

AWAKENED MOVEMENT

YOGA & DANCE RETREAT

6 - 9 May 2026



BENDITA
RETREATS

in collaboration with
MENORCA
EXPERIMENTAL

Bendita Retreats in Menorca

Awakened Movement Retreat

Awaken Your Body, Heart & Mind in Menorca

Discover the **art of renewal** at the Awakened Movement Retreat, an exclusive experience led by renowned yoga teacher and holistic therapist **Pati Bendita**. Set amidst the tranquil elegance of Menorca Experimental, this immersive retreat blends **yoga, somatic movement, dance, and sound healing** into a journey of elevated wellbeing.

Each day invites you to awaken your heart and revitalize your body through mindful movement and restorative practices. Between sessions, indulge in the serenity of your Casa de Campo suite, savor nourishing gourmet cuisine, and unwind in the spa, pools, and gardens that surround you.

Explore Menorca's pristine landscapes with curated activities such as hiking, kayaking, and guided nature walks, or simply sink into stillness and reflection.

Embrace a state of peaceful vitality where **movement, sound, and nature** flow together in harmony. an experience designed to restore your inner balance and awaken your most radiant self.



Sample Program



8:30 am Movement Practice

10:00 am Breakfast

11:00 am Optional Guided Hike

2:00 pm Lunch

3:00 pm Free time (pool, spa, beach)

