

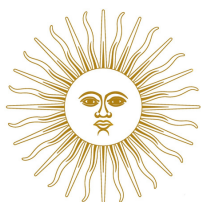
YOGA RETREAT

HOTEL BON SOL RESORT & SPA

GIULIA IURZA

5TH - 8TH MAY 2022

* OPEN LEVEL *



HOTEL BON SOL
Resort & Spa

YOGA RETREAT

HOTEL BON SOL RESORT & SPA

PROGRAMME

08:00 MORNING PRE-YOGA LIGHT
BREAKFAST

08:15 DYNAMIC MORNING YOGA
& MEDITATION

10:00 WHOLESOME BREAKFAST

-FREE TIME-

18:00 SLOW FLOW YOGA &
PRANAYAMA

20:00 DINNER



HOTEL BON SOL
Resort & Spa

YOGA RETREAT

HOTEL BON SOL RESORT & SPA

RATES

3 X NIGHTS ON HALF BOARD BASIS

-€780 PER PERSON IN A SHARED
CLASSIC TWIN/QUEEN DOUBLE ROOM

-€920 FOR SINGLE USE CLASSIC
DOUBLE ROOM

-A 10% NON-REFUNDABLE DEPOSIT IS REQUIRED
AT THE TIME OF BOOKING-

-BOOK BY THE 10TH OF MARCH 2022 SAVE 5%-

-SAVE ANOTHER 5% IF YOU BRING A FRIEND-



HOTEL BON SOL
Resort & Spa

YOGA RETREAT

HOTEL BON SOL RESORT & SPA

PRICE INCLUDES

LUXURY ACCOMODATION

- 3 X NIGHTS AND 4 DAYS

YOGA

- 1 X 60 MINUTE POST FLIGHT YOGA FLOW
- 2 X 90 MINUTE MORNING DYNAMIC YOGA & MEDITATION
- 3 X 75 MINUTE SUNSET PRANAYAMA AND SLOW FLOW
- 1 X 90 MINUTE FAREWELL ROCKET YOGA

MEALS

- PRE-YOGA LIGHT BREAKFAST, BREAKFAST AND DINNER

NIRVANA SPA

- 1 X ESSENTIAL OIL 60 MINUTE MASSAGE
- FREE ACCESS TO NIRVANA WELLNESS AREA



HOTEL BON SOL
Resort & Spa

YOGA RETREAT

HOTEL BON SOL RESORT & SPA

FURTHER DETAILS

- ALL YOGA ESSENTIALS WILL BE PROVIDED, BUT IF YOU ARE A REGULAR PRACTITIONER YOU MIGHT FEEL MORE COMFORTABLE IF YOU BRING YOUR OWN MAT.
- EVERY CLASS WILL BE ADAPTED TO THE LEVEL OF EACH STUDENT, ALL LEVEL PRACTITIONERS ARE WELCOME.
- THERE WILL BE A SUNSET EXCURSION THAT WILL INCLUDE A SPECIAL DINNER ON THE SPOT.

EXTRAS

- MALLORCAN CRAFTMANSHIP TOUR UPON REQUEST

CONTACT:

NATALIAXS@HOTELBONSOL.ES



HOTEL BON SOL
Resort & Spa
