

YOGA IS BETTER IN BIKINI

„Joy of being“ | Yoga Retreat | Katharina Pass

Port de Sóller, Mallorca | 14.-18. April 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 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 to the Port.





POOL AREA.

Relaxation is key



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

THE ROOMS.

Room with a view

All rooms and suites are California hippie-style, with portable Wonderboom boxes & bags for the beach. Large, handmade Bali daybeds and Indian rattan 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 the 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 bay. Gentle, caressing wind, tranquility. Indoor: Seaside Room directly opposite the hotel. Light-flooded, spacious room with sliding glass doors and a dream view of the sea. Yoga equipment: mats, blocks, belts, bolster, pillows, blankets.





BE ACTIVE.

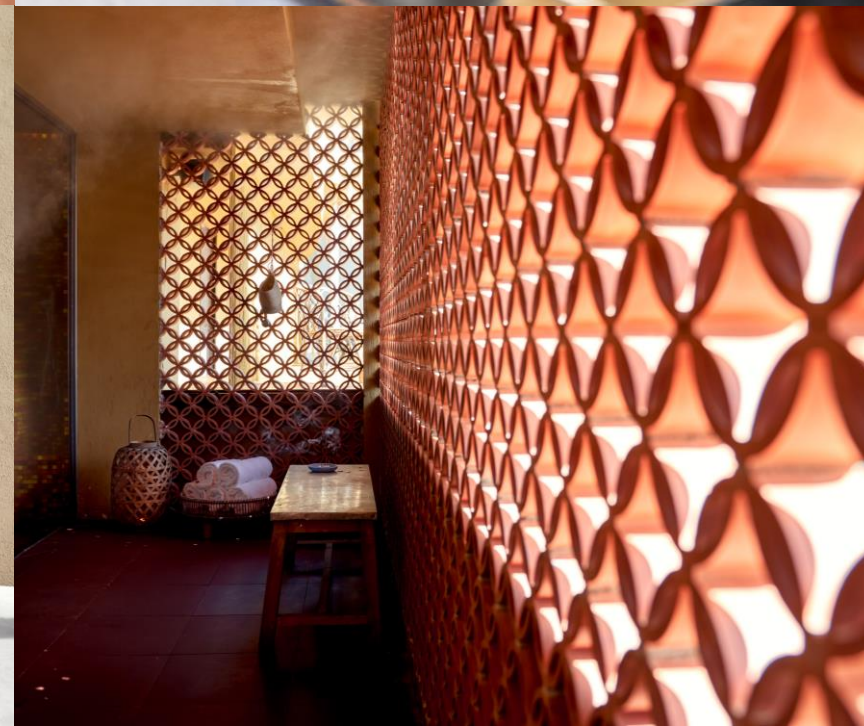
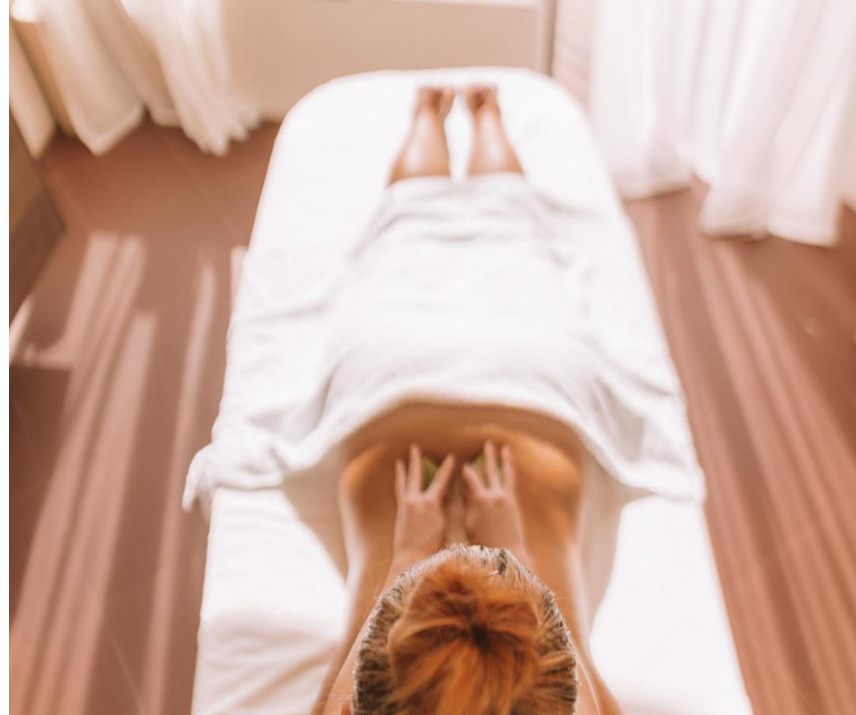
Everything is possible

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

THE SPA.

Santaverde
Natural cosmetic

Certified natural cosmetics of
high biological quality.
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.





BENFITS **AT A GLANCE.**

#YOGAISBETTERINBIKINI

- › Mediterranean, soft climate
- › Authentic, relaxed ambience, close to overwhelmingly beautiful nature
- › Outdoor-Yoga at the Fitness Terrace (non-exclusive use)
- › Indoor-Yoga in the Seaside Room opposite hotel (exclusive use)
- › Fully equipped: Mats, belts, blocks, cushions, bolster, blankets

THE TEACHER.

