

AWAKEN YOUR INNER FIRE

Cleanse & Recharge

Clear - Awaken - Radiate

WHERE

La Serranía, Mallorca

WHEN

June 6 - 13, 2026

DURATION

7 nights / 8 days

PLACES

Max. 16 participants

THE INVITATION

"Clear what feels heavy.
Awaken what's alive. Step
into summer with radiance
and joy."

From the freshness of spring to the warmth of summer - this week is a space to cleanse, release, and recharge. Early summer in Mallorca is the season of light: long days, warm air, and nature in full bloom.

Stepping away from daily life creates space for something to awaken within - a spark of energy, joy, and renewal. This retreat is an invitation to tune into that natural rhythm, to reconnect with your own vitality, and to step into the summer season with clarity and inner strength.

This week is about depth and illumination - finding clarity, purpose, and renewed inspiration through active presence and the timeless tools of yoga. As the outer world brightens, we cultivate the same light within.

YOU WILL LEAVE

Cleansed

Lighter. Clear. Free of what you no longer need.

Recharged

Energy alive. Vitality restored. Inner fire awake.

Radiant

Grounded, inspired, and connected to your authentic self.

WHO THIS IS FOR

This retreat welcomes practitioners who are ready to move deeper. Whether you've been on the mat for two years or twenty, what matters most is the genuine desire and openness to expand - physically, mentally, spiritually.

THE PLACE





La Serranía sits in the foothills of the Serra de Tramuntana mountains in northern Mallorca - surrounded by oak woods and olive groves, built on limestone, with serene architecture that completely dissolves into the landscape. A place of deep natural stillness.

THE PRACTICE

Dynamic mornings. Restorative evenings.

Each day holds two practice sessions - morning and afternoon - designed to complement each other. Dynamic morning flows awaken energy, strength, and clarity. Soothing, grounding afternoon sessions restore and integrate. Together they create a steady rhythm of depth and renewal.

Between sessions, time is yours. Relax by the pool. Explore the mountains on foot. Drive to one of Mallorca's beautiful summer beaches. Book a massage. Wednesday afternoon is completely free - a full beach day or island exploration if you wish.

 <p>Morning Practice</p> <p>Pranayama, meditation, and an extended dynamic asana class. 7 sessions, approx. 3 - 4 hours each.</p>	 <p>Afternoon Practice</p> <p>Restorative Hatha, Yin Yoga, Qi-Gong, Pranayama, Chanting, or Yoga Nidra - combined differently each day. 6 sessions, approx. 1.5 - 2 hours. (No afternoon session on Wednesday.)</p>	 <p>Evening Rituals</p> <p>Two evening programmes - Kirtan, meditation, or music explorations. And one cacao ceremony. Held in the warmth of early summer evenings.</p>
 <p>Morning Silence</p> <p>From waking until the end of morning practice. A gentle container that keeps the attention within and deepens the inner process.</p>	 <p>Vegetarian Nourishment</p> <p>Nourishing vegetarian and vegan meals, served buffet-style on the terrace, weather permitting. Seven brunches and seven dinners. Alcohol-free. For the best cleansing effect, a fully vegan week is suggested - though entirely optional.</p>	 <p>Personal Attention</p> <p>Natalija is available for questions, personal guidance, and coaching or mentoring between sessions, depending on availability.</p>

DAILY RHYTHM

A week that breathes.

Simple. Spacious. Intentional. The schedule holds the week without filling it. There is always room to rest, explore, and integrate.

SATURDAY, JUNE 6 - ARRIVAL

from 15:00	Arrival and settling in
16:30 - 18:30	Opening Circle and Gentle Yoga
19:00	Welcome dinner

SUNDAY - FRIDAY

07:30 - 11:00	Extended morning practice - pranayama, meditation, asana
11:15	Brunch (self-serve buffet)
11:15 - 17:00	Personal time - pool, beach, walks, rest, massage
17:00 - 18:30	Afternoon practice - restorative yoga, yin, pranayama, yoga nidra
19:00	Dinner (three courses, family-style)
Tuesday & Thursday	Evening programme after dinner - Kirtan / cacao ceremony / meditation (fba)

WEDNESDAY - FREE AFTERNOON

07:30 - 11:00	Morning practice as usual
all afternoon	No afternoon session - extended beach day, outings, exploration
19:00	Dinner together. Evening programme fba.

