



# EL VICENC

MINDFULNESS RETREAT

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## **RECONNECT WITH YOURSELF**

Discover our retreat in the North of Mallorca

At **El Vicenç Mindfulness Retreat** you will find the perfect opportunity to reestablish the connection between mind and body.

Find the balance in our retreats through different techniques carried out by our group of professionals. Guided Mindfulness sessions, gentle gymnastics, healthy nutritional plan, relaxation treatments in our Wellness area, hiking around one of the most beautiful natural environments in the north of Mallorca.

# RETREAT ONE WEEK

## MONDAY

From 15:00h

Arrival at El Vicenç Mindfulness Retreat

## TUESDAY

9:00h to 12:00h

Practice of silence

14:30h to 17:00h

Route 1 - Autonomous hiking

17:00h to 18:00h

Gentle gymnastics

## WEDNESDAY

7:00h to 8:00h

Autonomous awakening

9:00h to 12:00h

Mindfulness workshop - What, when and how?

14:30h to 17:00h

Route 2 - Autonomous hiking

17:00h to 18:00h

Gentle gymnastics

## THURSDAY

7:00h to 8:00h

Autonomous awakening

9:00h to 10:30h

Bodyscan

10:30h to 13:00h

Route 3 - Autonomous hiking

17:00h to 18:00h

Gentle gymnastics

## FRIDAY

7:00h to 8:00h

Autonomous awakening

9:00h to 10:30h

Mind/body practice

10:30h to 13:00h

Route 4 - Autonomous hiking

17:00h to 18:00h

Gentle gymnastics

## SATURDAY

7:00h to 8:00h

Autonomous awakening

9:00h to 10:30h

Neuroscience workshop

10:30h to 12:00h

Practice of meditation

12:00h to 13:00h

Round table

14:30h to 17:00h

Route 5 - Autonomous hiking

17:00h to 18:00h

Gentle gymnastics

## SUNDAY

5:00h to 7:30h

Sunrise - Gratitude practice

9:00h to 10:30h

Mental health and sleep

10:30h to 12:00h

Active listening

12:00h to 13:00h

Final Mindfulness practice

19:00h

End of the retreat

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### Breakfast

8:00h to 9:00h

### Lunch

13:00h to 14:30h

### Dinner

20:00h to 21:30h

### Free time

Between 2h to 4:30h  
per day

# RETREAT WEEKEND

## VIERNES

**From 15:00h**

Arrival at El Vicenç Mindfulness Retreat

**17:00h to 19:00h**

Explanation of the retreat and Mindfulness practice

## SATURDAY

**7:00h to 8:00h**

Autonomous awakening

**9:00h to 10:30h**

Neuroscience workshop

**10:30h to 12:00h**

Practice of meditation

**12:00h to 13:00h**

Round table

**14:30h to 17:00h**

Route 5 - Autonomous hiking

**17:00h to 18:00h**

Gentle gymnastics

## SUNDAY

**5:00h to 7:30h**

Sunrise - Gratitude practice

**9:00h to 10:30h**

Mental health and sleep

**10:30h to 12:00h**

Active listening

**12:00h to 13:00h**

Final Mindfulness practice

**19:00h**

End of the retreat

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### Breakfast

8:00h to 9:00h

### Lunch

13:00h to 14:30h

### Dinner

20:00h to 21:30h

### Free time

Between 2h to 3:30h per day

# OUR DATES

## ONE WEEK

### MARCH RETREAT

From 20/03 to 26/03

From 27/03 to 2/04

Price from 2.250€ p.p.

### APRIL RETREAT

From 17/04 to 23/04

From 24/04 to 30/04

Price from 2.310€ p.p.

### MAY RETREAT

From 1/05 to 7/05

Price from 2.310€ p.p.

### OCTOBER RETREAT

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

### MARCH RETREAT

From 24/03 to 26/03

From 31/03 to 2/04

Price from 990€ p.p.

### APRIL RETREAT

From 21/04 to 23/04

From 28/04 to 30/04

Price from 1.030€ p.p.

### MAY RETREAT

From 5/05 to 7/05

Price from 1.030€ p.p.

### OCTOBER RETREAT

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.

### NOVEMBER RETREAT

From 3/11 to 5/11

Price from 990€ p.p.



