

ES RACÓ D'ARTÀ

## ACTIVITIES & WORKSHOPS

As places are limited, please register  
24 hours in advance to ensure your place.

Please be aware of our cancellation policy.  
The Reception Team will be happy to advise you.

Out of respect for other participants, we ask  
you not to use cell phones during the sessions.

Please note that many of the sessions are  
not recommended during the first weeks of  
pregnancy (Yoga, MyoYin, Breathwork,  
Sound Therapy, etc). Please consult us if you  
have any questions.

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## THURSDAY 12<sup>TH</sup> OF FEBRUARY

8:00 AM Meditation and...

8:30 AM Yoga with Camila  
(Hatha Yoga)

11:30 AM Psychedelic Breath® with Julia  
(Meeting Point: Yoga Room,  
75 min)

4:30 PM Conscious Walk to the Viewpoint  
at Sunset with David  
>> Level: medium-high  
(Meeting Point: Reception,  
90 min approx)

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## FRIDAY 13<sup>TH</sup> OF FEBRUARY

8:00 AM Meditation and...

8:30 AM Yoga with Marco  
(Hatha Yoga)

11:00 AM Meditation and Art Therapy with  
Clay with Tobias (Meeting Point:  
Reception, 120 min)

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## SATURDAY 14<sup>TH</sup> OF FEBRUARY

8:00 AM Meditation and...

8:30 AM Yoga with Camila  
(Hatha Yoga)

9:00 AM Healthy Group Training  
with David  
(Meeting Point: Haima Bedouin Tent,  
60 min)

6:00 PM Sound Therapy with Stefan  
(Meeting Point: Reception,  
60 min)

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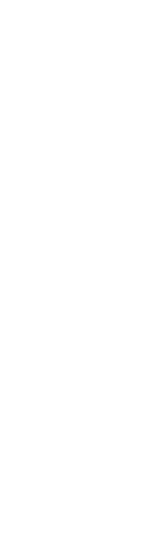
## MONDAY 16<sup>TH</sup> OF FEBRUARY

6:45 AM Conscious Walk to the Viewpoint  
at Sunrise with David  
>> Level: medium-high  
(Meeting Point: Reception,  
90 min approx)

8:00 AM Meditation and...

8:30 AM Yoga with Marco  
(Hatha Yoga)

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## TUESDAY 17<sup>TH</sup> OF FEBRUARY

8:00 AM Meditation and...

8:30 AM Yoga with Camila  
(Hatha Yoga)

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## WEDNESDAY 18<sup>TH</sup> OF FEBRUARY

8:00 AM Meditation and...

8:30 AM Yoga with Joy (Ashtanga, Vinyasa  
or Yin Yoga)

5:00 PM Basket Weaving Workshop with the  
traditional „Palmito“ with Aina  
(Meeting Point: Reception,  
120 min)

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## THURSDAY 19<sup>TH</sup> OF FEBRUARY

8:00 AM Meditation and...

8:30 AM Yoga with Camila  
(Hatha Yoga)

11:30 AM Psychedelic Breath® with Julia  
(Meeting Point: Yoga Room,  
75 min)

5:00 PM Conscious Walk to the Viewpoint  
at Sunset with David  
>> Level: medium-high  
(Meeting Point: Reception,  
90 min approx)

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## FRIDAY 20<sup>TH</sup> OF FEBRUARY

8:00 AM Meditation and...

8:30 AM Yoga with Marco  
(Hatha Yoga)

11:00 AM Meditation and Art Therapy with  
Clay with Tobias (Meeting Point:  
Reception, 120 min)

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## SATURDAY 21<sup>ST</sup> OF FEBRUARY

8:00 AM Meditation and...

8:30 AM Yoga with Joy (Ashtanga, Vinyasa  
or Yin Yoga)

9:00 AM Healthy Group Training  
with David  
(Meeting Point: Haima Bedouin Tent,  
60 min)

6:00 PM Sound Therapy with Stefan  
(Meeting Point: Reception,  
60 min)

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## SUNDAY 22<sup>ND</sup> OF FEBRUARY

6:45 AM Conscious Walk to the Viewpoint  
at Sunrise with David  
>> Level: medium-high  
(Meeting Point: Reception,  
90 min approx)

8:00 AM Meditation and...

8:30 AM Yoga with Joy (Ashtanga, Vinyasa  
or Yin Yoga)

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## MONDAY 23<sup>RD</sup> OF FEBRUARY

6:45 AM Conscious Walk to the Viewpoint  
at Sunrise with David  
>> Level: medium-high  
(Meeting Point: Reception,  
90 min approx)

8:00 AM Meditation and...

8:30 AM Yoga with Joy (Ashtanga, Vinyasa  
or Yin Yoga)

11:00 AM Creation of a handmade  
Dreamcatcher with Claudia  
(Meeting Point: Reception,  
90 min)

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## TUESDAY 24<sup>TH</sup> OF FEBRUARY

8:00 AM Meditation and...

8:30 AM Yoga with Joy (Ashtanga, Vinyasa  
or Yin Yoga)

11:00 AM Creation of a handmade  
Dreamcatcher with Claudia  
(Meeting Point: Reception,  
90 min)

6:30 PM Pranayama (Breath Regulation)  
and Meditation with Nabs  
(Meeting Point: Meditation Room,  
60 min)

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## WEDNESDAY 25<sup>TH</sup> OF FEBRUARY

8:00 AM Meditation and...

