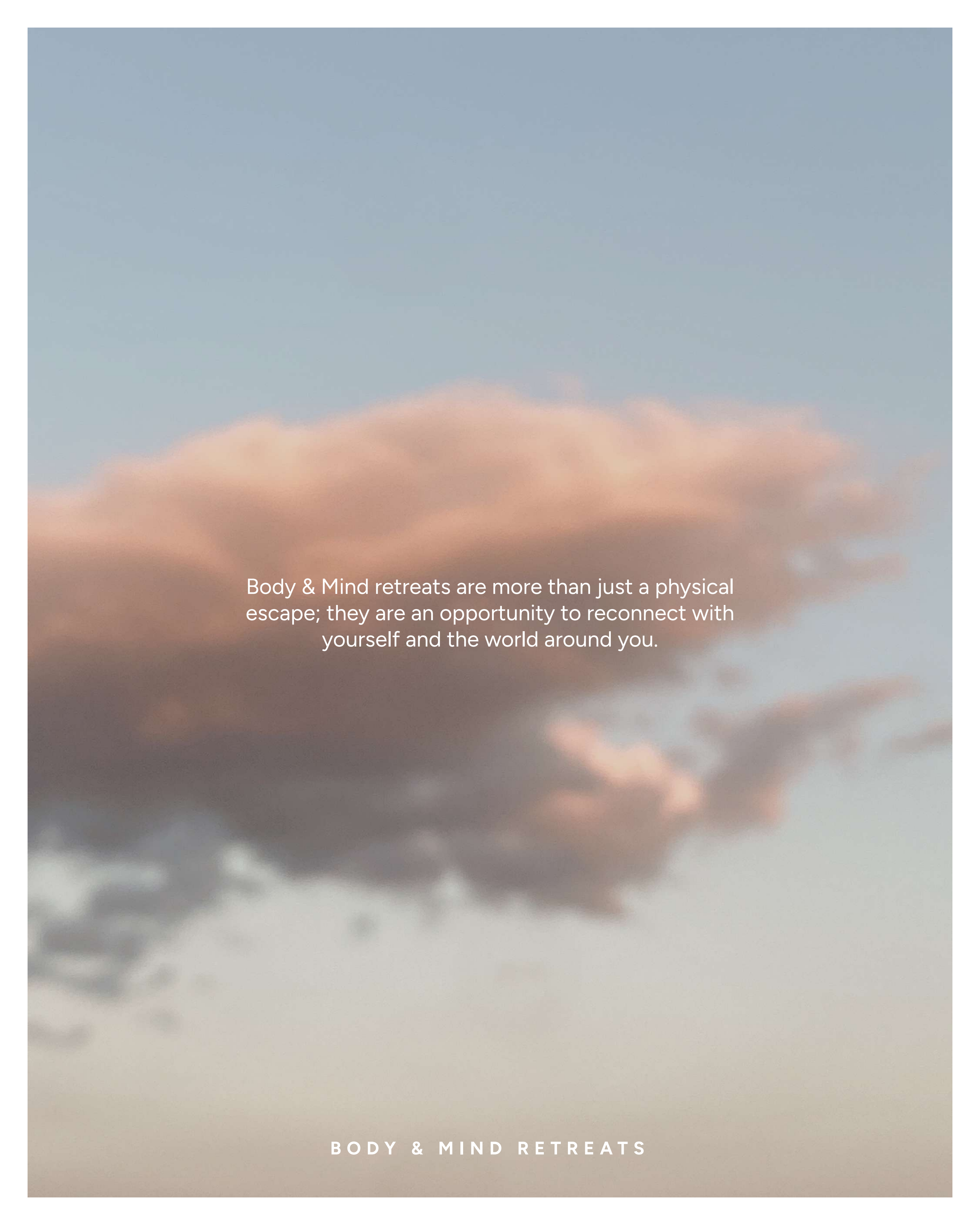


B O D Y & M I N D R E T R E A T S

Morroco and Mallorca, 2024



Body & Mind retreats are more than just a physical escape; they are an opportunity to reconnect with yourself and the world around you.

