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EL VICENÇ  
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MINDFULNESS RETREAT



**RECONNECT WITH YOURSELF**

Discover our retreat in the North of Mallorca

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# RETREAT

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**El Vicenç Retreat** is an experience for guests seeking total well-being, the perfect opportunity to reestablish the connection between mind and body and find a balance through different techniques carried out by our group of trusted professionals

On our retreats you will take part in **guided Mindfulness** sessions, gentle fitness classes, relaxation treatments, nature walks, all while immersing yourself in the vibrant energy of the sea and mountains of our island.

Our Retreat in the north of Mallorca is based on a **nutritional plan** prepared by one of the most acclaimed chefs on the island, **Santi Taura**, meaning you can enjoy healthy dishes designed for your well-being

Our retreats last for **one week**, in a natural and serene environment, where our guests can enjoy a **5 star hotel** with all the necessary comforts and services.



# MINDFULNESS

In our Retreat, we propose guided Mindfulness conducted by **José Luis-Reig**, clinical psychologist and professional specialist in therapeutic **Mindfulness retreats**, a practice to increase the feeling of peace and mental and emotional well-being.

The activities that will take place in the Retreat will be: Autonomous Mindful Awakening, silence practice, bodyscan, mindfulness workshop, mindful eating workshop, gratitude practice, mental health and sleep, etc.

The project '**Pollença, municipio mindful**' began to be developed in June 2017 thanks to our Mindfulness professional, José Luis, who oversaw the project through to its fruition and final approval by Pollença's town hall on November 30th 2017.

Mindfulness, according to psychology, is about "the ability to regulate one's attention by openly focusing on the present moment without making judgments and with acceptance".



# WELLNESS

## GENTLE GYMNASTICS

In our programs you can exercise for five hours of **gentle gymnastics** a week, carried out by our expert **Cristina Moreno**, a trained professional in the sports sector with more than 30 years of experience. Those who love these exercises can book additional hours during their free time.

**Activities** such as Chi-kung, Jin-shin-Jitsu, Pranayama, Do-in, together with postural techniques such as pilates, yoga, Bowspring yoga, isostretching, core technique and SGA can be practised.

## SPA & WELLNESS

Discover our **Wellness area**, where the main premise is to relax and let yourself be pampered in this peaceful and serene environment.

One of the most complete spas in the north of Mallorca, it has everything you need for a complete thermal circuit, with our **13-metre heated pool**, our relaxation area, our sauna and our wide range of beauty and wellness services using products from the prestigious Spanish brand **Natura Bissé**.



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# TEAM

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## JOSÉ LUIS-REIG

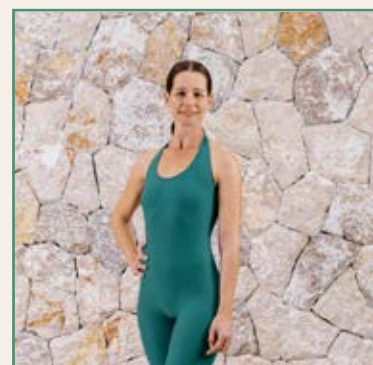
**Clinical psychologist and specialist in therapeutic mindfulness retreats**

In our programs, one of the most important factors will be the learning of Mindfulness in our daily life. This is why we call upon the expertise of José Luis-Reig, a clinical psychologist and dispositional mindfulness, with more than ten years of career experience in these fields.

## CRISTINA MORENO

**Qualified in professional dance teaching at the Madrid Conservatory**

After 15 years as a professional dancer around Europe, Cristina decided to start her journey in the area of gentle gymnastics thanks to the knowledge of dance alignment, she was able to start with training in Pilates floor and later in yoga.



## GUILLEM BAUZÀ

**Diploma in Business Science and Bachelor of Science in Physical Activity**

25 years ago he started sporting projects in the organisation of sporting entities in the field of tourism and health, creating one of the first companies of activities in the natural environment in Mallorca, carrying out guiding and consultancy work in the field of sport.

## SANTI TAURA

**Renowned chef awarded with one Michelin star and two Repsol suns**

Santi has more than 25 years of experience in the restaurant and hospitality sector. In February 2016 he opened DINS in Lloseta, his most personal proposal to date, with which he cooks with more freedom any ingredient or recipe from the Islands. In 2019 he moved to Palma, in La Calatrava, where DINS Santi Taura was awarded a Michelin star and two Repsol suns.