8:30 AM Yoga with Joy (Ashtanga, Vinyasa  
or Yin Yoga)

5:00 PM Basket Weaving Workshop with the  
traditional „Palmito“ with Aina  
(Meeting Point: Reception,  
120 min)

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## **Psychedelic Breath®**

Psychedelic Breath is a breath ritual that blends ancient breathing techniques from spiritual traditions with the latest insights from neuroscience and powerful electronic music.

Through rhythmic breathing, music and mindful guidance, inner blockages may be released, emotional depth explored, and a state of clarity, connection and presence experienced. Each session is a safely held space for self-exploration, integration and reconnection with your inner wisdom



## **Conscious Walk to the Viewpoint at Sunrise or Sunset**

Walk through the forest to the window of nature where you will discover wonderful views and greet the sun in a meditation exercise.

**Important:** closed comfortable shoes and good physical fitness are needed. The level of this hike is medium-high.



## **Meditation and Art Therapy with Clay**

The workshops of meditation and art therapy invite a space and time of rest in the midst of the maelstrom of everyday life, so full of inputs, haste and stress. Breathing. Allow yourself a few hours to just Being. Respect and take care of yourself. The proposal consists of the sensory exploration that clay allows us. We will connect with the body and the senses to perform this guided and dynamic meditation towards silent touch, towards free movement. When we approach the material in this way without necessarily a purpose or an aesthetic objective simply from curiosity and openness to the touch and the other senses.



## **Healthy Group Training**

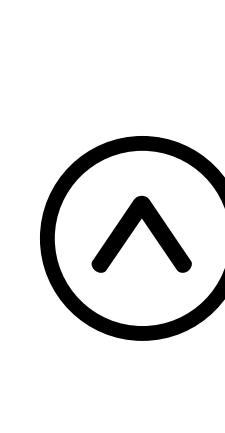
What better way to start the day moving and connecting with yourself. The Healthy Group Training offers us a full-body workout to exercise the whole body adapting to the level of each person.

60 minutes sessions that include:

– warm-up and activation phase,

– main part,

– cool down and stretching.

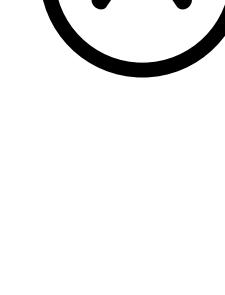


## **Sound Therapy**

Come and enjoy a concert of harmonic vibrations, where all you have to do is lie down and allow yourself to receive.

Stefan will play his instruments, which will allow you to enter a state of deep relaxation thanks to the vibrations emitted.

A gift for the soul.



## **Creation of a handmade Dreamcatcher**

Enjoy a moment of peace to create your own dreamcatcher... Claudia, craftswoman of wicker and natural fibre creations, will guide you in this unique and original creation. A little bit of dream to take home with you!



## **Pranayama (Breath Regulation) and Meditation**

Dive into the classical Pranayama from the Kaivalyananda tradition to enhance the life force (Prana), energising the body and heal the respiratory system.

Then conclude the session with a guided meditation to obtain the peace and harmony in the mind, body and spirit.



## **Basket Weaving Workshop with the traditional „Palmito”**

This workshop teaches the ancient Mallorcan technique of basketry. The artisans of the island use the palm leaves for their work. This traditional Mallorcan craft is known as Llata. The unaccustomed tranquility of this handicraft work is immediately transferred to the mind, relaxes the spirit and any daily stress is instantly forgotten. Master craftswoman Aina Pistola is already looking forward to sharing this passion with you.



## **The Yoga Styles we offer:**

**VINYASA YOGA** is known for its dynamic sequences, which are called “flows”.

The exercises are performed in harmony with the breath, with each inhalation and exhalation connected to a movement. Vinyasa Yoga strengthens the muscles, improves flexibility and promotes body awareness. By focusing on breathing and flowing movements, Vinyasa Yoga can reduce stress and lead to greater relaxation.

**YIN YOGA** is a calm and passive style of Yoga characterized by long holds of the asanas (positions). The asanas are held for several minutes, often 2-5 minutes or longer, to reach deeper layers of tissue. The muscles are left largely relaxed, while gravity and time provide the stretch. The focus is on stretching and stimulating the connective tissue to improve flexibility and mobility. Yin Yoga promotes mindfulness and relaxation as you focus on the present moment and become aware of the sensations in your body.

**HATHA YOGA** is one of the oldest and best-known Yoga traditions. The term “Hatha” is composed of the Sanskrit words ‘ha’ (sun) and “tha” (moon) and symbolizes the duality of energy and relaxation, activity and rest. The goal of Hatha Yoga is to balance these two energies in the body in order to achieve a sense of harmony and well-being. Breathing exercises direct the life energy (prana) and promote a deeper understanding of the connection between breath and mind. Hatha Yoga integrates meditation to train concentration and achieve inner peace.

**ASHTANGA YOGA** is a dynamic, structured style of yoga based on the practice of set sequences of asanas (postures) synchronised with the breath to generate an internal flow of heat and calm the mind. The term ‘Ashtanga’ means ‘eight limbs’ and refers to the eight aspects of yoga from Patanjali’s Yoga Sutras, which form the practical and philosophical framework.

