



SANT JOAN DE

BINISSAIDA

Hotel Rural - Menorca

YOGA

Menorca

RETIREAT

From April 20 to 23

SANT JOAN DE BINISSAIDA



✦ YOGA RETREAT *Menorca*

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.

✚ THE VENUE

Sant Joan de Binissaida

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.





INSTRUCTOR

Neus Urbina



"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."

✚ PROGRAMM

Day-to-day

20
DAY

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.

21
DAY

8:00 Yoga and meditation practice.

10:00 Breakfast, feeding body and soul.

12:00 Departure around the farm, walk along Camí de Cavalls, visit a very special cove.

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

17:30 Visit to the Binifadet Wineries, wine tasting.

20:30 Light dinner and rest.

22
DAY

8:00 Meditation, pranayama, yoga session, we open our blocks and become aware of our reactions and tensions. Revitalizing practice to start the day.

10:00 Breakfast

11:00 Free time to enjoy the surroundings that the Hotel offers us, swimming pool, walks, reading, refreshments, bike rides...

14:00 Lunch.

18:00 Departure to a unique place in Menorca, we visit a marine reserve. Visit to the Cavallería lighthouse, we enjoy a great natural beauty, sunset.

21:00 Light dinner or fasting option.

23
DAY

8:00 Yoga session, breathing and meditation.

10:00 Breakfast.

12:00 Closing and farewell.

RATES



INDIVIDUAL

€875,00€ per person in a room for single use

*Does not include transportation from the airport to the hotel

DOUBLE

€695,00 per person in a double use room

*Does not include transportation from the airport to the hotel

THE RETREAT INCLUDES

3 hotel nights in Sant Joan de Binissaida

Daily yoga and meditation sessions

Deepening of meditation and pranayama

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

2 Outings

Visit to the Binifadet Wineries

RESERVATION AND CANCELLATIONS

BOOKING BY DEPOSIT:

Double use room: €262,50

Habitación uso doble: €417,00

CANCELLATION:

Flexible up to 7 days before the event

Cancellation in the 48 hours prior to the event will entail the cost of 100% of the reservation

INFORMATION

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BOOKINGS

WEB

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THANK YOU!



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