# ROOMS



## STANDARD EL VICENÇ

Rooms of 20 m<sup>2</sup>, carefully designed, combining elegance, classic and modern style, to guarantee guests a unique stay in the heart of the Mediterranean. Some of them offer the possibility of interconnecting them.



## SUPERIOR EL VICENÇ

Room of 20 m<sup>2</sup> offering pleasant sea views and the possibility of enjoying a large shared terrace. Our Superior El Vicenç rooms offer all the necessary amenities to guarantee maximum comfort during your stay.



## SIGNATURE EL VICENÇ

Exclusive 25 m<sup>2</sup> room with views of Cala Molins. A place where comfort and a Mediterranean atmosphere take centre stage so that you can enjoy all possible comforts.

# JUNIOR SUITES & PRIVILEGE



## JUNIOR SUITE WITH TERRACE

Junior Suite of 40 m2, designed to offer maximum comfort through its large terrace with views of the wonderful Cala Sant Vicenç and its Mediterranean environment so that you can let yourself be rocked by the sea breeze.



## JUNIOR SUITE WITH JACUZZI & TERRACE

Junior Suite of 40 m2, designed to offer maximum comfort through its large terrace and its outdoor jacuzzi with hydro-massage. It has views of the marvellous Cala Sant Vicenç and its Mediterranean surroundings so you can let yourself be rocked by the sea breeze.



## PRIVILEGE SWIM-UP

Privilege room of 25 m2, the favourite hideaway of the whole island, its terrace overlooking the crystal clear waters of Cala Molins and its 18-metres long shared swimming pool will make you enjoy an unforgettable stay.

# SUITES



## SUITE WITH BALCONY

This 44 m<sup>2</sup> suite with balcony features huge windows and breathtaking views of Cala Molins. In addition to the refined bath products, the very comfortable king-size beds, the balcony with magnificent views and the separate relaxation room will make you dream of Mediterranean luxury.



## SUITE WITH TERRACE

This 41 m<sup>2</sup> suite with a large terrace and huge windows overlooking Cala Molins. In addition to the refined bathroom amenities, the very comfortable king-size beds, the large terrace and the separate living room will transport you to a Mediterranean oasis.



## SUITE WITH PRIVATE POOL

This 41 m<sup>2</sup> suite with private pool of 17,2 m<sup>2</sup>, large windows and breathtaking views of Cala Molins. In addition to the refined bathroom products, the very comfortable king-size beds and the large terrace that will make you feel like in paradise.





## SUITE PENTHOUSE

Penthouse Suite of 73 m2 with swimming pool and terrace of 110 m2, will make you feel at home and will transport you to the Mediterranean life at its best. This room occupies the entire top floor with a master bedroom with its own living room, dressing room, bathroom, spacious terraces and private swimming pool with garden areas and views of the sea and the Cavall Bernat mountain. When booking this Suite Penthouse you will also be able to invite friends and family guests for a full private service meal on your terrace.



# OUR PROGRAMMES

## ONE WEEK

### RETREAT MARCH

From 20/03 to 26/03

From 27/03 to 2/04

*Price from 2.250€ p.p.*

### RETREAT APRIL

From 17/04 to 23/04

From 24/04 to 30/04

*Price from 2.310€ p.p.*

### RETREAT MAY

From 1/05 to 7/05

*Price from 2.310€ p.p.*

### RETREAT OCTOBER

From 9/10 to 15/10

*Price from 2.310€ p.p.*

From 16/10 to 22/10

From 23/10 to 29/10

From 30/10 to 5/11

*Price from 2.250€ p.p.*

## WEEKEND

### RETREAT MARCH

From 24/03 to 26/03

From 31/03 to 2/04

*Price from 990€ p.p.*

### RETREAT APRIL

From 21/04 to 23/04

From 28/04 to 30/04

*Price from 1.030€ p.p.*

### RETREAT MAY

From 5/05 to 7/05

*Price from 1.030€ p.p.*

### RETREAT OCTOBER

From 13/10 to 15/10

*Price from 1.030€ p.p.*

From 20/10 to 22/10

From 27/10 to 29/10

*Price from 990€ p.p.*

### RETREAT NOVEMBER

From 3/11 to 5/11

*Price from 990€ p.p.*



## **CONTACT**

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