

A RETREAT FOR TIMES OF CHANGE

Sacred Winter Immersion

Reflect · Reconnect · Renew

WHERE Cal Reiet, Mallorca WHEN November 2 - 7, 2026 DURATION 5 nights / 6 days PLACES 15 participants

THE INVITATION

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

After the heat and outward movement of summer, November arrives as a natural turning point - the year beginning to close, the light shifting softer, the pace inviting something quieter.

This retreat is designed for exactly that moment. For those moving through transition, intensity, or emotional weight. For those who know their practice - and are ready to go deeper.

A genuine pause to do the inner work - with strong morning practices, deeply restorative afternoons, and gentle evening rituals that let you truly land.

YOU WILL LEAVE

Grounded

Back in your body. Steady. Clear.

Renewed

Energy restored. Perspective widened.

Connected

To your own inner guidance. To a circle of dedicated practitioners.

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

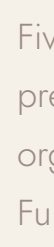
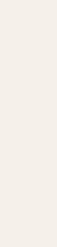
Cal Reiet is a beautifully restored 1881 estate in Mallorca - boutique, quiet, and truly beautiful. The kind of place that slows you down simply by being there. Evenings glow with candlelight. Mornings smell of the garden. The early winter light is golden and unhurried.

THE PRACTICE

Strong foundations. Soft landings.

Each day holds two practice sessions - morning and afternoon - designed to work together. The morning wakes up clarity, strength, and awareness. The afternoon restores, integrates, and prepares you for a deeper experience the following day.

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

 <p>Morning Practice</p> <p>Pranayama, meditation, and an extended dynamic asana class. Strong, steady, and deeply mindful. Approx. 2 - 3 hours.</p>	 <p>Afternoon Practice</p> <p>Restorative Hatha, Yin Yoga, Qi-Gong, or Yoga Nidra - combined differently each day to meet where you are. Approx. 1.5 - 2 hours.</p>	 <p>Evening Rituals</p> <p>Pranayama, chanting, meditation, Yoga Nidra - and one cacao ceremony. Held in candlelight.</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>Plant-Based Nourishment</p> <p>Five brunches and five dinners prepared from fresh, locally-sourced organic ingredients. Food as medicine. Fully plant-based. Alcohol-free.</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 is a container - not a programme to get through. There is always room to rest, wander, and integrate.

MONDAY, NOVEMBER 2 - ARRIVAL

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

TUESDAY - FRIDAY

circa 07:15 - 10:00 Extended morning practice - pranayama, meditation, asana
10:00 - 11:00 Brunch (self-serve buffet)
11:00 - 16:00 Personal time - pool, spa, beach, rest, massage
16:00 - 18:00 Afternoon practice - restorative yoga, yin, pranayama, yoga nidra
18:30 Dinner (three courses)
Tuesday & Thursday Evening programme after dinner - Kirtan / cacao ceremony / meditation (fba)

SATURDAY, NOVEMBER 7 - CLOSING

07:15 - 09:00 Closing practice and closing circle
09:00 - 10:30 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.

CAL REIET

A place that holds you.

Set in a beautifully restored 1881 estate surrounded by 6,000 sqm of lush gardens, Cal Reiet is Mallorca's most soulful retreat haven. Mediterranean architecture. Historic charm. Quiet luxury.

At Cal Reiet, 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 many times. 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 - 5 single occupancy, 5 shared. All rooms have ensuite bathrooms and a private terrace or balcony.

Yoga Shala

Two indoor yoga shalas (125 sqm each), set within the estate gardens with natural light and open views.

Spa & Wellness

20-meter swimming pool, two massage and treatment rooms, Finnish and infrared saunas, hammam, and outdoor jacuzzi.

INVESTMENT

Your place at the table.

Shared Room

€1,895

Per person, double occupancy

- 5 nights in a shared room with ensuite bathroom
- 5 morning sessions (pranayama, meditation, asana)
- 5 afternoon sessions (restorative, yin, nidra)
- 2 evening programmes
- 1 cacao ceremony
- 5 brunches + 5 dinners
- Full access to spa and pool

LIMITED AVAILABILITY

Single Room

€2,495

Your own private space

- 5 nights in a private room with ensuite bathroom & terrace
- 5 morning sessions (pranayama, meditation, asana)
- 5 afternoon sessions (restorative, yin, nidra)
- 2 evening programmes
- 1 cacao ceremony
- 5 brunches + 5 dinners
- Full access to spa and pool

BOOKING BONUS

Your practice begins the moment you book.

