

THE LODGE, MALLORCA

BREATHE,  
MOVE &  
CONNECT  
*by Tribe Retreats*



10-13 April 2026

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# BREATHE, MOVE & CONNECT/

Join us for a transformative retreat blending yoga, meditation, and energizing fitness.

Reconnect with your body, mind, and nature while enjoying mindful practices and uplifting community.

## BENEFITS/

- Stress reduction and improved mental well-being
- Physical strengthening and increased energy
- Connection with nature and outdoor activities
- Learning healthy habits and mindful nutrition
- Body-mind balance and inner harmony
- Time for self-care and personal relaxation

THE LODGE, MALLORCA

**DATES/ 10th – 13th April 2026**

**LANGUAGE/ English**

**CHECK IN/ 3 pm**

**CHECK OUT/ 12 pm**

\*Limited spots available



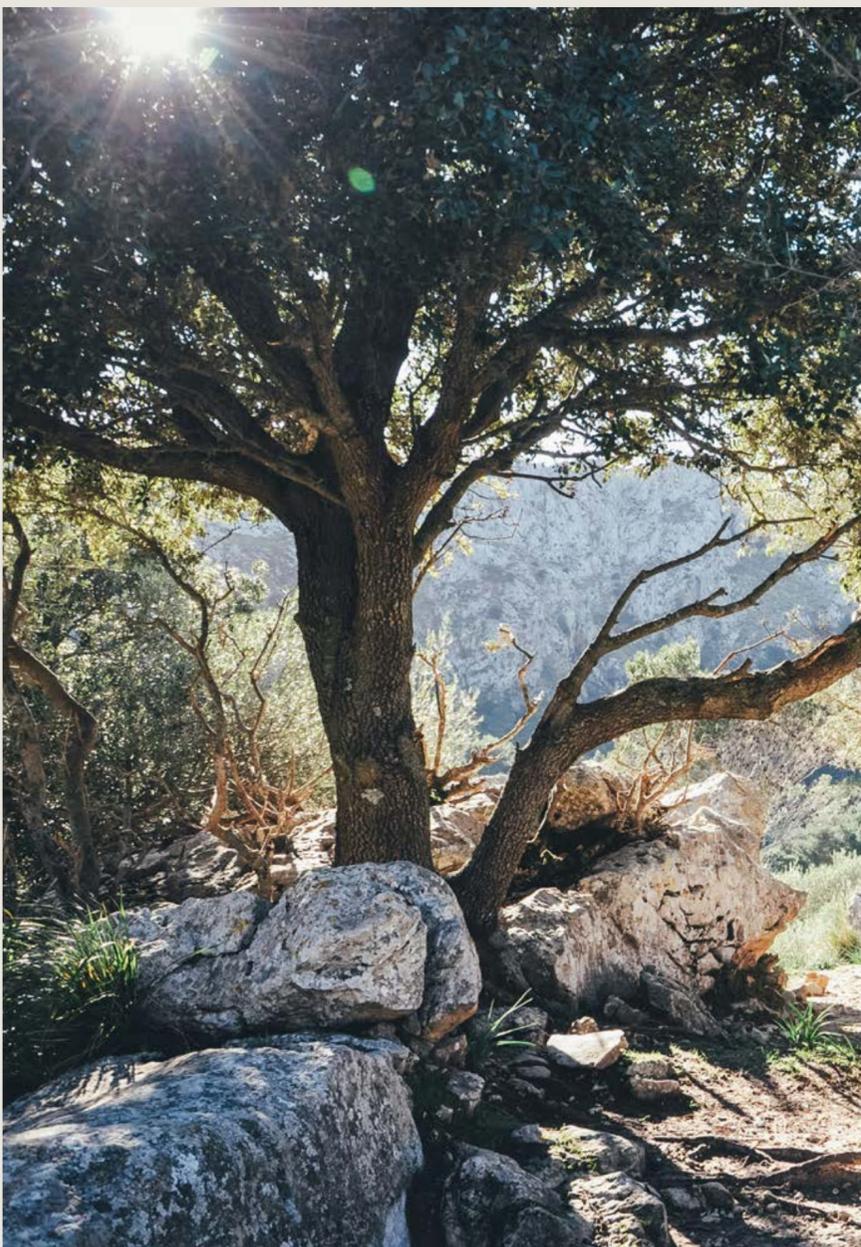
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# THE LODGE, MALLORCA/

