

MENORCA

EXPERIMENTAL



INTO PRESENCE

New Moon One Day Retreat

SEPTEMBER 12TH, SATURDAY 2026

Join us as we gather with like-minded souls to honor the magic of movement, meditation, sacred ceremonies, sound, and breath. You'll be invited to dive deeper into your heart, exploring your inner landscape, lowering your guard, and softening to the wisdom that resides within.

This retreat's aim is simple:

to reconnect you with the profound beauty and abundant richness of nature and yourself.

You will leave feeling refreshed, grounded, connected and inspired.



*The New Moon is a moment of pause.
A quiet threshold.*

*An invitation to slow down, reset, and
reconnect with yourself beneath the
noise of everyday life.*

Set within the wild beauty of Menorca Experimental, this full-day retreat is designed as a space to soften, breathe, move, and return to your body through intentional rituals and deep rest. Surrounded by Mediterranean nature, hidden paths, stillness and open skies, the day unfolds gently - allowing you to step away from constant doing and into a more grounded, embodied way of being.

Through movement, meditation, cacao, transformational breathwork, spa rituals, nourishing food and moments of quiet integration, we create space not only to unwind, but to listen more deeply to ourselves.

It's a chance to step away from the constant pace of life for a moment and fully give a day back to yourself. To move, breathe, rest, soften, reconnect - and simply be held by the beauty and stillness of this Mediterranean sanctuary.

Whether you arrive seeking clarity, softness, inspiration, emotional release, connection, or simply time to breathe again, this experience is here to meet you exactly where you are.

SCHEDULE

<i>8am</i>	Arrival, coffee & fresh juices
<i>9-11am</i>	Embodied Vinyasa Flow & Meditation
<i>11am</i>	Spa access, walks & trails, optional treatments
<i>1pm</i>	Nourishing lunch
<i>2:30pm</i>	Spa access, walks & trails, optional treatments
<i>4pm</i>	Cacao & Transformational Breathwork Ceremony
<i>6pm</i>	Closing Circle
<i>6:30pm</i>	Spa access, optional treatments
<i>8pm</i>	Farewell

INVESTMENT: 232€

ABOUT

Lina



Lina Jurevičiūtė is a breathwork and embodied yoga coach, guiding practices that integrate vinyasa, power and yin yoga with conscious breath, somatic awareness and inner listening. Alongside movement, she also works as a cacao ceremony facilitator, sound and Reiki healer supporting others in reconnecting with the body, softening the nervous system and cultivating deeper self-presence.

With over 15 years of personal practice and teaching experience, Lina now teaches across Europe and Asia, leading retreats, workshops and holistic wellness journeys. Her work and retreats have also been featured in Condé Nast, The Times and ELLE.



In Lina's classes and retreats, movement becomes a pathway toward self-reflection and renewal - a place to learn from what has been, arrive fully in the present, and consciously shape what comes next. It is never just about the poses or techniques; it is about meeting yourself with honesty, compassion and courage, and discovering the stillness and strength that live inside.



"I feel deeply called to share these embodied and heart-opening practices as pathways to healing and remembrance. The experiences that transformed my own journey now live through my work - and I'm continually inspired by the stories, growth and inner shifts that unfold within each person I meet."





INFORMATIONS INQUIRIES REGARDING THE RETRAIT

info@yogabylina.com

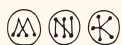
Reservation requests should be send to
fom@menorcaexperimental.com

Cancellation Policy

In the event of a cancellation, a 50% refund will be provided for cancellations made up to 30 days before the start of the retreat.
Unfortunately, no refunds will be issued for cancellations made after this period.



Step into this transformative experience with us,
and let «The Journey Home» guide you back to the heart of your being,
where true peace and harmony reside.



CONTACTS

Menorca Experimental,
Camí de Llucalari, 07730 Alaior
info@menorcaexperimental.com
Tel : +34 971 31 44 14