

Breathe, Move, Connect: The Lodge & Tribe retreats



Mallorca, September 30th to October 3rd

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DATES:

September 30th to October 3rd

LANGUAGE:

English

PRICE:

One person: 2250€

Two persons (shared room): 3605€
(1803€ price per person)

CHECK IN: 15pm

CHECK OUT: 12pm

RETREAT BY:

Lina Jureviciute & Katie Grover

INSTAGRAM:

@tribe.retreats

Limited Spots*

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THE RETREAT:

We extend a heartfelt invitation to embark on a transformative journey, one that will guide us towards reconnecting with our bodies, our inner essence, and the unspoiled beauty of Mallorca's nature.

In today's fast-paced world, it's all too easy to find ourselves living outside of our own bodies. That's why this weekend is dedicated to nurturing a profound sense of awareness, shifting our focus from what we think we need to a deep appreciation for the abundance already present in our lives.

Our ethos at Tribe Retreats centers around transformation, unity, and a passionate commitment to fostering a strong, supportive community. As you join us for this transformative weekend, you can anticipate an immersive experience in the heart of Mallorca nature, enriching conversations, nature hikes and exceptional moments shared with like-minded souls.

Our retreats go beyond the traditional yoga retreat experience by integrating a strong focus on fitness and nutrition. While you have the chance to deepen your yoga and meditation practice amidst the beauty of the outdoors, you'll also benefit from fitness classes that emphasize interval and strength training, empowering you to feel invigorated and resilient, all while strengthening the connection between your mind and body. Regardless of your fitness level, we tailor our sessions to accommodate everyone.

It's essential to remember that all yoga and fitness activities are entirely optional. This retreat is your sanctuary, free from any pressures or expectations. Our primary aim is for you to find your own joyful space and embrace it fully.

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INCLUDES:



Accommodation in a double room for 3 nights.



Full board featuring a balanced on local and seasonal products.*



Meditation.



A guided run.



Welcome drink.



Daily vinyasa &/or restorative yoga classes.



“Nourish you better” nutrition workshop.



Access to the Wellness Area.
(Sauna, heated swimming pool, relax area and fitness by Technogym).



Mini bar stocked with healthy drinks and snacks.



Daily fitness sessions.



A guided hike.



Specialist equipment including yoga mats, blocks and belts.

* Fully adaptable for vegan, celiac and other food intolerances. Includes non-alcoholic drinks with meals.

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THE TEAM:

Meet Katie:

Katie Grover runs West Beach Fitness and is a fitness and nutrition coach with a passion for helping people fall in love with the process of looking after themselves better. Let Katie help you find a pattern of training and nourishing your awesome body that makes you feel stronger, fitter and more energized than you thought was possible.

Meet Lina:

Lina Jurevičiūtė is a passionate vinyasa, power & yin yoga teacher, sound healing and reiki specialist. Lina's professionalism, authenticity and talent is rare to find elsewhere. Her wealth of knowledge, pulling from many yoga lineages, makes her teachings unique and whole rounded experiences. There's a personal touch during every practice, as she ensures to provide meaningful feedback and corrections. And, the genuinity in her ability to connect with all guests leaves you feeling like you made a meaningful friend.

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