

Yoga and Meditation Retreat with Clare Connolly



Mallorca 2023

"Inspire your spirit"



Just IMAGINE ... it's the beginning of summer on the Mediterranean Island of Mallorca. And you are right here for 7 dreamy days, rising with the sunshine for your morning Meditation and Yoga practice, overlooking the spectacular mountain views. Once you've found your bliss and inner peace each morning - without a care in the world - you nourish your brain and body with a delicious, healthy breakfast, before stretching out on a sunbed and soaking up the warm Mediterranean rays. Nothing to worry about, no obligations. Simply a time to rest, recharge, energise and refresh.

You round off your days, stretching your sun kissed, tanned body with some evening Yoga, feeling the warmth and glow of the sun as you move from pose to pose, allowing the body to stretch even deeper. This is followed by a satisfying meal among like-minded friends.

A deeply relaxing evening meditation then prepares you for slumber and as you rest your head on your pillow in the evening perhaps feeling more relaxed, at peace and connected than you've ever felt before, you smile, and whisper to yourself, "yes, a little more of the same tomorrow please" before calmly and effortlessly drifting off to sleep...

8TH - 15TH JULY 2023

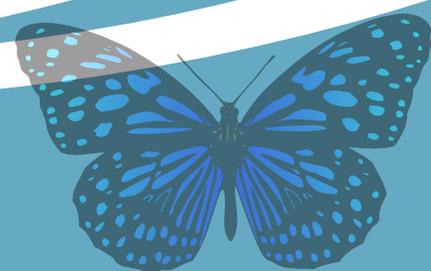
After an incredible retreat in Tramuntana in 2022 we are returning for a second year! Its a magical place & you're in for a treat!

TRAMUNTANA FLOW RETREAT CENTRE



**BOOKING
NOW OPEN**

WWW.CLARECONNOLLYYOGA.COM/RETREATS2023





Included ...

- Sunrise, morning Meditation, Pranayama and Yoga practices with Clare
- **Sunset, evening Yoga and Yoga Nidra with Clare**
- All food included (3 meals per day) - a delicious Bio Vegetarian Menu - gluten free and dairy free options available - you will be well fed!
- **Accommodation**
- Free Wifi in social areas
- **Yoga Mats, Blocks, Bricks, Straps, Bolsters, feet up equipment**
- Exclusive use for our group of fresh salt water pool
- **Use of the gardens in free time**
- Use of communal areas, lounge, sunbeds
- **1 big and 1 small towel per guest, towels changed once during stay**



Join Clare at Tramuntana Flow, it's a place of beauty, tranquility and connection with nature and owes its name to the magnificent mountain range in Mallorca, the spectacular views of which can be appreciated from the entire property. Located in the beautiful village of Sa Cabaneta in Mallorca, only 15 minutes from Palma, Tramuntana Flow consists of several outbuildings on 8000m² of land. The property is in the old part of the village on the main street and the front garden invites you into the peacefulness of la casa itself. Equipped with its own private pool for our exclusive use and an indoor and outdoor yoga shala for our blissful Yoga practices it will be a time to truly disconnect, unwind and forget all your troubles.



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Mallorca Retreat Rooms and Pricing 2023

(Prices are all inclusive see website for details)

Flower of life rooms

Bright airy rooms away from the main house next to the "flower of life" with fantastic shared facilities, close by.

Indoor or outdoor showers (I love the outdoor shower in particular, so nice having a hot shower) with the most stunning views over the spectacular mountains!

Large Flower of life room

Double Occupancy £1349pp

Prices are all inclusive see website for details



Flower of life room

Single Occupancy £1599pp

Prices are all inclusive see website for details



Shared facilities

Mallorca Retreat Rooms and Pricing 2023

Casa de la calma main house rooms

The main house is wonderfully cosy and feels very much like a home. It can sleep up to 8 people in 4 very comfortable twin rooms, these rooms can also be taken at single occupancy if you prefer. There are 2 bathrooms between 4 rooms that are located right next to the bedrooms, so if you take this room you will share your bathroom with just 1 other.



Main House Rooms

Double Occupancy £1449

Single Occupancy £1849

Prices are all inclusive see website for details



Mallorca Retreat Rooms and Pricing 2023

Private apartments

There are 3 private apartments with beautiful large sliding glass doors that open out onto the luscious gardens and luxurious pool area. 2 of these are ensuite and the 3rd has it's own sink and shares facilities with the flower of life rooms.



Private apartment with ensuite

Double Occupancy £1499
Single Occupancy £1999

Private apartment with own sink (shared facilities)

Double Occupancy £1449
Single Occupancy £1800

Prices are all inclusive see website for details



Mallorca Retreat Rooms and Pricing 2023

Master Suite - main house

The Master Suite is the biggest room at the top of the main house and can sleep 2 - 4 people. The double can be separated to make twin beds. It has its own ensuite bathroom and large private terrace with fabulous views over Tramuntana.

Master Suite

Double / Twin Occupancy £1549pp

Triple Occupancy £ 1299pp

enquire for quad occupancy

Prices are all inclusive see website for details