Beyond extensive lavender fields and among a multitude of almond, carob, and centuries-old olive trees, orchards, and fruit trees, The Lodge emerges. Set within a 157-hectare, this UNESCO-protected sanctuary is defined by elegance, tranquility, and a deep respect for the land.

*@thelodgemallorca*



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# MEET THE TEAM/

## **Lina Jurevičiūtė & Katie Grover**

Lina is a Vinyasa, Power, and Yin yoga teacher, also skilled in sound healing and Reiki.

Her warm, attentive style makes every session feel personal, transformative, and truly inviting.

Katie runs West Beach Fitness and loves helping people enjoy caring for their bodies.

With her guidance, you'll feel stronger, more energized, and inspired by your own progress.

*@tribe.retreats*



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# PROGRAM/

## Day 1

03.00 pm		Check in
05.45 pm		Team and participants presentation
06.00 pm		Yin Yang yoga practice by Lina
08.00 pm		Dinner

## Day 2

08.00 am		Hiking
10.00 am		Breakfast
12.00 pm		'Nourish you Better' Workshop
01.30 pm		Lunch
05.00 pm		Cardio vs. Resistance class by Katie
08.00 pm		Dinner

## Day 3

07.30 am		Fitness class by Katie
08.30 am		Vinyasa Flow yoga practice by Lina
10.00 am		Breakfast
01.30 pm		Lunch
05.00 pm		Core Connection class by Katie
06.15 pm		Yin yoga & Meditation by Lina
08.00 pm		Dinner

## Day 4

07.00 am		Sunrise run or walk (optional)
08.00 am		Vinyasa Flow yoga practice by Lina
09.30 am		Closing Circle
10.00 am		Breakfast
12.00 pm		Check out

*\*The schedule is approximate and may be adjusted slightly as the retreat progresses.*

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# INCLUDES/

- Accommodation for 3 nights
- Welcome drink
- Full board with local and seasonal products (adaptable for vegan, celiac and other food intolerances). Includes non-alcoholic drinks with meals
- Daily Vinyasa & Restorative yoga classes
- Daily fitness sessions
- Meditation session & Sound Healing session
- Nutrition Workshop 'Nourish you Better'
- Guided hiking and running session
- Access to the relaxation area (sauna, outdoor heated pool and Technogym fitness gym)
- Exclusive benefits on Natura Bissé products in our relaxation area



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## WHAT TO BRING/

Although The Lodge provides everything you'll need, we recommend packing:

- Comfortable shoes for walking around the estate and routes.
- Comfortable clothing for yoga, fitness and outdoor activities.
- A notebook or journal to capture your thoughts and reflections.
- A good book for moments of relaxation.
- Sunglasses and a hat if you'd like to make the most of the Mallorcan sun.

And most importantly, the desire to enjoy every moment.

THE LODGE, MALLORCA

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# PRICE/

**Double Room** – single use: 2.384 €

**Double Room** – double use: 3.646 €

(1.823 € per person\*)

*For a more connected retreat experience, consider sharing a room with a retreat companion — simply email [reservations@thelodgemallorca.com](mailto:reservations@thelodgemallorca.com) to arrange.*



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TO REGISTER  
*for the retreat,  
please contact:*

(+34) 971 900 108  
reservations@thelodgemallorca.com  
thelodgemallorca.com

**tribe.**  
RETREATS

THE LODGE  
★ ★ ★ ★ ★  
MALLORCA

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