5:30 pm Embodied Yin Yoga

7:30 pm Dinner

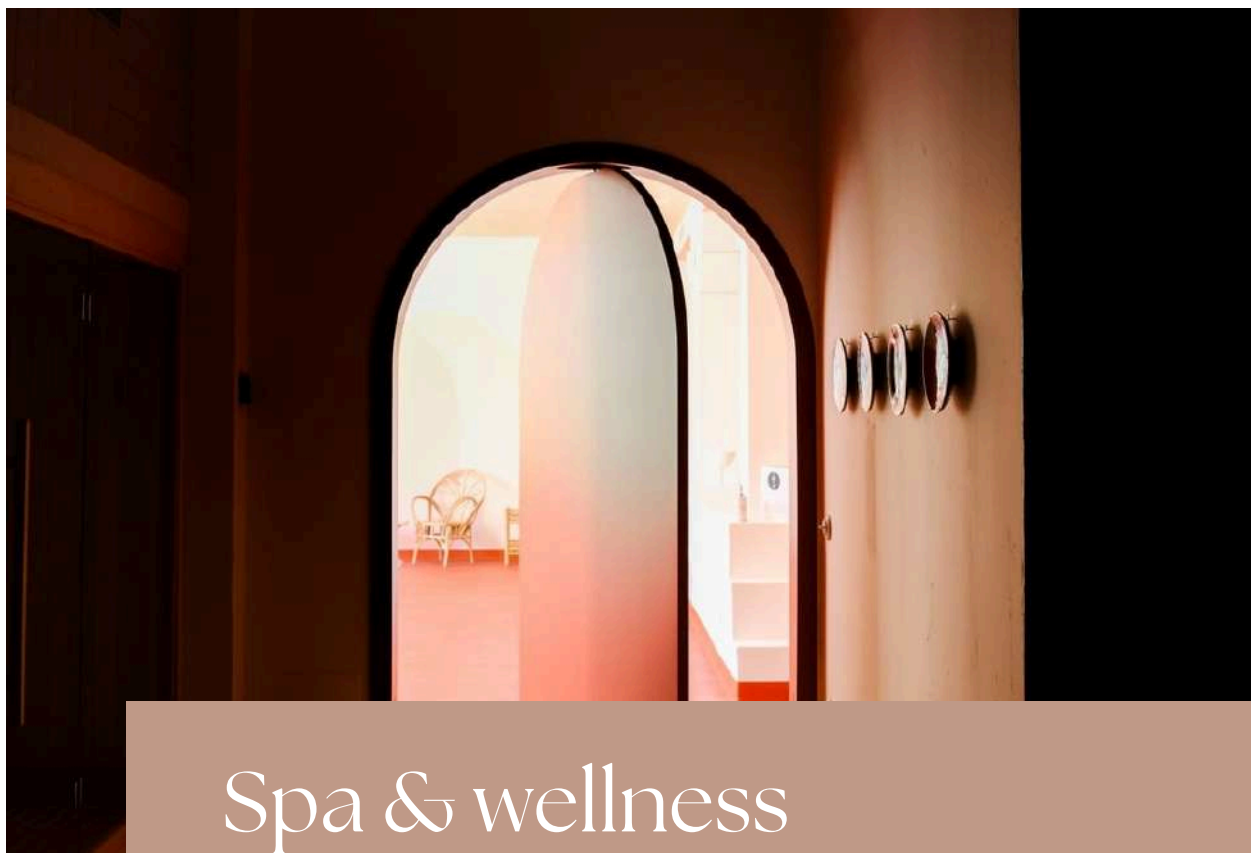
8:30 pm Sound bath



Restaurant

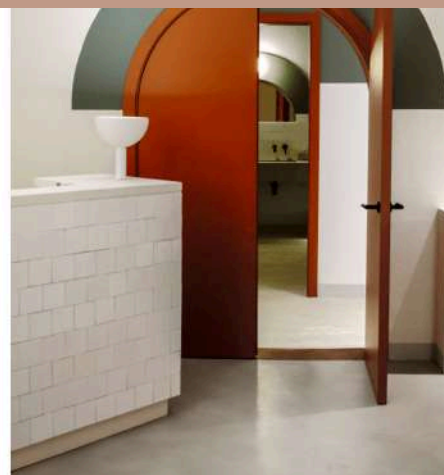
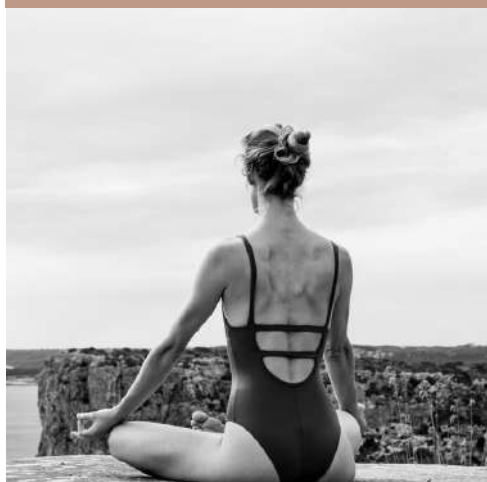
Find out more at
menorcaexperimental.com/restaurant





Spa & wellness

Find out more at
menorcaexperimental.com/spa





Charming Classic Rooms

A Timeless Retreat

Charming Classic Rooms

Single Room + Full Board: €1,985€ per person

Double Room + Full Board: €1,520 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 Pools

A Heaven of Tranquility

Charming Casa de Campo Rooms with Private Pool

Single Room: €3,125 per person

Double Room + Full Board: €2,045 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.



Meet Your Retreat Guide

PATI BENDITA

Pati's journey into embodied movement began **at the age of 20 in California**, where she first encountered **yoga as a pathway to self-exploration and harmony**. This initial step marked the beginning of her lifelong commitment to understanding the body and mind through movement. Her journey deepened after five transformative months in Kerala, India, where she earned her 200-hour yoga certification. This experience led her to embrace a more **holistic approach to healing and movement**, combining yoga, somatics, and dance practices to awaken freedom and expression within the body.

Building on her foundation in yoga, Pati expanded her knowledge and practice by training in various modalities, including **ecstatic and contact dance, somatic bodywork, massage therapies, and Sound Healing Therapy**. Through this diverse training, she discovered the profound ways in which movement can facilitate healing and self-discovery. Drawing from these practices, Pati now guides others to reconnect with their inner wisdom and unleash their creative energy.

In her retreats, Pati creates a sacred space where movement becomes a tool for liberation and self-expression. Blending yoga, somatics, and guided explorations, she helps participants embody balance, joy, and vitality. Her intention is to provide a supportive environment where individuals can move, flow, and rediscover the freedom to simply be.





PAYMENT AND RESERVATION TERMS

Ready to start this magical journey?

100% of the total reservation amount must be paid upon confirmation by each participant.

Reservation requests should be sent to **benditaretreats@gmail.com**

CANCELLATION POLICY

Incase of an “Upsies”

Free Cancellation and Modification up to 30 days before arrival.

After this date, for early departure or no show, 100% of the total amount will be charged, excluding the tourist tax.

GENERAL INFORMATION

24/7 reception service

Check-in from 3:00 pm & Check-out until 11:00 am

VAT is included in the room rate

Tourist tax of €2.20 per day per person is payable upon departure



ADDITIONAL INFORMATION

We are pleased to assist with your hotel transfer reservation to ensure a smooth arrival at Menorca Experimental. This service is available on request.

Our premises are offered in perfect condition; any damage will be charged accordingly.

Non-smoking establishment; a €150.00 fee will be charged for smoking in the rooms.





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