

# YOGA IS BETTER IN BIKINI

„Ignite your shine!“

An Energetic Exploration Holistic Yoga Retreat | Anke Graewer

Port de Sóller, Mallorca | March 24th-28th 2024



PORT DE SÓLLER MALLORCA



# PORT DE SÓLLER.

Mallorquin idyll

The picturesque seaside village nestled between the sea, lush orange, lemon and olive groves and the Tramuntana mountains offers plenty of possibilities for everybody's taste. Only 30 minutes by car from Palma.



# THE HOTEL.

## 60s Vibes & Bohemian

A mix of leisure living and hedonism in the beautiful nature. High-value and inspiring style where you can find colours, plants and patterns in every corner. Only 3 minutes walking distance to the Port.







# POOL AREA.

Relaxation is key

Pool with a colourful peace sign. Treat yourself at our PIKKINI poolbar with fresh snacks and detox drinks, or simply enjoy the sight of the sea. Treatments with natural Aloe Vera products in our adjoining Santaverde spa area.



# THE ROOMS.

Rooms with a view

All rooms and suites are California hippie-style, with a portable Wonderboom speaker, WOUF Beach Bags and I love Eco-Essentials bathroom amenities. Large, handmade Bali daybeds and Indian macrame lamps on the private balcony/terrace.







# THE NENI.

Restaurant with  
panoramic view

Israeli oriental dishes in the  
popular Balagan style.  
Casual, stylish bohemian flair.  
Unique view of Port de Sóller  
from the terrace. Also for  
veggies and vegans.



# THE BAR.

Donkey Bar

Talking, laughing, relaxing.  
Enjoying the view at our roof  
top bar and many local  
products and specialities.  
From the sensational Gin  
Basil Smash to your individual  
favourite drink.







# FITNESS AREA.

Functional training



No body-building atmosphere but a place for real, authentic moving. Equipment for functional Training. Outdoor-bikes and rowing machines for cardio-sessions.



# YOGA PLACE.

## Yogis paradise

Outdoor: Fitness Terrace.

High above the Port of Sóller.

Gentle, flattering wind, calm.

Indoor: Seaside Room  
directly opposite the hotel.

Light-flooded, spacious  
room with sliding glass doors  
and a stunning view of the  
sea. Yoga equipment: mats,  
blocks, belts, bolsters,  
cushions, blankets.







# **BE** **ACTIVE.**

Everything is possible

In addition, we offer  
Stevens Mountain Bikes  
and E-Bikes as well as SUP  
free of charge, sensational  
hiking tours in the  
Tramuntana mountains,  
beach within walking  
distance and a lot more.....



# THE SPA.

Santaverde  
natural cosmetics

Certified natural cosmetics of high biological quality organic Aloe vera as the main ingredient. Highlights: Facial treatments with fresh aloe leafs, massages with pure aloe vera gel and the finest organic oils from the Mediterranean world. With steam bath & sauna.







# **BENEFITS** **AT A GLANCE.**

#yogaisbetterinbikini

- › Mediterranean, soft climate
- › Authentic, relaxed ambience, close to overwhelmingly beautiful nature
- › Outdoor: Fitness terrace Bikini Hotel
- › Indoor: Seaside Room opposite the hotel (exclusive use for the group)
- › Fully equipped: Mats, belts, blocks, cushions, bolster, blankets



# THE TEACHER.

Anke Graewer

Anke is an inspiring international Yoga Teacher (RYT-500), experienced retreat facilitator and women empowerment coach. She is the founder of Shine-Yoga Retreats - empowering Yoga and High Vibe retreats. These are high-caliber, uplifting, positively life changing retreats that touch your heart and connect you with yourSELF and other like-minded people. Our retreat space is an ideal vehicle for self-discovery and reflection, as we dive deeply into the body, mind and heart we get the opportunity to also discover and connect to our truest SELF.







# THE TEACHER

Anke Graewer

Anke holds a Master's Degree in Media Economics and Intercultural Communication. During the past year's she has worked with global leading organizations like Google or YouTube. She is a #IamRemarkable facilitator. #IamRemarkable is a Google initiative empowering women and other underrepresented groups.

Her mission is to use the power of holistic Yoga, empowerment practices and community to create a doorway and a safe space to our human heart, to heal, re-connect and inspire. To celebrate our life and to expand and express our beautiful self. Her joyful personality is contagious. The Yoga practice is mindful, empowering and adding more meaning to it. The vision is to ultimately take the yoga practice of the mat to live a happier life, vibing a little higher. Enjoy the best yoga retreat in Mallorca 2024,



# THE YOGA.

Anke Graewer

Anke's teaching is weaving in Vinyasa Flow, Anusara and Hatha Tantra Yoga methods. Honoring the tradition and science and translating it in an understandable, empowering way whilst adding an extra dash of magic. With this holistic approach and coaching elements, Anke cares about the 'off the mat' transformation to live a confident, wholesome life and thrive. Her approachable and proven methods of applying the tools of Yoga to improve the quality of everyday life.

Combining different Yoga techniques (Asana, Meditation, Mantra or Pranayama / Breathwork) and personal development tools to elevate your well-being. This will allow you to feel empowered, relax your system, recharge with energy, increase your vitality, health, radiance & personal power.



Her approach is anchored in a deep understanding of the body, breath and movement therapy – yet it goes far beyond poses alone. There is a soul and a depth that Anke brings to her classes.

