

MENORCA

EXPERIMENTAL

# EMBODIED SPRING RETREAT

Menorca

22-26<sup>TH</sup> OF APRIL





*A journey of embodied movement, spring  
renewal & deep restoration.*



Reconnect with your body's wisdom through powerful embodied movement and deep restoration practices, held by the natural beauty of Menorca's Mediterranean coastline.



## ABOUT THE RETREAT

Join us for a transformative 5-day (4-nights) retreat  
blending strengthening dynamic fusion flows  
(pilates, yoga and somatic movements)  
with restorative yoga practices'aroma therapy, designed  
to help you reconnect with your body's natural rhythms  
and embrace the renewing energy of spring.

## LED BY INGJERD TRANVÅG

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Yoga teacher, studio founder and eternal student of embodied movement Ingjerd is the founder of Hvíla Studio in Fredrikstad, Norway, teaching movement daily from vinyasa flows to pilates, barre and mobility work.

Her signature flows combine the «best of both worlds» rooted in embodiment and holistic thinking.

As a mother balancing life with little ones, Ingjerd understands the need for practices that meet you exactly where you are.

Her approach celebrates that some days call for dynamic flow while others ask for gentle restoration. Her classes are spaces where presence matters more than performance.

You can visit her website at: [www.theheartledyogi.com](http://www.theheartledyogi.com)  
and follow her on instagram: [@theheartledyogi](https://www.instagram.com/theheartledyogi)



## WE'LL CO-CREATE A SPACE TO:

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- \* Honor your body's unique needs and rhythms
- \* Cultivate embodied awareness and presence
- \* Support natural renewal through mindful practices
- \* Connect with like-minded souls in a stunning setting

# THE PROGRAM INCLUDES

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## \* Daily Embodied Flows

Strengthening dynamic morning practices that challenge your body, build power and support lymphatic flow

## \* Aroma Yin Journeys

Deep restoration with essential oils, meditation & breathwork

## \* Spring Renewal Workshop

Gentle self-care practices and lymphatic support

## \* Optional sessions

Morning meditation, evening flows, nature walks

## \* Welcome and closing circles

Connection and integration

## \* Guided facial massage techniques for natural renewal

## \* Free bonus gift

Meditation Bundle: Rest - 5 guided meditations for deep rest



# YOUR RETREAT, YOUR WAY

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This retreat honors your individual needs and rhythms.

Every element is completely optional.

If a day calls for complete rest or exploration, listen to that inner wisdom.

Classes are adaptive to all levels - no prior experience needed.

Limited to 6-12 participants for an intimate, personalized experience.





# SCHEDULE

*(Changes may occur)*

## *Tuesday 22 April • Arrival*

- 16:00 Check-in
- 18:00 Welcome Circle (*Hotel yoga space - 30 minutes*)
- 18:30 Gentle Yoga Flow (*Hotel yoga space - 60 minutes*)
- 20:00 Welcome Dinner

## *Wednesday 23 April • Awakening*

- 07:30 (*Optional*) Morning Meditation (*Hotel yoga space - 30 minutes*)
- 08:00 Embodied Flow (*Hotel yoga space - 60 minutes*)
- 09:30 Breakfast
- 11:00 (*Optional*) Group Nature Walk or Free Time | Beach, Spa, Rest
- 14:00 Lunch
- 17:00 Aroma Yin Journey (*Hotel yoga space - 90 minutes*)
- 19:00 Dinner
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## *Thursday 24 April • Integration*

- 07:30 (*Optional*) Morning Meditation (*Hotel yoga space - 30 minutes*)
- 08:00 Embodied Movement Flow (*Hotel yoga space - 60 minutes*)
- 09:30 Breakfast
- 11:00 Free Time | Beach, Spa, Rest
- 14:00 Lunch
- 17:00 Workshop: Spring Renewal Through Movement (*Hotel yoga space - 90 minutes*)  
Gentle self-care practices, movement and restorative rest to support lymphatic flow
- 19:00 Dinner
- 20:30 (*Optional*) Gentle Evening Yoga & Meditation (*Outdoor cliff deck - 15 minute walk*)

## *Friday 25 April • Expansion*

- 07:30 (*Optional*) Morning Meditation (*Hotel yoga space*)
- 08:00 Embodied Flow (*Hotel yoga space*)
- 09:30 Breakfast
- 11:00 (*Optional*) Group Meditation Walk
- 14:00 Lunch
- 17:00 Sunset Restoration (*Outdoor cliff deck or hotel yoga space - weather permitting*)  
Gentle movement, restorative poses, breathwork, and reflection with sea views
- 19:30 Farewell Dinner Celebration

## *Saturday 26 April • Integration & Departure*

- 07:30 Morning Meditation (*Hotel yoga space - 30 minutes*)
- 08:00 Embodied Flow (*60 minutes*)
- 09:30 Final Breakfast Together
- 11:00 Check-out & Farewells

# RESTAURANT

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Delicious and nutritious meals, including vegetarian options, prepared by a local chef.

# SPA & WELNESS

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Whether you need a massage, or some special treatments, the spa and wellness center is the perfect place to relax.

There are special discounts for the retreat's participants.



[menorcaexperimental.com/restaurant](http://menorcaexperimental.com/restaurant)



[menorcaexperimental.com/spa](http://menorcaexperimental.com/spa)



### SON BOU • *Classic Room*

Single: 2 135€

Twin: 1 715€



### CASA DE CAMPO • FINCA

Single: 2 935€

Twin: 2 115€



#### *The price of the retreat includes:*

Daily meditation and yoga group practices  
 Breakfast, lunches and dinner during the retreat  
 Warm drinks and water throughout the day  
 Luxurious, tranquil accommodation in a hidden gem of Menorca  
 Access to spa amenities (sauna, hammam)

#### *The price excludes:*

Transports (flight, ride from airport to hotel)  
 Travel tax (2.2 euros per night)  
 Spa treatments (massages, facials)



## ROOM DESCRIPTIONS

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### *Charming classic rooms*

*Let's create your safe space*

**Single Room + Half Board Board: 2 135€ per person**

**Twin Room + Half Board Board: 1 715€ per person**

*Experience the serene beauty of Menorca with a stay in our Classic Rooms.*

*Located in the main building, these bright and spacious accommodations offer a cozy retreat infused with warmth and natural charm.*

### HIGHLIGHTS

**Spacious Comfort:** With 31 square meters of space, unwind in style after a day of yoga and exploration.

**Nature-Inspired Views:** Enjoy tranquil vistas of Menorca's lush flora and fauna, connecting you to the island's natural beauty.

**Ensuite Bathrooms:** Relax with the convenience of private, fully equipped bathroom facilities. Perfect for a peaceful getaway, the Classic Rooms provide a soothing sanctuary to complement your yoga retreat.



### *Casa de Campo Rooms with Private Pool*

*A heaven of Tranquility*

**Single Room + Half Board Board: 2 935€ per person**

**Twin Room + Half Board Board: 2 115€ per person**

*Indulge in ultimate tranquility with our exclusive Fincas, offering a private and intimate retreat in the heart of the property. These serene spaces are designed to elevate your yoga retreat experience.*

### HIGHLIGHTS

**Private Pool Oasis:** Step into your own secluded pool, perfect for quiet reflection and relaxation.

**Spacious Elegance:** At 31 square meters, these rooms provide ample space to unwind in comfort.

**Ensuite Luxury:** Pamper yourself with an ensuite bathroom featuring a rejuvenating shower and a luxurious bathtub. A sanctuary of calm, these rooms with private pools create a perfect balance of privacy and luxury for your retreat.

