

MENORCA

EXPERIMENTAL



SOOMAI  
SPACE RETREAT

9-13 OCTOBER 2026

# INTRODUCTION


## Safe space retreat

Come just as you are, and join us for an intimate self-care retreat, where your well-being is nurtured by nature, rest, and mindful practices that reconnect you with your inner essence and your safe space. This retreat is made for whoever wishes to take a break from noise and distractions, to come back to what feels right.

Together, we will build a toolbox of inner resources you can bring home. Simple, meaningful practices that ground you in calm and clarity, long after the retreat ends.

This exclusive experience is led by Soomai — a devoted yoga teacher and teachers' trainer, yoga philosophy lover and teacher, meditation and breathwork guide, and Janzu water therapy practitioner. Her passion lies in creating safe spaces where presence is celebrated over performance, and compassion replaces judgment.

With her guidance, you will be invited to explore, feel, and grow, in your own time, in your own way.



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

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Embrace our emotions

Honor our uniqueness

Cultivate self-awareness  
and self-love

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

## THE 5-DAY SAFE SPACE PROGRAMME WILL INCLUDE:

- 6 yoga asanas practices
  - 4 guided meditation sessions
  - 1 individual Janzu water therapy session in the pool or the sea  
*(optional and only if weather permits)*
  - 2 yoga philosophy discussions for the soul
  - 1 holotropic breathwork group session
  - 1 Medit'Art – musical meditation in love vibrations  
– session with a special guest
  - Connection circles, journaling tips and & integration time
  - 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 the spa facilities and special discounts for the spa treatments.
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## THE PRICE EXCLUDES:

- Transports *(flight, ride from airport to hotel)*
- Travel tax *(2.2 euros per night)*
- Lunches and snacks
- Spa treatments

*This is your time to rest deeply, move freely and feel fully, all while held in nature and care.*



# PROGRAM

*(changes possible)*

<b>DAY 1</b>	<b>Friday 9 October</b>
15:00	Check-In
16:30	Welcoming Circle
17:30	Chakra Yoga Practice
19:30	Welcome Dinner
<b>DAY 2</b>	<b>Saturday 10 October</b>
07:00	Meditation And Journaling <i>(Optional)</i>
08:00	Yang Yoga Asana Practice
09:30	Breakfast
11:00	Yoga Philo Tea <i>(Optional)</i>
12:00	Free Time   Janzu*   Swimming Pool, Spa, Beach, Hike**, Rest
17:30	Yin Yoga
19:30	Dinner
<b>DAY 3</b>	<b>Sunday 11 October</b>
07:00	Meditation And Journaling <i>(Optional)</i>
08:00	Yoga Asana Practice
09:30	Breakfast
11:00	Free Time   Janzu*   Swimming Pool, Spa, Beach, Hike**, Rest
17:30	Holotropic Breathwork
19:30	Dinner
<b>DAY 4</b>	<b>Monday 12 October</b>
07:00	Meditation And Journaling <i>(Optional)</i>
08:00	Yoga Asana Practice
09:30	Breakfast
11:00	Yoga Philo Tea <i>(Optional)</i>
12:00	Free Time   Janzu*   Swimming Pool, Spa, Beach, Hike**, Rest
18:00	Medit'Art – musical meditation in love vibrations – with a guest
19:30	Goodbye Dinner
<b>DAY 5</b>	<b>Tuesday 13 October</b>
07:00	Meditation And Journaling <i>(Optional)</i>
08:00	Yoga Asana Practice
09:00	Closing Circle
09:45	Breakfast
11:00	Check Out

\* water therapy individual session to be scheduled with each participants beforehand

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




# ABOUT YOUR HOST

*Soomai*



Find more information about her sharings here:  
[www.soomaispace.com](http://www.soomaispace.com) | Instagram: soomaispace

And what people said about her services:  
<https://www.soomaispace.com/reviews>



After about 10 years in humanitarian and human rights work, Soomai felt called to continue her service in a different way — by creating and holding space for people to reconnect with themselves and reduce their own suffering, trusting that as individuals cultivate self-love and awareness, they bring more compassion, respect, and peace into their relationships, and in turn, into the world.

Over the past almost 15 years, she has developed a sincere and embodied practice of yoga and holistic practices. Through this path, she has found 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.

# RESTAURANT

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

Find out more at  
[menorcaexperimental.com/restaurant](http://menorcaexperimental.com/restaurant)





# SPA & WELNESS

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/spa](https://menorcaexperimental.com/spa)

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





# A TIMELESS RETREAT

*Charming classic rooms*

## REGULAR PRICES

Twin rooms:	1450 euros per person
Single room:	1850 euros per person

## EARLY BIRD PRICES

*Valid up to 9 July 2026*

Twin room:	1250 euros per person
Single room:	1650 euros 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.*

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## HIGHLIGHTS

### SPACIOUS CONFORT :


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 bathrooms facilities.



*Perfect for a peaceful  
getaway, the classic  
rooms provide a  
soothing sanctuary  
to complement your  
yoga retreat.*

# A HEAVEN OF TRANQUILITY

## *Charming Premium Room with Private Pool*

### REGULAR PRICES


Twin rooms:	1850 euros per person
Single room:	2700 euros per person

### EARLY BIRD PRICES

*Valid up to 9 July 2026*

Twin room:	1650 euros per person
Single room:	2500 euros 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.*

# FAQ

## *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:  
[assistant@menorcaexperimental.com](mailto:assistant@menorcaexperimental.com)  
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.

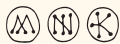


# GENERAL INFORMATION

BOOKING VIA MENORCA EXPERIMENTAL :  
[assistant@menorcaexperimental.com](mailto:assistant@menorcaexperimental.com)



- 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
- Hotel transfer available on request.
- Non-smoking establishment; a €150.00 fee will be charged for smoking in the rooms.



## CONTACTS

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