BODY & MIND RETREATS



PRACTICE DAILY

BODY & MIND RETREATS



EAT LIKE A LOCAL

BODY & MIND RETREATS



C O N N E C T W I T H N A T U R E

B O D Y & M I N D R E T R E A T S

A group of women are gathered around a long wooden table outdoors at dusk. They are engaged in conversation and eating. The table is set with plates of food, wine glasses, and bottles. The background features lush greenery and a view of a valley or mountains under a soft, twilight sky. The overall atmosphere is relaxed and social.

MEET NEW PEOPLE

BODY & MIND RETREATS

A wide-angle, high-angle photograph of a coastal scene in Morocco. The foreground shows a rocky, brownish cliffside on the left. Below it, a sandy beach is visible, with several people standing near the water's edge. The ocean is a vibrant blue-green, with white-capped waves breaking onto the shore. In the background, a range of mountains stretches across the horizon under a clear, light blue sky. The overall atmosphere is serene and scenic.

M O R R O C C O

BODY & MIND RETREATS

IMSOUANE, MOROCCO

APRIL 26TH - MAY 3RD

NO. PARTICIPANTS: 10

Located in the fishing village that loves surfers, Imsouane, there is a newly opened place with beautiful rooms (6) with private bathrooms, a terrace & sea or hills view. A cozy collective space, opened to a terrace with a sea view, where you will gather, exchange & share special moments together. A rooftop dedicated for yoga practices and meditations.

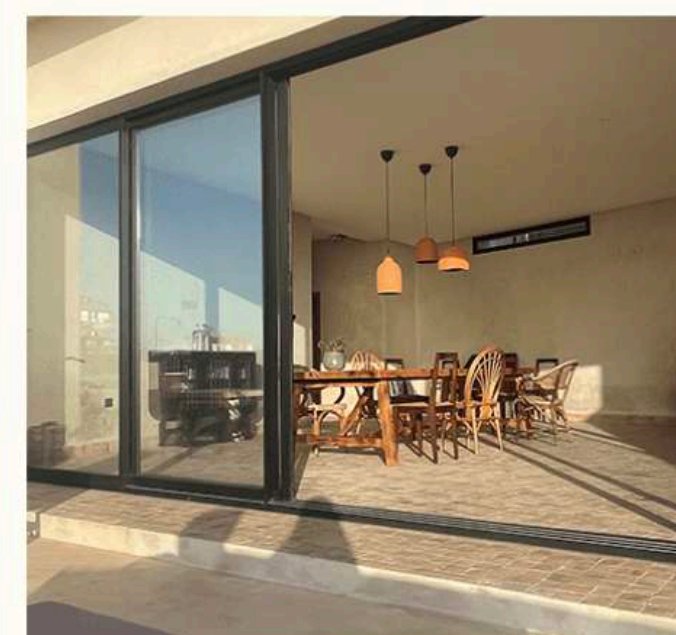
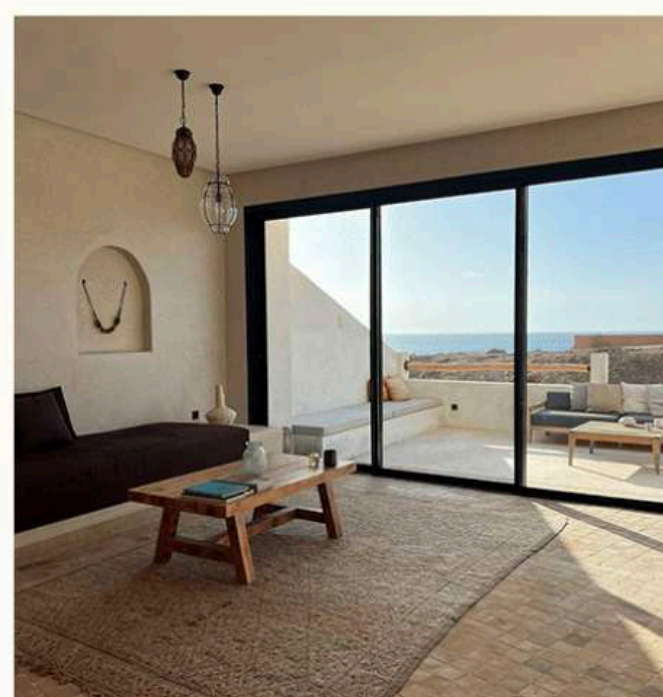
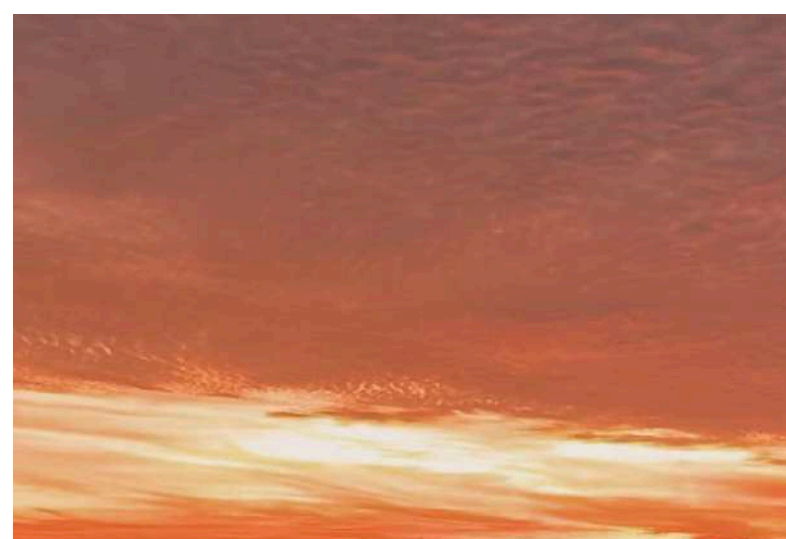
We are still finalizing our programme but it will consist of 5 full days of daily yoga practices, pranajama, meditation; psychology workshops; creative workshop (analog photography); evening walks or meditation and other wellbeing activities.

