



THE LODGE

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MALLORCA

Couples' Retreat

Mallorca, from April 25th to 28th, 2025

Couples' Retreat



DATES:

April 25th – 28th, 2025

LANGUAGE:

English

PRICE:

Doble Room: 3700€

RETREAT BY:

Lina & Nico

INSTAGRAM:

@bylinaju

@la_casa_ibiza

Limited Spots*

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INCLUDES:



Accommodation in a double room for 3 nights.



Daily vinyasa &/or restorative yoga classes.



Strength & Presence Workshop.



Art Therapy Workshop with cacao.



Special Romantic Dinner in the lavanders.



Breath-work & Meditation sessions.



Balancing Masculine and Feminine Energies Workshop.



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



Full Board featuring a balanced menu based on local and seasonal products.

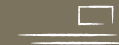
Fully adaptable for vegan, celiac and other food intolerances. Includes non-alcoholic drinks with meals.



Sound Healing Ceremony.



Intimacy and Sacred Union Workshop.



Specialist equipment including yoga mats, blocks and belts.

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THE RETREAT:

Embark on a journey of love, connection, and self-discovery. This retreat invites you and your partner to explore what makes relationships thrive—cultivating self-love and autonomy, enhancing intimacy, and fostering deeper understanding and connection.

Each day is thoughtfully designed to nurture your bond through daily yoga, movement, and meditation practices, engaging workshops, transformative ceremonies, and meaningful experiences. These practices will help you reconnect with yourself and your partner, enriching your shared journey in profound ways.

Set in the luxurious surroundings of The Lodge , you'll be pampered from the moment you arrive. Enjoy elegant accommodation, romantic

gourmet meals, and moments of pure relaxation in a space where every detail is crafted for your comfort.

This isn't just a holiday—it's an opportunity to create lasting memories, deepen your relationship, and return home feeling renewed and more connected than ever.

WHO IT'S FOR:

This retreat is for couples of all genders and stages of their journey who are ready to deepen their connection, rekindle their spark, and grow together through mindful practices and shared experiences.

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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.

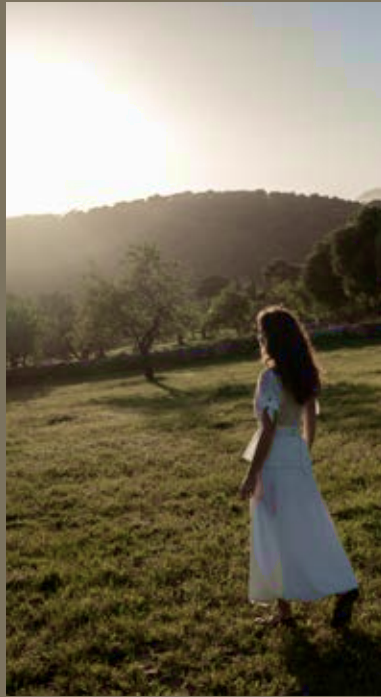
Meet Nico:

With more than 10 years of experience in the wellness space, Nico is a certified music therapist, sound engineer, multifaceted artist, and life transformative coach.

Nico equips his clients with the tools and guidance to foster personal growth and meaningful connections. His approach integrates creativity, mindfulness, and a holistic perspective to inspire profound and lasting change. He also incorporates sound journeys and music therapy, creating immersive experiences that deepen relaxation, enhance self-awareness, and unlock the potential for healing through the power of sound.

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DAY 1:

Arrival and Intention Setting:

- Welcome Circle and Intention Setting
- Yin Yoga for Grounding
- Sound Healing Ceremony



DAY 2:

Self-Love and Exploration of Energies:

- Separate Morning Sessions: Embodied Yoga and Meditation for Women & Strength & Presence Workshop for Men
- Balancing Masculine and Feminine Energies Workshop
- Breath-work.



DAY 3:

Creativity, Intimacy, and Sacred Union:

- Partner Yoga and Connection Meditation
- Intimacy and Sacred Union Workshop
- Art Therapy Workshop with cacao
- Circle and Release Ritual



DAY 4:

Closing Circle and Final practice:

- Vinyasa Yoga practice & meditation.

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