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.

## SATURDAY 28TH OF MARCH

8:00 AM **Meditation and…**
8:30 AM **Yoga** *with Ana (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)*

## SUNDAY 29TH OF MARCH

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)*

## MONDAY 30TH OF MARCH

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)*

12:30 PM **Discover our ecological 'Finca'** *with Andrea (Meeting Point: Reception, 60 min)*

6:00 PM **Pranayama (Breath Regulation) and Meditation** *with Nabs (Meeting Point: Meditation Room, 60 min)*

## TUESDAY 31ST OF MARCH

8:00 AM **Meditation and…**
8:30 AM **Yoga** *with Betti (Hatha Yoga)*

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

## WEDNESDAY 1ST OF APRIL

8:00 AM **Meditation and…**
8:30 AM **Yoga** *with Joy (Ashtanga, Vinyasa or Yin Yoga)*

11:00 AM **Mindful Art Experience** *with Mel (Meeting Point: Reception, 120 min)*

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

## THURSDAY 2ND OF APRIL

8:00 AM **Meditation and…**
8:30 AM **Yoga** *with Camila (Hatha Yoga)*

6:30 PM **Conscious Walk to the Viewpoint at Sunset** *with David* **>> Level: medium-high** *(Meeting Point: Reception, 90 min approx)*

## FRIDAY 3RD OF APRIL

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)*

6:00 PM **MyoYin – Myofascial Release** *with Ana (Meeting Point: Reception, 75 min)*

## SATURDAY 4TH OF APRIL

8:00 AM **Meditation and…**
8:30 AM **Yoga** *with Ana (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)*

## SUNDAY 5TH OF APRIL

6:30 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)*

## MONDAY 6TH OF APRIL

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)*

12:30 PM **Discover our ecological 'Finca'** *with Andrea (Meeting Point: Reception, 60 min)*

6:00 PM **Pranayama (Breath Regulation) and Meditation** *with Nabs (Meeting Point: Meditation Room, 60 min)*

## TUESDAY 7TH OF APRIL

8:00 AM **Meditation and…**
8:30 AM **Yoga** *with Betti (Hatha Yoga)*

11:00 AM **Facial Self-Massage and Self-Care-Ritual** *with Martina (Meeting Point: Reception, 60 min approx)*

## WEDNESDAY 8TH OF APRIL

8:00 AM **Meditation and…**
8:30 AM **Yoga** *with Joy (Ashtanga, Vinyasa or Yin Yoga)*

11:00 AM **Mindful Art Experience** *with Mel (Meeting Point: Reception, 120 min)*

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

## THURSDAY 9TH OF APRIL

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)*

6:30 PM **Conscious Walk to the Viewpoint at Sunset** *with David* **>> Level: medium-high** *(Meeting Point: Reception, 90 min approx)*

## FRIDAY 10TH OF APRIL

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)*

6:00 PM **MyoYin – Myofascial Release** *with Ana (Meeting Point: Reception, 75 min)*

### 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!

### Discover our ecological 'Finca'

Es Racó d'Artà is a living landscape where agriculture (including our friendly donkeys, bees and chickens), heritage and biodiversity coexist purposefully. Olive tree fields, our extensive vineyards, dry-stone walls and old wells from the Bereber settlements remain untouched, revealing the rhythm of the land as it has unfolded for generations.

This tour is designed to meet this landscape and learn how the roots of Es Racó are intimately connected to the soil as well as the water cycle, the basis and origin of our philosophy. Each harvest, all products we purchase and every action we take is closely related to our circularity plan.

### Pranayama (Breath Regulation) and Meditation

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

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

### 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.

### Facial Self-Massage and Self-Care Ritual

Embark on a transformative self-care journey guided by Martina, our facial therapist, expert in massage and non-invasive lifting.

Experience the power of facial self-massage with a meticulously designed protocol that helps firm, oxygenate, relax and illuminate your face and to release tension in the jaw and neck. Martina will walk you through the importance of this daily ritual.

### Mindful Art Experience

Discover calm, inspiration and a renewed sense of inner connection in this creative and restorative experience.

Guided by artist and art therapist Mel Saulek, this Mindful Art workshop invites you to slow down, return to your essence and explore your emotions through color, texture and mindful expression.

Designed for those seeking reflection, creativity, and well-being, this session offers a serene space to release tension and restore harmony between mind and body.

Immerse yourself in an experience where art, nature and inner peace meet.

### 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 Llatra. 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.

### 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.

### MyoYin – Myofascial Release

MyoYin is a practice that combines the physiotherapy technique of myofascial release and yin yoga postures, using balls at specific points to release tension in the myofascial groups allowing deep relaxation and hydration of the tissues. Improves flexibility and range of motion, reduces muscle tension, increases body awareness, fluidity in the body and energy flow.

Contraindications: recent injury, open wounds, fracture healing, fibromyalgia, aneurysm, herpes zoster, acute rheumatoid arthritis, severe osteoporosis, pregnancy, urticaria, varicose veins, use of anticoagulant medication, burns, brittle bones.

### Healthy Group Training

What better way to start the day than 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.

## 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.