First and last day are reserved for travelling

Price per person for 7 nights with brunch + dinner and full program: 950 EUR

Price does not include the transportation costs, tourist taxes, other activities such as surfing, massages, daily trips or additional food in other restaurants

We have 6 rooms on our disposal (twin or double)



IMSOUANE, MOROCCO

YOGA, MEDITATION AND OTHER DAILY ACTIVITIES

Our daily itinerary will feature yoga classes, with the option for one or two sessions depending on the day's schedule. Commencing each day, we will embrace the tranquility of pranayama sessions. The moments of sunrise and sunset will be dedicated to meditation, complemented by various relaxation techniques.

In the pursuit of mental well-being, Kim will curate two insightful psychological workshops for your enrichment.

To foster creativity and strengthen group bonds, we are excited to introduce a delightful photography workshop utilizing analog cameras. To spark inspiration and forge connections within the community.

SURFING

As this place is known as surfers paradise, of course we'll try (to learn at least) to catch a wave!

There is an option to participate in daily surfing lessons (2-hour practice) with an instructor (for 4 persons) at the price per session: 25 EUR / per person

We will leave some room in the schedule and adjust it (to weather conditions) if participants will want to surf, but this activity is not obligatory (none of them are).



A photograph showing a view through a blue doorway. The doorway is framed by blue walls. On the left, there is a textured wall with a scale-like pattern. On the right, there is a plain blue wall with a light switch. In the center, a sandy beach is visible, with several surfboards leaning against the wall. The surfboards are in various colors: two are green, one is white, and one is orange. The orange surfboard is the most prominent, leaning against the right wall. The background shows a clear sky and a distant horizon line.

IMSOUANE, MOROCCO

TRAVELING TO IMSOUANE

Closest airport is in **Agadir** and we can help arrange the transportation from and to the airport. It's 1,5 h ride, whereas the airport in Marrakesh is 4 h ride away.

