

**BINISSAIDA**

*Menorca*

**YOGA  
RETIREAT**

From April 28 to May 1  
SANT JOAN DE BINISSAIDA

A close-up photograph of a dandelion seed head and its stem, showing the intricate details of the seeds and the green stem. The background is softly blurred, creating a sense of depth and focus on the natural elements.

## **B** YOGA RETREAT

*Passion, love and good work are mixed in this proposal focused on sharing the pleasure of feeling.*

*Prepared with great care and love for you to feel and enjoy, so that you loose yourself to the moment and open yourself to what happens, a practice designed for you to approach bodywork in a sweet and gentle way, detach yourself from all demands, open your blocks and unload your tensions. Deepen in meditation and pranayama (techniques of breathing) so that you can open up to this experience and enjoy it fully.*

*Come feel and walk in a paradise of calm and natural beauty, to practice yoga and meditation daily and enjoy a spectacular setting in full Menorcan nature. We will spend these days at Sant Joan de Binissaida, a very charming place that invites you to feel and rest. You can stay in double rooms or, if you prefer, you can stay individually. During the retreat we will treat you with healthy, vegetarian cuisine made with local products of our own orchard, all from the hands of Ses Forquilles Restaurant.*

## **B** LOCATION

*Sant Joan de Binissaida is a venue that has a hotel located in a manor house from the 18th century. Is in the eastern part of the island of Menorca, very close to the entrance of the port of Mahón. The hotel has fifteen rooms, a gastronomic restaurant with its own garden, twelve hectares of gardens and green areas, a large outdoor swimming pool, massage service, meeting room with fireplace and a beautiful space for all kinds of events.*

*Sant Joan de Binissaida is the ideal destination for people looking for a connection with the essence of Menorca through projects rooted to the ground. Sustainability, care for the autochthonous product, and the maintenance of customs and the history of the island pervades every corner of Sant Joan de Binissaida. And they invite you to be part of a project in growth of which the host is the protagonist. The Restaurant of Sant Joan de Binissaida is managed by the acclaimed restaurant Ses Forquilles. The Chef and his team delight their diners with a calm and tasty kitchen, in which they combine traditional recipes of Menorcan gastronomy with a contemporary twist. The restaurant has its own orchard, which allows it to stock up on the best products of season, one hundred percent natural and autochthonous. Dispose of a careful wine list, among which are wines typical of Menorca.*





## **B** INSTRUCTOR

*"I am Neus Urbina, born in Menorca, a lover of the island, the sea, nature, yoga and meditation. I find beauty and love in what I do. I started yoga more than 18 years ago and decided to train Through AEPY, in Barcelona, I have continued to recycle myself since then, with courses, workshops, seminars, retreats, and I am currently following the teachings of Eric Baret, renowned master of Kashmiri tantric yoga, a path that has opened me to greater awareness and love.*

*To feel and share. In our sessions we give ourselves to listening through attentive observation of the body, we agree to intimately understand the psychological mechanisms, resistances, and reactions that condition us as a person. We learn to let tensions be reabsorbed in our relaxation, the affective and emotional states will also be emptied into our availability. This art helps us to live fully in balance in our lifestyles. The more regular and intimate the practice, the deeper the results."*

# **B** PROGRAMM

## DAY 28

18:00 *Welcome, meeting at the hotel, presentation and information.*

19:00 *Meditation and relaxation session, we begin the connection with our interior.*

21:00 *Vegetarian light dinner with products from our own garden.*

21:30 *Relaxing infusion, enjoying the silence, relaxation in the best of environments.*

## DAY 29

7:30 *Yoga and meditation practice.*

9:30 *Breakfast.*

10:30 *Visit to a unique and beautiful place in Menorca.*

14:30 *Lunch on our terrace, enjoying the spectacular gardens and our gastronomy.*

16:00 *Free time, rest, Camí de Cavalls walk, massages (by appointment).*

18:30 *Yoga and relaxation session.*

20:30 *Light dinner and rest.*

## DAY 30

7:30 *Yoga and relaxation session.*

9:30 *Breakfast.*

11:30 *Tour of the plantation of olive trees on the estate and tasting of their oil.*

14:30 *Lunch.*

16:00 *Free time, rest, Camí de Cavalls walk, massages (by appointment).*

18:30 *Yoga and relaxation session.*

20:30 *Light dinner and rest.*

## DAY 1

8:00 *Yoga session, breathing and meditation.*

10:00 *Breakfast.*

12:00 *Closing and farewell.*



**B**

# RATES

## ROOMS

1194€ - for individual use

879€ - per person for a double use

794€ - per person for a triple use

## THE RETREAT INCLUDES

*3 hotel nights in Sant Joan de Binissaida Hotel.*

*Daily yoga and meditation sessions.*

*All meals (breakfast, lunch and dinner) 100% vegetarian.*

*Visit to a unique place in Menorca.*

*Visit plantation and tasting of the estate's oil.*

*Material for yoga practice.*

## RESERVATION AND CANCELLATIONS

### BOOKING BY DEPOST:

*Individual use room: 597€*

*Double use room: 879€*

*Triple use room: 1176€*

### CANCELLATION::

*Flexible up to 7 days before the event.*

*Cancellation within 48 hours prior to the event carries a cost of 50% of the reservation.*

*No Show 100% of the reservation.*

## **B** INFORMATION

### EMAIL

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### PHONE

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## **B** BOOKINGS

### WEB

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