## **RECOMMENDATIONS**

To enjoy your **free time**

### **ACTIVITIES INCLUDED:**

Access to the SPA

Access to the gym

Additional autonomous hiking route

Watch a documentary or film in our cinema room

Read one of our books in our library

### **ACTIVITIES AT ADDITIONAL COST:**

Private emotional counselling

Private nutritional counselling

Personal trainer

Private gentle gym session

Treatments and massages

Bike hire

Kayak, paddle surf, foil surf, etc. for rent

Cycling or hiking route with guide



## **MINDFULNESS BLOCK (I)**

### **Mindful Awakening:**

A personal experience to practice mindful techniques in everyday life on a daily basis.

### **Practice of silence:**

The aim is disconnection with outer thoughts and everyday noise, and connection with the essence of life.

### **Bodyscan:**

A practice of attentional self-regulation of the body through focused attention.

### **Mindfulness workshop:**

Get to know from the scientific side the most efficient techniques of this millenary art of living.

### **Practice of gratitude:**

The humility and sincerity of an attitude done in a group and aimed at awakening consciousness.

### **Mental health and sleep:**

A workshop to learn about the health benefits of quality sleep with mental health professionals.



## **MINDFULNESS BLOCK (II)**

### **Neuroscience workshop:**

The development of learning in relation to neuroscience through the most recent scientific studies.

### **Meditation:**

These are fundamental to find the way to the personal path. These are ancestral techniques put in a modern context.

The daily training of this practice is endorsed by research groups dedicated to analysing the benefits of mindfulness.

### **Round tables:**

In the round tables that will take place after each experience, we will share our personal experiences to learn about our own doubts under the guidance of a specialist in this type of dynamics.

### **Active listening practice:**

Active listening takes place in a context of "quality time" where the person learns to listen to themselves and to others in a process of meta-awareness.

### **Final mindfulness practice:**

It is about letting go of awareness (what we are due to the influence of others) and start being conscious (what we want to be based on our choices).





## **GENTLE GYMNASTICS BLOCK (I)**

### **ENERGETIC TECHNIQUES**

#### **Chi-kung:**

Combines gentle body movements with relaxation, breathing and visualisation.

#### **Jin-shin-Jitsu:**

Tool that allows the person to become aware of their body, connect with their soul and regain lost balance.

#### **Pranayama:**

Based on different types of breathing to improve oxygen uptake and increase vital energy.

#### **Do-in:**

Chinese origin, it is a technique based on Taoist philosophy. Self-massage promoting the circulation of Qi energy.



## **GENTLE GYMNASTICS BLOCK (II)**

### **POSTURAL AND ALIGNMENT TECHNIQUES**

#### **Pilates:**

Focuses on developing internal muscles to maintain body balance and give stability and firmness to the spine.

#### **Yoga:**

A set of techniques and tools for the improvement and/or evolution of the human being on a physical, mental and spiritual level. It is a way of life.

#### **Isostretching:**

Procedure for making the body more flexible and stronger through appropriate exercises.

#### **Basic technique:**

Exercises that are performed with a barbell or on the floor that stretches the posterior, inner and flexor musculature.

#### **Yoga Bowspring:**

Alignment system based on more current physical and biomechanical research, works with an optimal light postural pattern.

#### **SGA:**

This is a preventive technique derived from G.P.R. (Global Postural Re-education) aimed especially at sportsmen and women.



## AUTONOMOUS WALKING ROUTES

In the **week-long** retreats, all the routes set by our guide are done. In the **weekend** retreats we do one of them, and if requested, two of them.

We offer visits to different peaks and hikes in the north of the island. The **Atalaya Vella**, used in ancient times as a watchtower, was one of the towers that enclosed the perimeter of the island of Mallorca.

The other routes were used by the local population to access pastoral areas, such as the **Camí de Coves Blanques**.

La ruta cercana y más accesible, es el bosque de **Can Botana**, donde The closest and most accessible route is the Can Botana forest, where you can see holm oaks and plants typical of these ecosystems typical of Mallorca.

Continuing in the area of Cala Sant Vicenç, the **Mola de Cornavaques** is the perfect route to enjoy the beauty of the surroundings and the beginning of the Serra de Tramuntana.

On another different hiking and summit route is **Puig de María**, located in Pollençà. It also has the remains of an old Atalaya and was part of the watchtower circuit, but was abandoned due to disuse.

Later it became a pilgrims' hostel and, following the typical location of religious sites on the highest peaks near a town, a church was built.