The accessible classes integrate the best elements of yoga, attention to mindful sequencing will guide you safely while still challenging you to move beyond your perceived boundaries. Her style is powerful yet gentle, focusing on the flow of the breath, steady movement and the feeling of completeness and insight that can be cultivated through a consistent practice. Her passion is bringing people together on retreats, as you can cultivate this deep connection and see impressive transformation. She believes that above all, humor is an essential ingredient in yoga and that laughter is the best core exercise there is.



# THE RETREAT.

## Ignite your shine! An Energetic Exploration Holistic Yoga Retreat

This holistic Wellness & Yoga retreat in Mallorca, Easter 2024 is designed to bring more well-being and spirituality to modern women. Infuse positive energy into your life. Unleash your vitality, feel deeply nourished, alive and deepen your yoga practices, relax your mind, soften into your feminine energy, enliven your spirit, connect to yourself and new friends. Together we'll detox from daily life stressors, enjoy the power of community, have fun and enjoy the sunny spring vibes, blossoming in the Mediterranean.

++ Retreat language is English. The group is international. Translations are no problem. ++





# THE AGENDA.

## Yoga Retreat | Anke Graewer | March 24th–28th 2024

- › Sunday, 24th
  - 3pm: Check in
  - 4.00pm: Welcome Get Together
  - 4:30–6pm: 'Route to Rise' Grounding Yoga
  - 8pm: Welcome Dinner @NENI Restaurant (incl.)
- › Monday, 25th
  - 8.30–10am: Energizing Vinyasa Yoga
  - 10.15am: Breakfast @NENI Restaurant
  - Free time\*
  - 4.30–6pm: Restorative Yoga 'Rise – Soft face and a radiant glow'
  - 7pm: Dinner in the Nautilus restaurant – stunning sunset views. (optional group dinner and self-paid)
- › Tuesday, 26th
  - 8.30–10am: 'Radiant Glow' Detox Yoga
  - 10.15am: Breakfast @NENI Restaurant
  - Free time\*
  - 4:30–6pm: 'The Secret Wisdom & Anatomy of Emotions' Workshop + relaxing Yin Yoga
- › Wednesday, 27th
  - 8.30–10am: Empowering Tantra Vinyasa Yoga
  - 10.15am: Breakfast @NENI Restaurant
  - Free time\*
  - 4:30–6pm: Restorative Yoga 'Relax into Bliss'
- › Thursday, 28th
  - 8.30–10am: Detox Yoga & Closing Ceremony
  - 10.15am: Breakfast @NENI Restaurant

**\*Free time** with lots of possibilities e.g. hikes / beach days / lounge around the pool / SUP-boarding / bicycle rides / complimentary Spa-treatment, Sauna – activities incl in package costs. The stunning environment has a lot to offer. Port de Soller, Deia etc. are beautiful places to explore. We can spend time as a group e.g. go out for dinners together enjoy delicious restaurants or choose time for yourself.

\*\* All Yoga classes include Meditation and Pranayama. \*\*\*Schedule is subject to change depending on the weather and energy of the group



# THE PACKAGE.

Yoga Retreat | Anke Graewer | March 24th–28th 2024



- › 5 days (4 nights) in a room\* with private balcony/terrace
- › Rich breakfast buffet until 11 h
- › One 3-course-dinner „Balagan-Menu“, israeli-mediterranean cuisine
- › Daily yoga sessions at the fitness terrace or indoor (depending on weather)

- › Alcohol-free welcome drink Spicy Blondy
- › Mineralwater for the yoga sessions
- › Usage of Stevens Mountain Bikes + SUP boards\*\*
- › 15 % on all spa treatments

\* Accompanying person without participation in yoga € 762 €, extension night 177 €

\*\* Standard category (Garden Room)

\*\*\* Upon availability





# ADD ONS.

Book separately

- › Additional nights
- › Massages & Beauty Treatments at the Santaverde-Spa
- › Organization of water sports activities and boat trips
- › Guided Hiking-Tours
- › Guided Biking-Tours
- › Wine tasting



# TERMS & CONDITIONS

## Yoga Retreat | Anke Graewer | March 24th–28th 2024

- › Participants min. 7 – max. 17
- › Booking at the hotel under the keyword “Yoga Retreat, Anke Graewer”
- › Under reserve: In special cases (illness etc.) the trainer can provide an equivalent replacement. Should the minimum number of participants not be reached until 4 weeks prior to the retreat, the booking can be canceled or changed into a hotel booking. Rates will then be calculated according to the best available rate in the lowest category (Garden room). Furthermore, the normal cancellation policy takes place.
- › Payment: 50 % pre-payment upon the moment of the booking, rest-payment upon arrival.
- › Cancellation policy: Until 7 days prior to arrival there will be a cancellation fee of 50%, from 6 days prior to arrival onwards the full amount has to be paid. These cancellation fees also apply to any additional nights booked.
- › In order to enable direct communication between participant and trainer before the retreat, the name and email address of the participant will be passed on to the trainer after the binding booking. If you do not agree with this, please let us know by email after receiving the booking confirmation.
- › On the day of arrival, the rooms are ready for occupancy by 3 pm at the latest. On departure, the room must be vacated by 11 am. Late check out for a fee on request and subject to availability.



# SEE YOU IN PORT DE SÓLLER!

For further questions feel free to contact Anke direct via [shineyogaretreats@gmail.com](mailto:shineyogaretreats@gmail.com)

Bikini Island & Mountain Hotels | Port de Soller \*\*\*\*

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