

A close-up, artistic photograph of a woman's back and shoulder. She is wearing a white tank top. A thin, hand-drawn pink line loops around her shoulder and upper arm. The background is a soft, neutral tone.

**WITH RENI BICKEL &
AYLIN KARADAYI**

**KATONAH
YOGA
RETREAT**

**APRIL 28 - MAY 3, 2024
CAL REIET HOLISTIC RETREAT
MALLORCA (SPAIN)**

JOIN US FOR A FIVE DAY YOGA RETREAT AT THE BEAUTIFUL CAL REIET HOLISTIC RETREAT IN MALLORCA!

EXPECT

TO DIVE INTO THE DEPTH THAT KATONAH YOGA HAS TO OFFER. WE WILL PRACTICE ASANA AND PRANAYAMA, STUDY THE THEORY THAT LIES AT THE BASE OF KATONAH YOGA IN A PLAYFUL WAY AND OFFER TONS OF TIME TO UNWIND AND ENJOY THE ESSENCE OF MALLORCA.

KATONAH YOGA

IS A SYNCRETIC HATHA YOGA PRACTICE THAT HAS BEEN DEVELOPED BY NEVINE MICHAAN IN NEW YORK AND PULLS FROM DAOIST PHILOSOPHY, SACRED GEOMETRY AND BEAUTIFUL METAPHORS TO PROLIFERATE STRONG ASANA ALIGNMENT, POTENT ADJUSTMENTS AND PSYCHOLOGICAL INSIGHTS.

WE ARE

TWO KATONAH YOGA TEACHERS BASED IN ZURICH WHO HAVE TAUGHT AND HOSTED A MYRIAD OF KATONAH YOGA TRAININGS IN SWITZERLAND AND ABROAD.

RENI HAS CONDUCTED MANY YOGA RETREATS WITH HER FORMER BRAND FLOATLOVERS AND AYLIN OWNS A YOGA BOUTIQUE STUDIO IN THE HEART OF ZURICH. THEY ARE BOTH TRULY COMMITTED TO THE KATONAH YOGA MATERIAL THAT THEY TEACH AND PROMOTE A SENSE OF COMMUNITY WHEREVER THEY GO.

WWW.AYLAREALHEALTH.COM

WWW.RENIBICKELYOGA.COM



THE OUTLINE

- **TWO YOGA SESSIONS PER DAY (1 DYNAMIC + 1 RESTORATIVE AND/OR BREATH PRACTICE)**
- **WOVEN IN THEORY INPUTS, BODY READINGS AND DISCUSSIONS**
- **SPECIAL EXPERIENCE IN THE FIELD OF HEALTH AND WELLBEING**
- **RESTING, BATHING, SUN KISSING, READING, SLEEPING...**

OUR INTENTION IS TO PROVIDE A DEEP DIVE INTO THE PRACTICE OF KATONAH YOGA. THROUGH RHYTHM, REPETITION AND INSIGHT YOU WILL BE ABLE TO STABILIZE A NEW, HEALTHY SPHERE OF RADIANCE.

YOUR TAKE-AWAY

WILL BE AN IMMEDIATE FEELING OF LEVITY AND ALCHEMY IN THE BODY WITH THE INSIGHT THAT WHEREVER YOU GO THIS BODY (HOUSE) WILL BE YOUR HOME. WE WILL PLAN IN SOME FREE TIME SO YOU CAN ENJOY YOURSELF, THE BALEARIC LIFESTYLE AND TRULY INTEGRATE THE DAILY PRACTICES.







INCLUDED

- **ACCOMMODATION IN SINGLE OR DOUBLE ROOMS**
- **VEGETARIAN & VEGAN BREAKFAST BUFFET**
- **VEGETARIAN DINNER**
- **WELLNESS CORNER (WITH JACUZZI, HAMMAM, SAUNA)**
- **OUTSIDE POOL**
- **KATONAH YOGA MATERIALS**
- **VAT**

PERSONAL TREATMENTS

SUCH AS MESSAGES, SOUND BATHS ETC. CAN BE BOOKED SEPARATELY AT CAL REIET HOLISTIC RETREAT.

PRICES

DOUBLE ROOM: 2400 CHF (EARLY BIRD 2100 CHF)

SINGLE ROOM: 3200 CHF (EARLY BIRD 2900 CHF)

***EARLY BIRD PRICE VALID UNTIL DECEMBER 15TH, 2023**

REGISTRATION

**SECURE YOUR SPOT WITH A 500 CHF DEPOSIT
(FIRST COME FIRST SERVED)**



TRAVEL INFO

FROM THE AIRPORT OF PALMA IT IS A 45 MINUTES CAR RIDE TO CAL REIET HOLISTIC RETREAT. WE RECOMMEND RENTING A CAR IF YOU PLAN TO GET AROUND THE ISLAND / VISIT THE BEACHES. WE ARE HAPPY TO ORGANIZE AN AIRPORT SHUTTLE FOR YOU (20-90 EURO PER PERSON/PER WAY DEPENDING ON THE GROUP SIZE).

START / CHECK-IN: SUNDAY, APRIL 28TH AFTER 3PM

***FIRST YOGA SESSION IS PLANNED FOR 5PM**

END / CHECK-OUT: FRIDAY, MAY 3RD UNTIL 11AM

YOUR REGISTRATION

BOOK YOUR SPOT WITH A NON-REFUNDABLE DOWN PAYMENT OF 500 CHF WHICH COUNTS AS PART OF THE TOTAL PRICE. THE FULL AMOUNT IS DUE 8 WEEKS BEFORE THE START DATE OF THE RETREAT (LATEST PAY DATE: MARCH 1ST, 2024). WE ONLY ACCEPT 2 PAYMENTS (1ST DOWN PAYMENT OF 500 CHF, 2ND PAYMENT OF THE RESTING AMOUNT) VIA BANK TRANSFER.

CANCELATION POLICY

THE RETREAT CAN BE CANCELED UP TO 8 WEEKS PRIOR TO THE START DATE OF THE RETREAT (MARCH 1ST, 2024). PLEASE NOTE THAT WE WILL NOT REFUND THE INITIAL DOWN PAYMENT OF 500 CHF. LESS THAN 8 WEEKS PRIOR TO THE START DATE OF THE RETREAT (MARCH 1ST, 2024), WE WILL NOT BE ABLE TO REFUND ANY OF YOUR PAYMENTS. IN CASE WE HAVE TO CANCEL THE RETREAT, WE WILL REFUND YOUR PAYMENTS IN FULL.

WE STRONGLY SUGGEST

THAT YOU HAVE YOUR OWN TRAVEL INSURANCE (IN CASE OF UNEXPECTED EVENTS SUCH AS ILLNESS, ACCIDENTS, COVID-RELATED TRAVEL RESTRICTIONS ETC). FINGERS CROSSED, NOTHING HAPPENS BUT IT'S ALWAYS BETTER TO BE ON THE SAFE SIDE!

STATE OF HEALTH

WE ASSUME YOU ARE IN A GOOD HEALTH CONDITION TO JOIN OUR PRACTICES AND ACTIVITIES. IN ANY CASE, MAKE SURE YOUR HEALTH INSURANCE HAS INTERNATIONAL COVERAGE.

READY TO JOIN?

YOU DESERVE IT.

FILL OUT THE REGISTRATION FORM

FEEL FREE TO CONTACT US:
HELLO@RENIBICKELYOGA.COM