BODY & MIND RETREATS

An aerial photograph of a traditional stone building complex on a hillside in Mallorca. The buildings have terracotta roofs and are surrounded by dense, lush green vegetation. In the foreground, there is a swimming pool with clear blue water, and some stone ruins are visible. The background shows a view of the sea and a forested hillside under a soft, golden light, suggesting sunset or sunrise.

MALLORCA

BODY & MIND RETREATS

DEIA, MALLORCA

JUNE 12TH-16TH

NO. PARTICIPANTS: 14

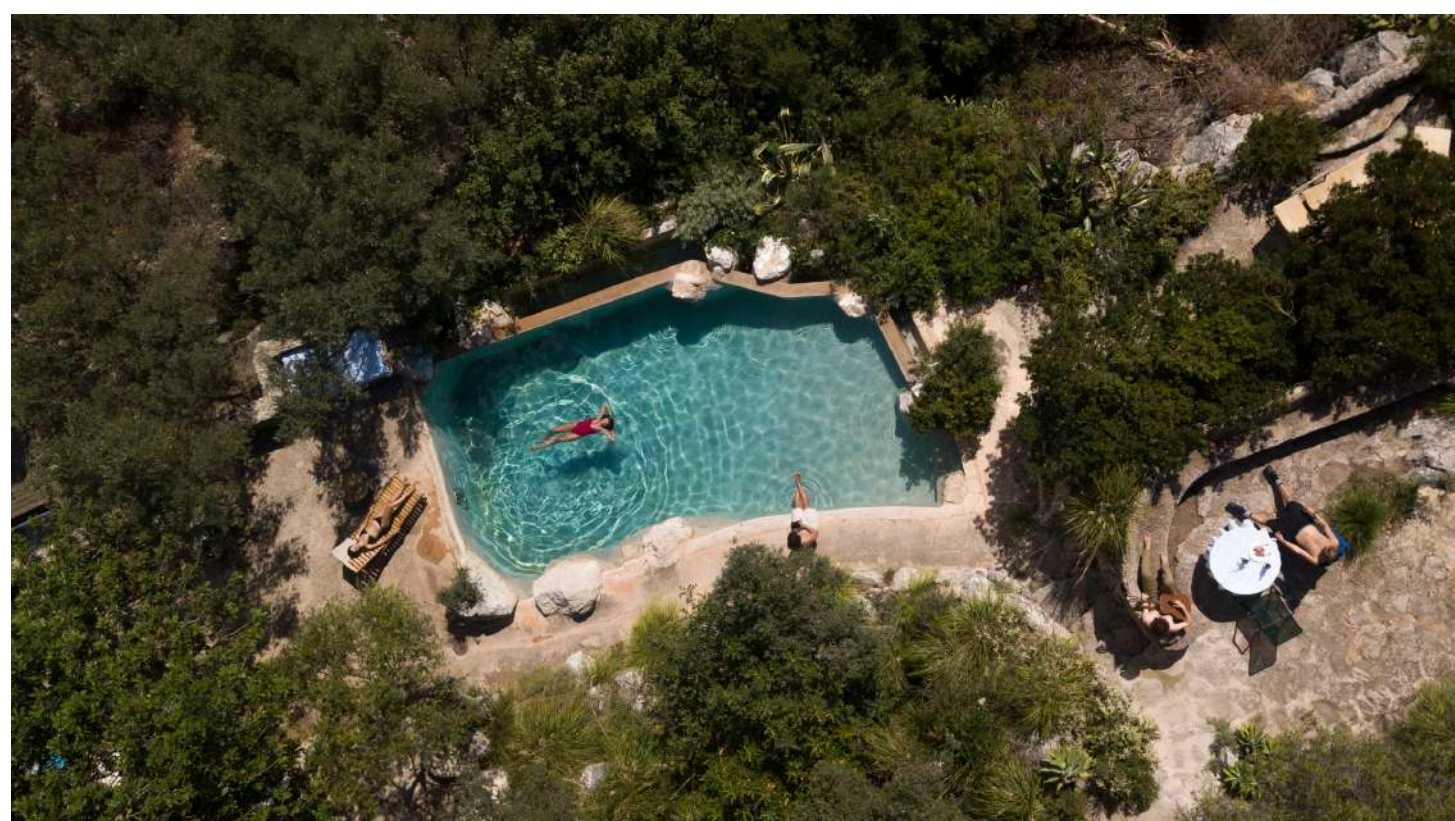
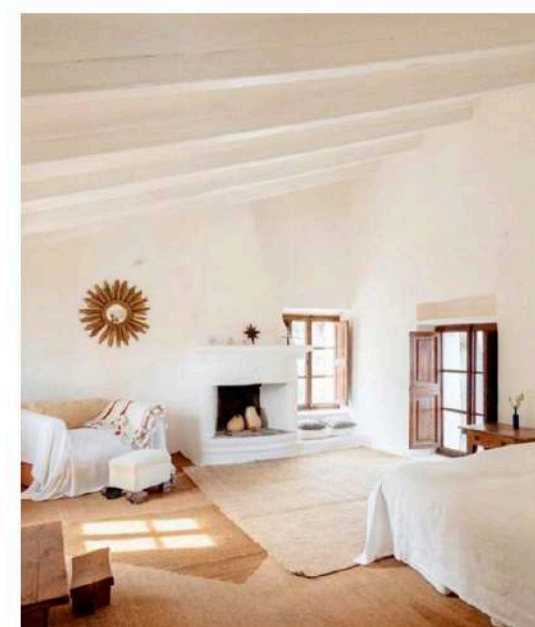
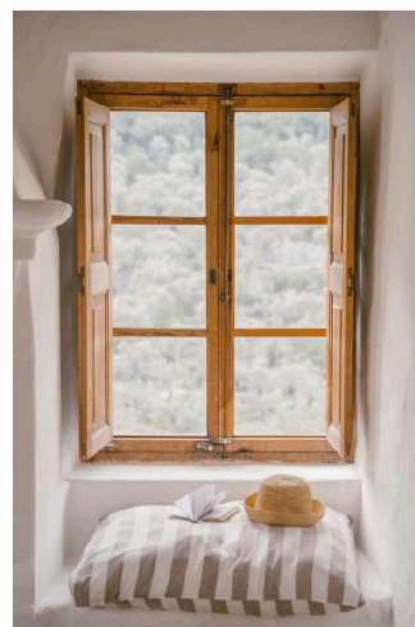
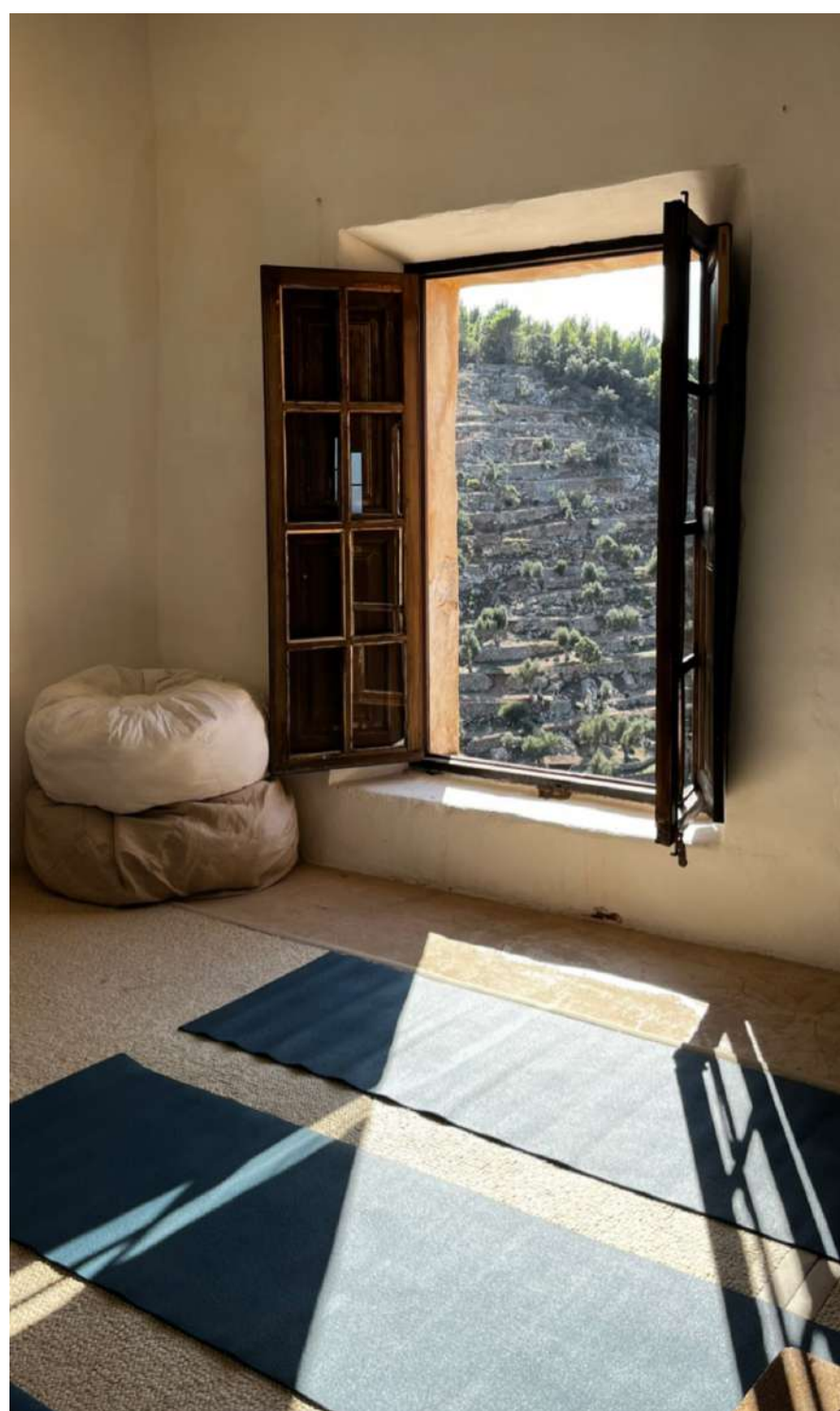
Situated in the hills above the Valldemossa/Deia coast road the property is reached by a paved 'camino' or narrow road which winds its way up through an ancient olive grove. All the bedrooms on the first ground floor lead out to a terrace with sea views where one can access the infinity swimming pool.