SATURDAY, JUNE 13 - CLOSING

07:30 - 09:00	Closing practice and closing circle
09:30	Brunch together
by 11:00	Departure

Schedule subject to change. A light snack of tea and fruit is available before the morning session for those who prefer it.

LA SERRANÍA

Where the mountains hold you still.

La Serranía 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 serene architecture completely blends into the Mediterranean setting - creating a sense of harmony and wholeness.

The main building features open-plan dining and living areas with expansive terraces. A serene pool is tucked into the lush gardens. Wifi is available in the main house, though the bedrooms are held as places of true rest.

In June, the surrounding area is at its most beautiful - long golden evenings, warm days, and Mallorca's beaches at their most inviting.

FACILITIES

Accommodation

9 spacious bedrooms, each with an ensuite bathroom and private terrace, spread across the main house and garden buildings.

Yoga Shala

A dedicated yoga shala set within the estate grounds, with natural light and views over the valley and mountains.

Pool & Grounds

A serene infinity pool nestled in the gardens, expansive terraces, and direct access to mountain walks and nearby summer beaches.

INVESTMENT

Your place at the table.

<p>Shared Room</p> <p>€1,795</p> <p>Per person, double occupancy</p> <ul style="list-style-type: none"> - 7 nights in a shared room with ensuite bathroom & terrace - 7 morning sessions (pranayama, meditation, asana) - 6 afternoon sessions (restorative, yin, nidra) - 2 evening programmes - 1 cacao ceremony - 7 brunches + 7 dinners - Full access to pool and grounds 	<p>LIMITED AVAILABILITY</p> <p>Single Room</p> <p>€2,295</p> <p>Your own private space</p> <ul style="list-style-type: none"> - 7 nights in a private room with ensuite bathroom & terrace - 7 morning sessions (pranayama, meditation, asana) - 6 afternoon sessions (restorative, yin, nidra) - 2 evening programmes - 1 cacao ceremony - 7 brunches + 7 dinners - Full access to pool and grounds
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NOT INCLUDED

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

Palma de Mallorca Airport (PMI) is approximately 45 minutes from La Serranía. Aim to arrive before 14:00, and book departure flights after 14:00.

BOOKING & CANCELLATION

A non-refundable deposit of **€500** secures your place. The remaining balance is due by **February 28, 2026**.

Full refund (minus deposit) until March 31, 2026. No refund from April 1, 2026 onward - unless you find a replacement participant. Payment by instalment can be arranged.

Travel insurance is strongly recommended.

QUESTIONS

A few things people ask.

Is this suitable for my level of practice?

This retreat welcomes practitioners who are ready to move deeper. Whether you've been on the mat for two years or twenty, what matters most is the genuine desire and openness to expand - physically, mentally, spiritually. If you have any doubts, reach out. I'm always happy to have a quick call.

How many spaces are available?

To keep the experience intimate and personal, the retreat is limited to a maximum of 16 participants. This allows for real personal attention during practice sessions.

I'm traveling alone but would like to share a room. Is that possible?

Yes. You'll be placed on a matching list. Once a room-share partner is found, your place is confirmed. If no match is found, you have the option to book at the single rate. Should a match arise later, the difference will be refunded.

Can I bring a non-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?

