

THE LODGE, MALLORCA

BREATHE,
MOVE &
CONNECT
by Tribe Retreats



10-13 April 2026

01

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

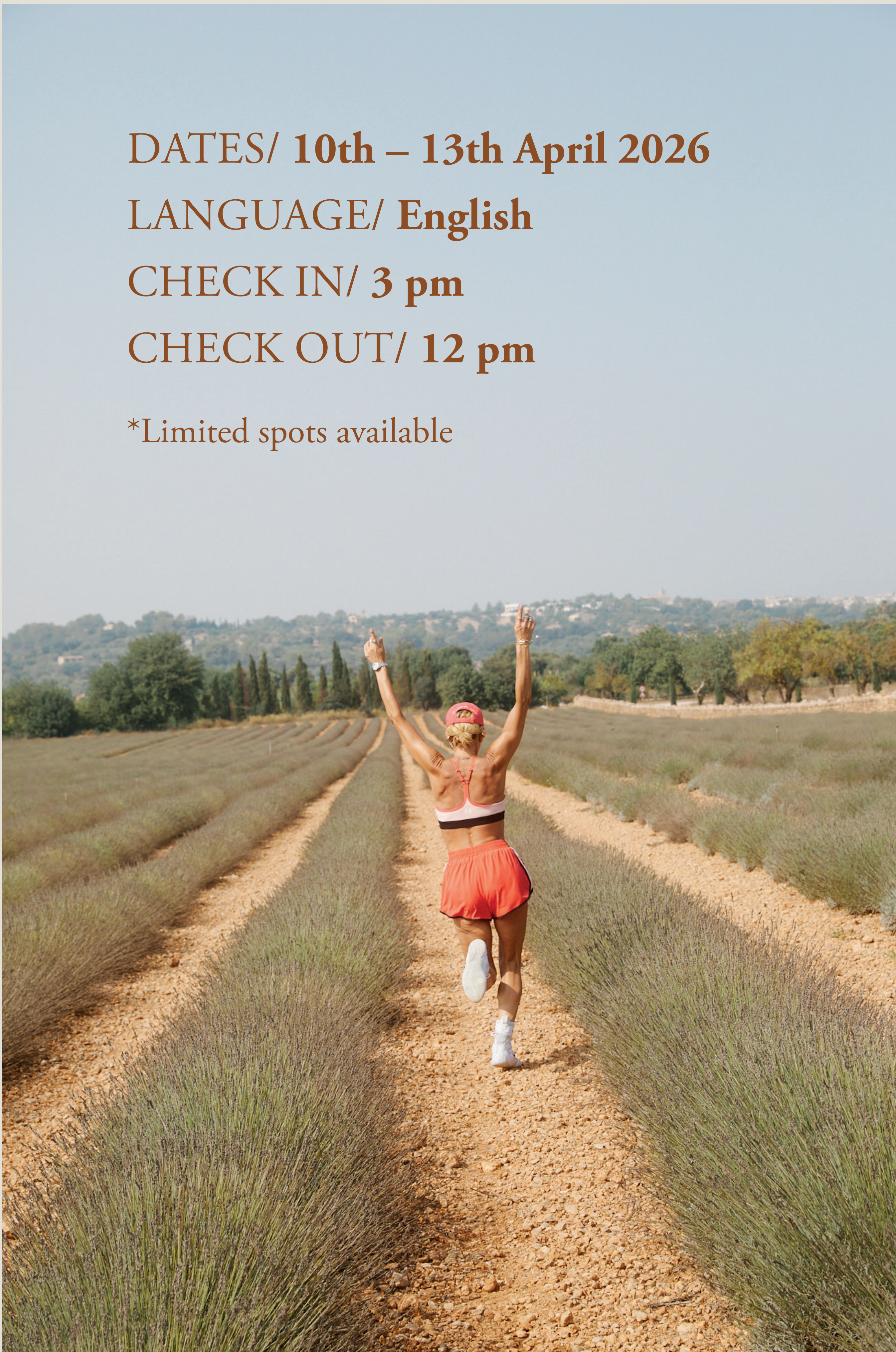
DATES/ 10th – 13th April 2026

LANGUAGE/ English

CHECK IN/ 3 pm

CHECK OUT/ 12 pm

*Limited spots available



10-13 April 2026

02

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



10-13 April 2026

03

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 is a Mind-Body Coach who guides women in returning to a way of living that feels supportive, joyful, and grounded. Her approach blends movement, mindfulness and nutrition helping you feel energised, strong, and capable of creating change that lasts.

@tribe.retreats



10-13 April 2026

04

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
06.00 pm		Yin yoga practice by Lina
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 & Sound Healing 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.*

05

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



10-13 April 2026

06

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

07

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 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

10-13 April 2026