We are still finalizing our programme but it will consist of 3 full days of daily yoga practices, pranajama, meditation; psychology workshops; creative workshop (analog photography); evening walks or meditation and other wellbeing activities. First day is reserved for welcome activities and on the last day we will have morning practices and a brunch. After the check out we can use the time to explore the island before heading to the airport.

Price per person for 4 nights with brunch + dinner and full program: 1.300 EUR

Price does not include the transportation costs, tourist taxes, other activities such as massages, daily trips or additional food in other restaurants

We have the whole facility at our disposal



DEIA, MALLORCA

SOME ADDITIONAL INFORMATION

To get to the facility and around the island we suggest **renting a car** at the airport.

Weather in June is nice and maybe we'll be able to **go to the beach** and hop into the sea (or use the pool)

Our **private chef** will prepare delicious brunches and dinners

Yoga room is inside and equipped with all yoga props and mats





WE'RE HERE FOR YOU

Receive personalized guidance and adjustments tailored to your unique needs and abilities.

Kim and Lena are skilled yoga teachers that will create a safe and supportive environment for your practice.

BODY & MIND RETREATS

R E T R E A T S S O F A R

So far we've organised 5 yoga retreats
Some were for bigger groups, but most were for smaller (8-10 persons)

2021

Autumn, Prekmurje, Slovenia

2022

Spring, Puglia, Italy

2023

Spring, Vicenza, Italy

Autumn, Puglia, Italy

W I L L Y O U J O I N U S ?

Reserve your spot via mail: kim@body-mind-institute.com