Katharina Pass

Founder of Yogalifemallorca and Infinite MA, Katharina is a private yoga teacher, coach & personal trainer based on mallorca. By following her own destiny path, Katharina shares her passion for a prosperous, happy & fulfilled life with people all around the globe.

Going through her own healing journey since early on, Katharina got to experience different healing modalities such as kinesiology, hypnosis, shamanism, quantum healing, the kundalini technology, flower remedies and emotional freedom technique* (EFT). This not only shaped the way she works with her clients, but also brought her to a deeper understanding of the unlimited potential, personal power and healing capacity of the human being.





THE TEACHER.

Katharina Pass

Being specialized in women's teachings, Katharina supports her clients to build and maintain a strong nervous system, overall health and a physical body that glows beyond aging.

Through years of teaching Katharina has developed an intuitive feeling of the person or group she is surrounded with so she can tune in and create an empowering and comforting experience for each individual.

yogalifemallorca.com

THE TEACHER.

Katharina Pass

- › Yoga Teacher
- › Vinyasa & Kundalini Yoga
- › Athletic & Mobility Coach
- › Nutritionist
- › Online Coach
- › EFT based tapping



THE RETREAT.

Joy of being

The "Joy of being" Yoga Retreat is all about experiencing your inner place of joy, playfulness & happiness! Let your light shine, EnJOY being who you are!

Enhance yourself for 5 amazing days surrounded by the beauty of Tramuntana mountains, good vibes #lifeisbetterinbikini, the most amazing views & incredible food.

A place where you can fully enjoy, unwind and vitalize body, mind and soul!

The Retreat is designed to have a well balance between Yoga & meditation practices that take place two times a day, yet enough time to just be and breathe, relax by the pool, on the beach, get pampered in the spa, to explore the island, or do other sporty activities.

We start every morning with a dynamic vinyasa flow practice, meditation and pranayama (breathing) to

awaken, strengthen and vitalize not only the physical body, but also create an experience of bliss, joy and lightness within, followed by the most nourishing breakfast that will give you everything you need to spend the most fantastic day.

The afternoon Yoga classes are perfect to unwind and relax, to go deeper into the postures and work on fascia, tissues and nervous system.

Another part of the retreat will be a silent morning walk at the coast line, an inversion practice and daily journaling. I am happy to hold and create a safe space for the group and each individuum, for the most amazing, uplifting + enjoyable experience. Just for YOU!

All levels are welcome, so book your spot, pack your bags, get on the mat – it's time for an upgrade experience!!!

#yogaisbetterinbikini

THE AGENDA.

Yoga-Retreat | Katharina Pass | 14.-18. April 2024

Sunday 14th:

- › 16:30h get together
- › 16:45-18h Welcome Yoga "Open the space"
- › 18:30h Welcome drink

Monday 15th:

- › 8:15-9:30h Morning meditation + Full body Vinyasa Flow
- › 9:30-11h breakfast, then free time
- › 16:30-17:30h "Happy hips" Yin-spired class + Journaling
- › 18:30h group Dinner at NENI

Tuesday 16th:

- › 8:15-9:30h Morning meditation + Energizing Vinyasa flow
- › 9:30-11h breakfast, then free time
- › 16:30-17:30h "Inner Bliss" Gentle flow + Journaling

Wednesday 17th:

- › 8-8:30h silent morning walk + meditation
- › 8:30-9:45h "Joy&Play" morning class + inversion practice
- › 9:45-11h breakfast, then free time
- › 16:30-17:30h "Detox flow" Yoga + Journaling

Thursday 18th:

- › 8:15-9:30h Meditation + dynamic Vinyasa flow
- › 9:45h group breakfast + farewell, goodbye

THE PACKAGE.

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- › 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,
Outdoor: Fitness terrace Bikini Hotel or
Indoor: Seaside Room opposite the hotel (exclusive use for the group)

**ROOM
SINGLE USE
PER PERSON
INKL. YOGA
1.533 €**

**ROOM
DOUBLE USE
PER PERSON
INKL. YOGA
1.115 €***

- › 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 in double room without participation in yoga € 815 | Extension night € 197

** Standard category (Garden Room)

*** Upon availability



ADD ONS.

Book separately

- › Extension nights
- › Massages & Beauty Treatments at the Santaverde Spa (15 % discount)
- › Organisation of various water sports activities and boat trips
- › Guided hiking tours
- › Guided biking tours
- › Wine tasting

TERMS & CONDITIONS

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- › Participants: min. 7 – max. 17
- › On the day of arrival, the rooms are ready for occupancy at 15 a.m. at the latest. The room must be vacated by 11 a.m. on departure. Late check out for a fee on request and subject to availability.
- › Booking directly with the hotel with the keyword „Yoga-Retreat, Katharina Pass”
- › 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.
- › Cancellation policy: Until 7 days prior to arrival there will be a cancellation fee of 50%, from 6 days prior to arrival the full amount has to be paid.
- › Payment: 50 % pre-payment upon the moment of the booking, rest-payment at departure. The cancellation fee also applies to any additional nights booked.
- › In order to enable the direct communication between participant and trainer before the retreat, we will pass your name and email address 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. The trainer commits to responsible handling of personal data according to legal requirements.

SEE YOU IN **PORT DE SÓLLER!**

You want to know more? You can reach us here:

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

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