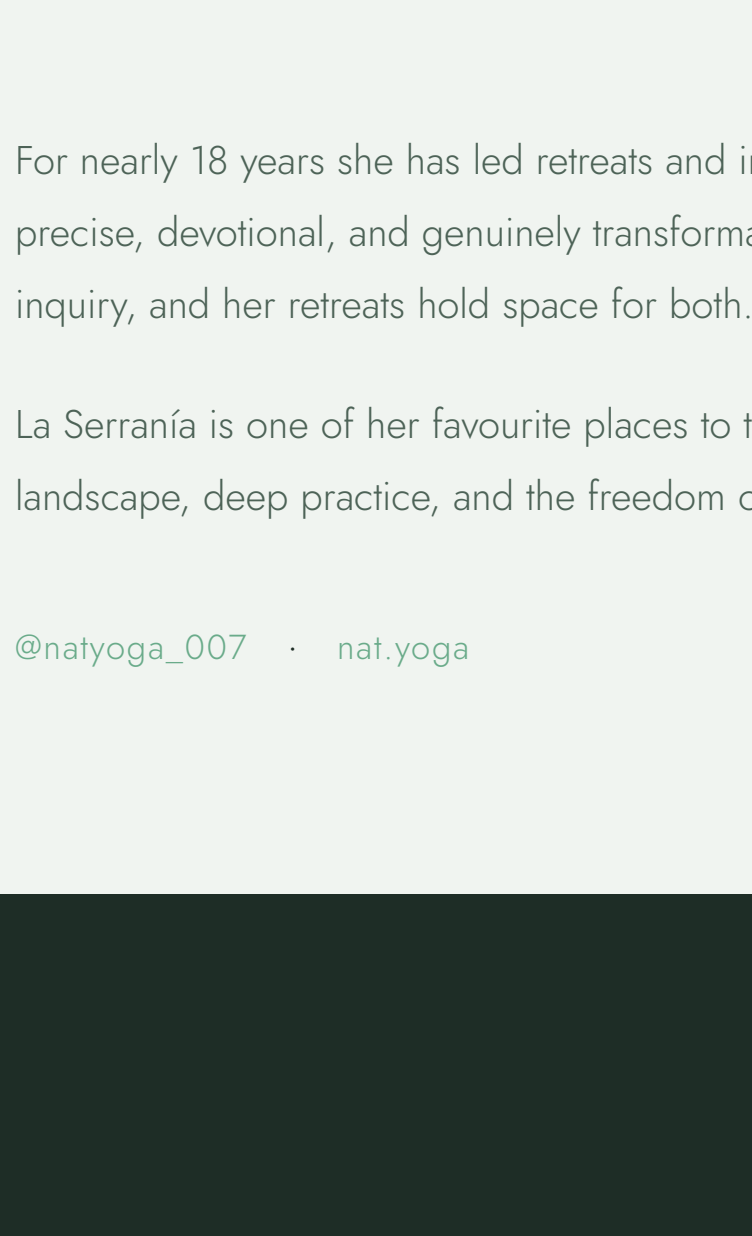
All meals are vegetarian, and most dietary requirements can be accommodated. For the best cleansing effect, a fully vegan week is suggested - though entirely your choice. Please let me know when you book. A short questionnaire will be sent in advance.

How do I get from the airport to La Serranía?

I'll create a WhatsApp group to help participants coordinate shared taxis or rental cars. Having a car gives you more flexibility to explore during free time. The drive is approximately 45 minutes from Palma Airport (PMI).

What will I do in my free time?

La Serranía is nestled in a serene mountain valley - perfect for relaxing by the pool, enjoying mountain views, or reading in the gardens. June beaches in Mallorca are beautiful and worth exploring. The island also offers wonderful hikes and walks (maps provided). A massage with one of our therapists is always a good idea.



YOUR GUIDE

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.

For nearly 18 years she has led retreats and immersions across Europe. Her teaching is rooted in the classical tradition - precise, devotional, and genuinely transformative. She believes yoga is not just a physical practice but a path of self-inquiry, and her retreats hold space for both.

La Serranía is one of her favourite places to teach. She has held retreats here before, and the combination of mountain landscape, deep practice, and the freedom of early summer makes this week particularly special.

@natyoga_007 · nat.yoga

More than a retreat. A week of becoming.

A space for connection, exploration, study, and expansion. For those who want to immerse themselves fully in practice - to feel, to question, and to grow with honesty and presence.

Supported by nature, nourishing food, and a group of sincere practitioners who share the same intention - you will leave grounded, inspired, and deeply connected to your own authentic self.

I would love to share this week with you.

Love, Natalija

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SECURE YOUR PLACE

BANK TRANSFER DETAILS

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Reference: Your full name - La Serranía/June 2026