



ES RACÓ D'ARTÀ

## WELCOME TO ES RACÓ D'ARTÀ

You have arrived... physically.

Now pause... breathe in... and breathe out... let go... feel how your body relaxes as you breathe out...

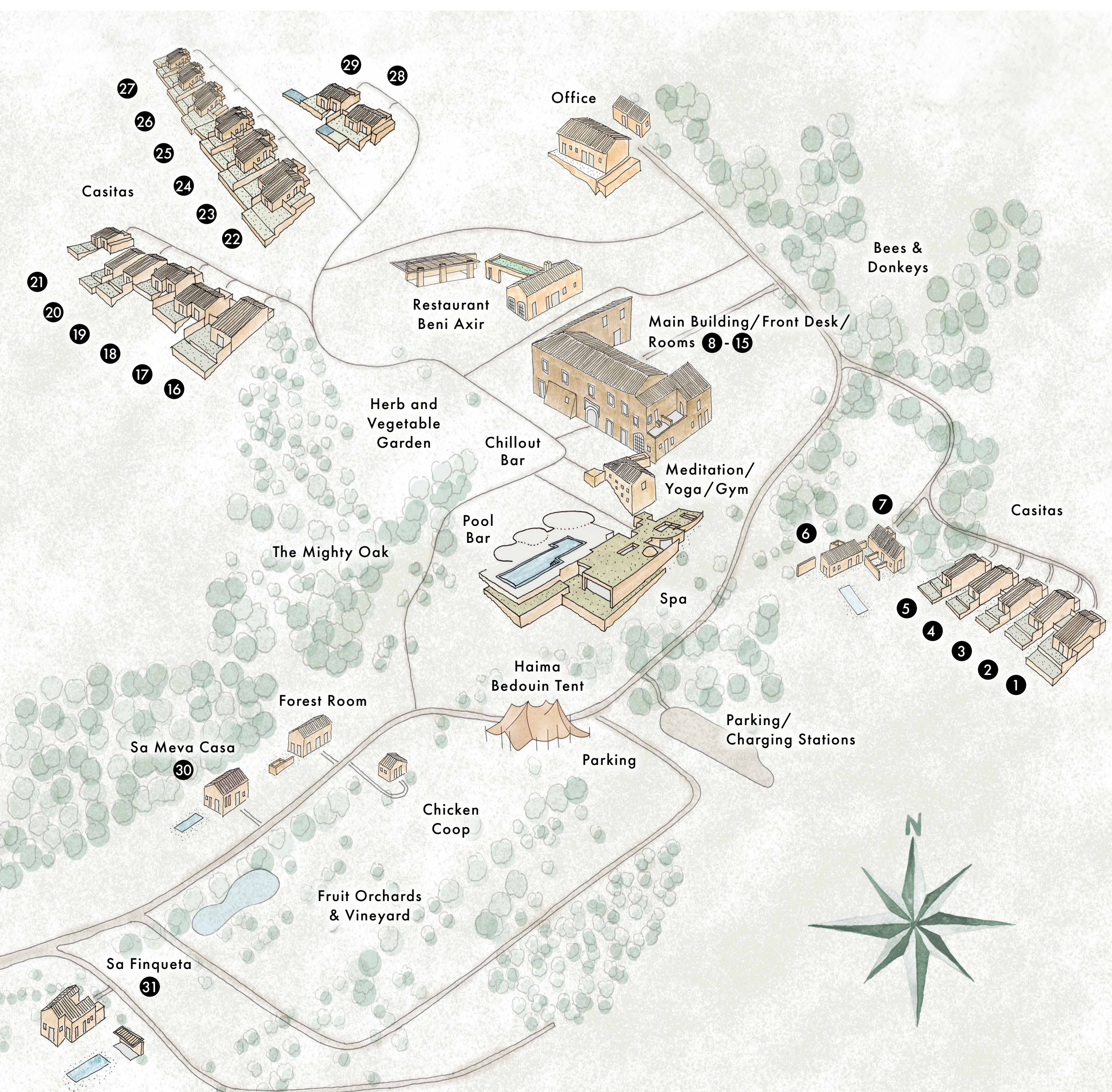
Give yourself permission to arrive fully here in Es Racó. Arriving, both physically and mentally. Feel your feet on the ground. Listen to the sounds of nature, smell and touch the different natural textures. See the wildflowers and the leaves dancing in the wind... invite yourself to indulge in the present moment through your senses.

Life here, at Es Racó d'Artà, is slow and gentle. We invite you to rest your mind, nurture your body and let your heart guide you. Life here is informal and relaxed with a heart-felt approach to everything we do. We give space to authenticity rather than pretence, and we seek to understand rather than to judge. Connecting with nature, she shows us ways of finding peace, healing, and inspiration within. Nature invites us to awaken to the present moment; to being with what is.

Our daily morning practices are guided by experienced practitioners assisting you to explore your body, breath and being. We invite you to participate and discover the magical world within. No doubt will you feel more peaceful and vibrant after a session. We start every morning with a guided meditation and yoga. Come and feel your whole being come alive!

Explore, experience, discover, feel, learn, smile, sparkle, shine! We wish for you a life enriching experience here at Es Racó.

*Yours, the team*



# CONTACT RECEPTION

INTERNAL CALL

2500 + 

WHATSAPP



E-MAIL

