

HEALING HEART

with Nabs Hadi

ES RACÓ D'ARTÀ
SIGNATURE RETREAT

November 14-16 2025



WHAT YOU WILL EXPERIENCE



WHAT THE RETREAT INCLUDES



WHO IS IT FOR?



YOUR GUIDE NABS HADI



ACCOMMODATION AND PRICES



HOW TO BOOK



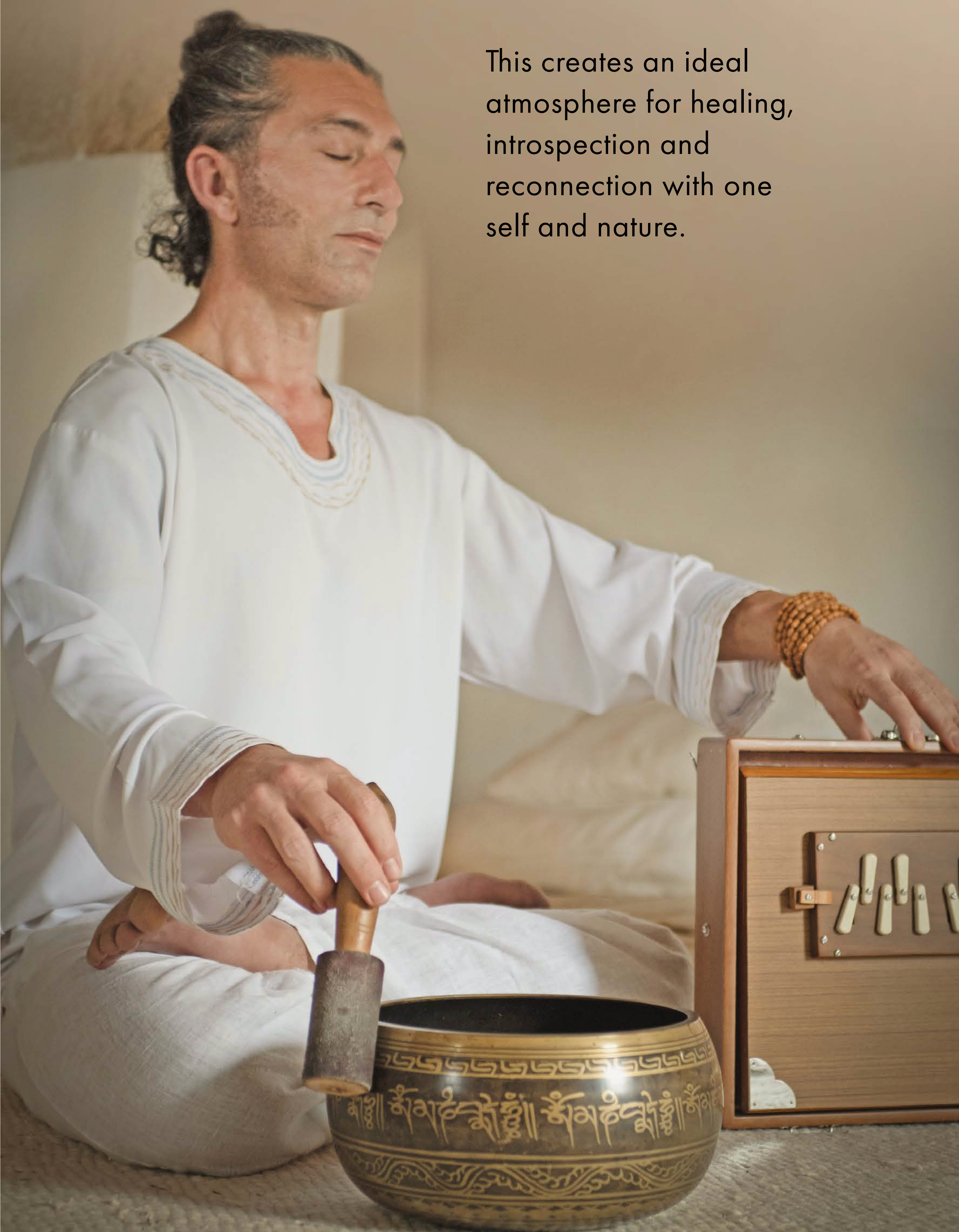


WHAT YOU WILL EXPERIENCE

... is more than just a getaway – it's an immersive journey inwards, designed to nurture emotional wellbeing, restore balance, and reignite self-love. The Healing Heart Retreat combines the physical, emotional, therapeutical and spiritual benefits of yoga with heart-centred and energy focused practices.

