

MENORCA

EXPERIMENTAL

SOOMAI SPACE RETREAT

Menorca

22-26 october 2025





LET'S CREATE YOUR SAFE SPACE WITHIN,  
HELD BY THE MAGIC OF MENORCA,  
AND BRING THAT SPACE HOME WITH YOU.

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Join us for an ultimate self-care retreat in an exclusive sanctuary on the island of Menorca, a space where your self-care meets nature, nourishment, and deep rest.



**Led by Soomai**

- yoga teacher, meditation and breathwork guide & Janzu water therapy practitioner -  
this retreat is an invitation to reconnect with yourself in a setting designed for total mind-body-soul nourishment. One of Soomai's greatest passions is creating spaces where everyone feels welcome to explore, feel, and grow freely, with presence over performance, and compassion over judgment.



Whether through stillness or movement, we will co-create a space to:

- \* Embrace your emotions
- \* Honor your uniqueness
- \* Cultivate self-awareness and self-love

*Throughout the retreat, you'll be invited to move at your own pace,  
letting mindfulness and consciousness guide you.*

## THE PROGRAMME WILL INCLUDE

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- \* Daily yoga and meditation
  - \* Breathwork & embodiment practices
  - \* Janzu water therapy sessions in the sea (if weather permits)
  - \* Ground sound bath experience
  - \* Connection circles, journaling & integration time
  - \* Wholesome, nourishing meals thoughtfully prepared by local chef
  - \* Luxurious, tranquil accommodation in a hidden gem of Menorca.
- This is your time to rest deeply, move freely and feel fully, all while held in nature and care.



## ABOUT SOOMAI

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After years working in humanitarian and human rights fields, Soomai felt called to continue her service in a different way — by holding space for people to reconnect with themselves and reduce the suffering that comes from disconnection, burnout, and lack of self-love.

Over the past almost 15 years, she has developed a sincere and embodied practice of yoga, meditation, and holistic practices. Through this path, she has found powerful tools to connect with inner peace — and now shares them with deep care and intention to support others in their own journey toward self-love and self-consciousness.

Find more information about Soomai's offerings here:  
[www.soomaispace.com](http://www.soomaispace.com) | Instagram: soomaispace

*Let's create your safe space retreat*

# PROGRAM

*(changes possible)*



## *Day 1 • Wednesday 22 October*

15h00 Check In  
17h00 Welcoming Circle  
18h00 Grounding Yoga Practice  
20h30 Welcome Dinner

## *Day 2 • Thursday 23 October*

7h00 (Optional) Meditation and Journaling  
8h00 Yang Yoga  
9h30 Breakfast  
11h00 Free Time | Janzu\* |  
Swimming Pool, Spa, Beach, Hike\*\*, Rest  
19h00 Dinner  
20h30 Yin Yoga

*\* water therapy individual session to be scheduled  
with each participants on day 1*

*\*\* hike trails can be recommended as requested.*



## *Day 3 • Friday 24 October*

7h00 (Optional) Meditation And Journaling  
8h00 Yoga Practice  
9h30 Breakfast  
11h00 Free Time | Janzu\* |  
Swimming Pool, Spa, Beach, Hike\*\*, Rest  
18h00 Holotropic Breathwork  
20h30 Dinner

## *Day 4 • Saturday 25 October*

7h00 (Optional) Meditation And Journaling  
8h00 Yoga Practice  
9h30 Breakfast  
11h00 Free Time | Janzu\* |  
Swimming Pool, Spa, Beach, Hike\*\*, Rest  
18h00 Sound Bath  
20h30 Goodbye Dinner



## *Day 5 • Sunday 26 October*

7h00 (Optional) Meditation And Journaling  
8h00 Yoga Practice  
9h30 Breakfast  
11h00 Check Out



# 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)



## CLASSIC ROOM

Single: 1850€ pp

Twin: 1450€ pp



## CASA DE CAMPO

Single: 2700€ pp

Twin: 1850€ pp



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

Daily yoga group practices + Daily meditation and journaling activities  
 Individual Janzu water therapy session/per person (if weather permits)  
 Holotropic breathwork group session + sound bath group session  
 4x breakfast buffet and 4x dinner a la carte  
 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)  
 Lunches, snacks & Spa treatments  
 Spa treatments (massages, facials)

## ROOM DESCRIPTIONS

### *Charming classic rooms*

*Let's create your safe space*

Charming Classic Rooms Single Room + Half Board: 1,650€ per person

Twin Room + Half Board: 1,250€ 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*

Charming Casa de Campo Rooms with Private Pool

Single Room+ Half Board Board: 2500€ per person

Twin Room + Half Board Board: 1650€ per person

### HIGHLIGHTS

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.

**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.



## FAQ – FREQUENTLY ASKED QUESTIONS

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### *I would like to have more information, who should I contact?*

You can find more information on [www.soomaispace.com](http://www.soomaispace.com)  
If you have more questions or requests, kindly contact Soomai at [info@soomaispace.com](mailto:info@soomaispace.com), Soomai will be happy to clarify and doubts you may have.

### *What are the booking requirements?*

You are kindly requested to book via Menorca Experimental:  
Your participation confirmation will be confirmed upon the full payment of the retreat.

### *What if I need to cancel?*

We understand that plans can change. If you need to cancel more than 30 days before the retreat start date, we will refund 50% of your payment. Unfortunately, we are unable to offer refunds for cancellations made less than 30 days before the retreat, as we'll have already committed to bookings and preparations.

### *I have never done yoga or any of the activities planned for the retreat, is that an issue?*

Absolutely not. Everybody is welcome, no matter your experience level, background, or shape. Whether you're a total beginner or have years of practice, this retreat is for you. All the sessions are designed to be accessible, supportive, and adaptable — if you have a body and a willingness to be present, you're more than ready to join us.

### *What is holotropic breathwork?*

Holotropic Breathwork is a powerful breathing practice. It uses conscious accelerated breathing, evocative music, and a safe, supportive setting to help you access alternate states of consciousness. These sessions can lead to deep emotional release, insight, healing, and a stronger connection to yourself. No prior experience is needed, you will be fully guided throughout the process, and everything unfolds at your own pace. It's a unique opportunity to explore your inner world in a safe and held environment.

### *What is JANZU water therapy?*

Janzu is a gentle, deeply relaxing aquatic therapy that originated in Mexico. It involves being effortlessly floated, swayed, and moved through warm water in a series of flowing, rhythmic movements. The practitioner guides your body while you let go and surrender to the water's support, almost like a water-based meditation. Often described as a return to the womb or a rebirth experience, Janzu can help release physical and emotional tension, promote deep relaxation, and reconnect you with your breath and body. No swimming skills are required, just a willingness to let the water hold you.

### *What is the best way to come to Menorca?*

The easiest way to get to Menorca is by flying into Mahón Airport (MAH), which has direct flights from many major European cities. If you're traveling from mainland Spain, you can also take a scenic ferry ride from Barcelona or Valencia. Once you arrive, you can take a taxi or request a ride in advance through our team, we're happy to help arrange transportation from the airport to the retreat.

