



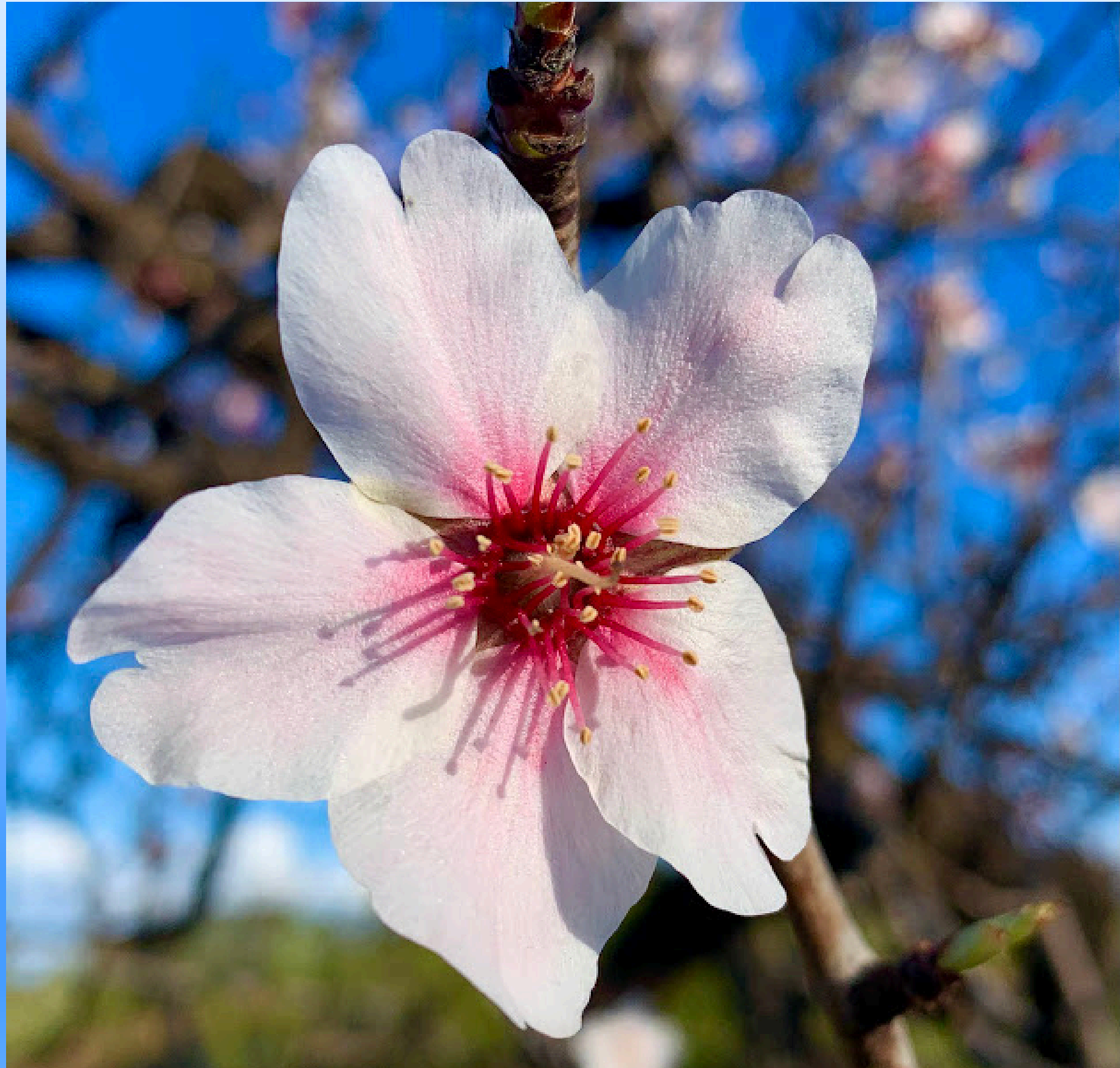
# Mallorca Spring Retreat

Qigong - Walking - Rejuvenation

# Mallorca Retreat

Join us for a 6 nights on one of the world's most beautiful islands, realigning body, mind and soul.





