. Relaxation time or an outing will be offered. All practice sessions and meals are optional.

Meals & Dietary Information

Our kitchen provides nourishing vegetarian and vegan meals, served buffet-style. Brunch and dinner will be enjoyed on the terrace, weather permitting. The week will be alcohol-free. If you are 100% vegan, have any allergies, food intolerances, or special dietary needs, please inform us in advance. While participation in activities is optional, we encourage you to join in and fully immerse yourself in the retreat experience.

Investment

- Single occupancy: EUR 2'195.- first come first serve
- Double occupancy: EUR 1'695.-

Prices Include

- 7 morning sessions - Pranayama, Meditation, Asana
- 6 afternoon sessions - Slow Asana, Yin, Yoga Nidra
- 7 healthy vegetarian brunches
- 7 delicious dinners
- 7 nights at the retreat center in a single or shared room
All rooms have ensuite bathroom and private balcony/terrace
- 1 sound bath session

Prices Do Not Include

- Airfare and Travel Insurance
- Airport transfers: Taxi, or rent a car if you want to be more flexible (carpooling assistance available if needed)
- Massages - first come first serve

Travel

Best is to arrive in „Palma de Mallorca“ before 15:00 and book your departure flight after 14:00.

Booking & Cancellation

A non-refundable and non-transferable deposit of EUR 500.- is required to secure your spot. The remaining balance is due by February 15th, 2025. After this date, no refunds will be provided. I will except payment by instalment if that is more convenient for you.

I recommend purchasing travel insurance to protect against any unforeseen circumstances.

Bank information

Natalija Fallocca-Bajric

Rebgasse 5

CH-8004 Zurich

IBAN CH93 0070 0110 0016 7519 4

For any questions or to secure your booking, please contact:

Natalija Fallocca, nat@nat.yoga / natyoga007@gmail.com, +41 7979 53242

Follow on https://www.instagram.com/natyoga_007/





Frequently Asked Questions (FAQs)

How many spaces are available?

To maintain an intimate and personalized experience, I limit the retreat to max. 14 participants. This allows to provide ample personal attention during practice sessions.

Do you have a cancellation policy?

- Cancellation up to 4 months before the retreat: Full refund (until Jan. 16th)
- Cancellation less than 4 months before the retreat: 50% refund (after Jan. 17th)
- Cancellation within 3 months of the retreat (after Feb. 17th): No refund (unless you find someone to take your place)

Are the practices suitable for all levels?

Absolutely. The retreat is designed to help you deepen your practice, no matter your experience level, range of abilities or body type. The sessions will be accessible for established beginners, as well as intermediate and advanced practitioners.

Can I bring a non-practicing partner, friend, or child with me?

This retreat is focused on creating space for deep relaxation, nourishment and personal growth. Therefore I'm unable to accommodate non-practicing individuals.

Do you offer transfers to and from the airport?

I will help coordinate groups interested in sharing a rental car. If you'd like to hire a car and share costs for trips to and from the airport, please get in touch with me.

What are the sleeping and bathroom arrangements?

All rooms feature ensuite bathrooms and a private terrace or balcony. Rooms will be assigned on a first-come, first-served basis, and there are a limited number of single-occupancy rooms available.

I would like to share a room but am traveling alone. Which possibilities do I have?

If you would like to share a room but are traveling alone, you will be placed on a waiting list until another guest also requests to share a room. Please note that we cannot guarantee your room until a match is found. If you prefer to secure a room immediately, you may book as a single occupant at the full rate. Should we later find you a room-share partner, we will refund the difference. Otherwise, you will stay in a double room with single occupancy at the full rate.

Do you cater to food sensitivities, allergies, and dietary preferences?

Yes, our menu for the week is vegetarian, and we can accommodate most dietary requirements. Please let us know about any special dietary needs & allergies before you book.

What can I do in my free time?

We encourage you to slow down, unwind, and embrace the peaceful surroundings. La Serrania is nestled in a serene valley, perfect for relaxing by the pool, enjoying mountain views, or reading. You can also explore nature on local walks (maps provided), book a massage with one of our onsite therapists.

Can I go on an excursion?

Yes! Wednesday is a free day with no afternoon workshop, giving you plenty of time to explore the area either alone or with fellow participants.