From the day you secure your place, you are warmly invited to join Natalija's weekly live online yoga class - every Wednesday at 06:45 AM CET. Each session is a full, guided practice. If you cannot join live, the recording arrives in your inbox and remains available for 30 days.

Attendance is completely optional - this is an invitation, not an obligation. But the earlier you book, the more sessions you receive before we even arrive in Mallorca together.

Each class valued at €20 - Available from date of booking until retreat start

NOT 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 Reiet. 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 **May 31, 2026**.

Full refund (minus deposit) until June 30, 2026. No refund from July 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.

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?

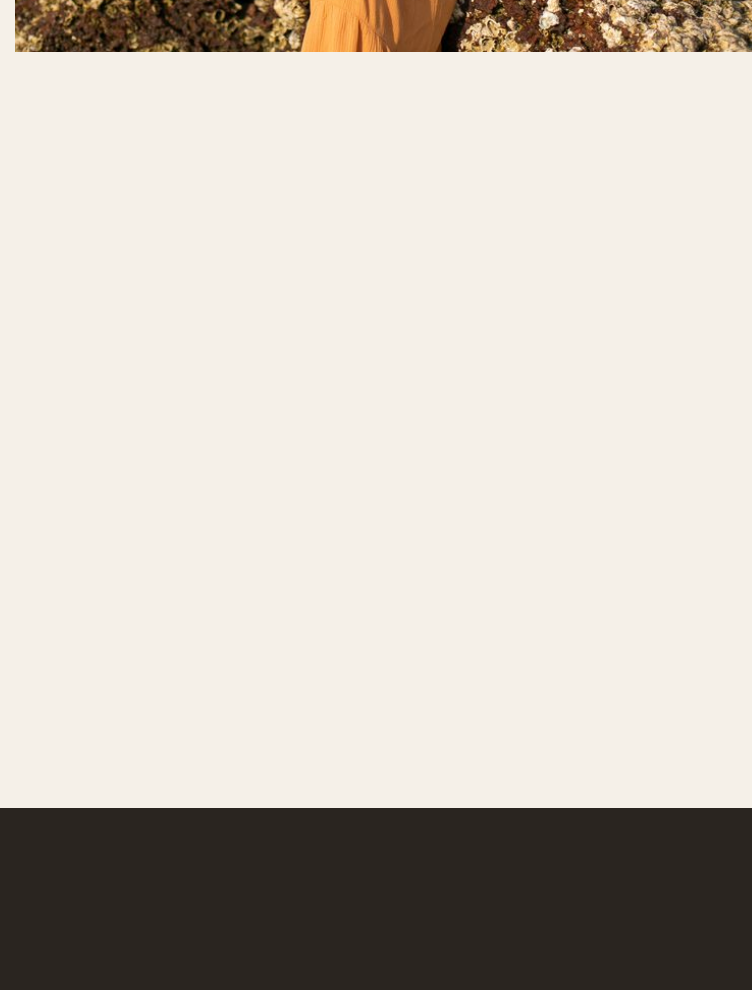
All meals are plant-based. Most dietary requirements can be accommodated - please let me know when you book. A short questionnaire will be sent in advance.

How do I get from the airport to Cal Reiet?

I'll create a WhatsApp group to help participants coordinate shared taxis or rental cars. Cal Reiet can also assist with pickups on request. The drive is approximately 45 minutes from Palma Airport (PMI).

What will I do in my free time?

Rest. Read in the garden. Swim. Walk to one of the nearby beaches - the early winter sea still carries warmth. Book a massage. Simply be still. The afternoons at Cal Reiet are made for exactly this.



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.

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

@natyoga_007 · nat.yoga

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

A return to presence. To stillness. To yourself. Supported by Cal Reiet'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.

I would love to share this sacred pause with you.

Love, Natalija

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SECURE YOUR PLACE

BANK TRANSFER DETAILS

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Reference: Your full name - Cal Reiet Nov. 2026