**Duration: 6 nights**

**Date: 27 April -3 May  
2025**

**Price: €899  
£749**

## What is included

- **Meditation, Qigong exercises you can practice at home.**
- **3 Guided walks**
- **1 Day at your leisure**
- **6 x nights accommodation twin or double room ensuite**
- **Includes 6 x breakfasts, 1 x lunch, 1 x dinner**
- **Trip to a local oil mill with tasting and tour**
- **Transfers to and from the airport**

## What is not included

- **Flights to and from Palma de Mallorca**
- **Travel and health insurance**
- **Meals unless stated**
- **Prices shown are based on two people sharing a double or twin room with private facilities.**
- **Single occupancy supplements will apply/please enquire**



Immerse yourself  
into the beauty of nature

Guided Meditation and Qigong, are combined with  
walks in nature.  
Enough time for relaxation on this  
beautiful island.

# Who we are

**Sarah Preston** - has travelled the world extensively, having spent most of her working life with airlines. A change of path a few years ago turned her towards self-care and health promotion, a positive mindset and to live life to the full. An experienced walker - having walked the Camino Frances solo (500 miles) across Spain and another 9 walks, regularly taking guided groups annually on the Camino. She knows only too well the benefits of being out in nature and what that can bring to the soul.

She has spent the last seven years immersing herself in meditation, Qigong and Tai Chi, and is now a Qigong Instructor - and feels passionately about sharing this wonderful practice with you.



# Who we are

**Reino Gevers** - grew up in rural South Africa and spent more than 20 years working in the media industry. After walking the Camino in Spain, he changed his life completely and became a fulltime health consultant and mentor. Since then he has walked the Camino or parts of pilgrimage routes another 16 times. He is an author of several books. One of his passions is writing, and guiding people on personal development and finding soul purpose. He is a qualified Tai Chi teacher, communications trainer and mediator. He lives in Mallorca and loves nothing more than being outdoors in nature to align body, mind and soul.



# The Itinerary

- **Sunday: 2 - 7pm Arrivals**
- We will arrange a pickup at the airport in Palma to take you to your accommodation in Soller, you can unpack, relax and prepare mentally for your retreat week.
- **Meet and Greet Drink 6pm**
- An opportunity to connect with other participants and ourselves.
- Rest of evening free time





# Monday

Breakfast inclusive  
10:00 Circular walk from  
Soller to Port de Soller,  
including a guided  
meditation and Qigong  
session.  
Lunch at a venue at the  
Port – inclusive  
Time in Port de Soller  
before the return walk.  
Relaxation and free time in  
the evening



# Tuesday

Breakfast inclusive.  
10:00 Circular walk to Fornalutx,  
including a guided meditation  
and Qigong session.  
Lunch at a venue in Fornalutx  
before returning to Soller (not  
inc in price).  
Relaxation and free time in the  
evening.



# Wednesday

Breakfast inclusive.  
Day at your leisure ..  
Make your way into Palma,  
Port de Soller, Valldemossa  
or stay in Soller and spend  
it in the local vicinity. Go  
shopping, relax, this day is  
for you to choose how you  
would like to spend it.  
Advice can be given.



# Thursday

Breakfast inclusive  
Check out of hotel, leave bags.  
Short circular walk to an oil mill for a tour and tasting.  
Transfer to the stunning Lluç Monastery where we will stay for a further 2 nights.  
Small walk around the Monastery.  
Free time to relax before dinner (included)



# Friday

Breakfast inclusive.  
Morning at leisure- optional  
Meditation and Qigong session.  
1pm we will listen to the Blauets  
children school choir in the chapel.  
We will then commence our last  
walk to a local family restaurant  
for a late lunch (not included).  
Returning after lunch to the  
Monastery.  
7pm Farewell Drink.





Saturday

**Departure Day**

Breakfast at your leisure.

Check out - 10am

Time to say goodbye and transfers to the airport .

Bookings:

<https://reinogevers.com/store/>

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