This retreat will take place in Es Racó d'Artà, tucked between the Parc de Llevant mountains and the gentle curve of the northeast Mallorcan coast, offering an experience rooted in sustainability, craft, and heritage.

This creates an ideal atmosphere for healing, introspection and reconnection with one self and nature.





WHAT THE RETREAT INCLUDES



- **2 NIGHTS STAY IN „CASITA“ CATEGORY**
Our beautiful cottages settled in the forest, offering full privacy and tranquillity.
- **YOGA**
Focused on opening the heart chakra, releasing stored emotions, and calming the nervous system. Emphasis is placed on breathwork, mindful movement and relaxation.
- **MEDITATION & MINDFULNESS**
Guided meditations designed to cultivate compassion, forgiveness and inner peace.
- **CHAKRA BALANCING PRACTICE**
A guided practice through the energy centres to cleanse and align the Chakras (energy centres).
- **HEART-OPENING RITUALS**
Practices such as sound baths with intention-setting can deepen the emotional release and connection to self.
- **NOURISHING FOOD**
Full board included with wholesome meals support the body's healing process and help participants feel grounded and cared for.
- **TIME IN NATURE**
Walks, swims, or silent time outdoors are woven into the experience, reconnecting participants with the rhythms of the earth.
- **COMPLIMENTARY ACCESS TO OUR SPA (WATER CIRCUIT)**



WHO IS IT FOR?

THIS RETREAT IS IDEAL FOR ANYONE EXPERIENCING:

- the wish to cultivate greater self-love and emotional balance.
- feeling the need to reconnect with their body, intuition and inner guidance.
- navigating a life transition, such as a career shift, relationship change or spiritual awakening
- fatigue, stress, emotional disconnection, etc.

No prior yoga experience is needed.

The environment is supportive, non-judgmental and inclusive – tailored to meet you exactly where you are.





YOUR GUIDE NABS HADI

Nabs is a classically trained Yoga, Pranayama, and Meditation teacher, as well as a Spiritual Healer and singer. With over 20 years of experience in Ashtanga Yoga, he has completed both the Primary and Intermediate Series and continues to work on the Third Series. A committed Vipassana practitioner, Nabs was also trained in classical Pranayama (breath regulation) from the Kaivalyadham lineage, guided by Sri O.P. Tiwariji.





ACCOMMODATION AND PRICES



Our CASITAS are designed for those seeking privacy, silence and calm. With a large surface, where clarity and light reign, where you can simply pause and breathe, there is a beautiful living room, and a dreamy bedroom with en suite bathroom in which in addition to a shower and a handcrafted bathtub, there is a beautiful outdoor shower to enjoy the freshness of the water and its sound while the pleasant breeze of the air brushes your skin. The natural materials, handcrafted details, sustainable products and the respect and integration of the environment will make you feel part of it.

Take a tour of the accommodation [HERE](#)

CASITA (individual use)
1499 €

CASITA (double use)
2134 €



HOW TO BOOK

To book your space or more information do not hesitate to contact us. Feel free to ask any questions about the retreat accommodation as well.

[E-MAIL](#)

[TELEPHONE](#)

[WHATSAPP](#)





Our Healing Heart Retreat does not promise to “fix” you, because you are not broken.

Instead, it gently guides you back to wholeness, reminding you of your inner strength, your capacity for love and the beauty of your own presence.

You will leave feeling lighter, more open and deeply connected – to yourself, to others and to life.



ES RACÓ D'ARTÀ

07570 ARTÀ · ILLES BALEARS · ESPANYA

WWW.ESRACODARTA.COM