

THE LODGE, MALLORCA

YOGA RETREAT

by Rebeca Recatero



9 - 12 October 2026

01

YOGA RETREAT/

An invitation to retreat yourself to dive deep into the teachings of nature and the teachings of Yoga. The island is surrounded by water and stone. It is said that water is a reminder for us to let go of the ways we are hard on each other and on ourselves. Stone reminds us to be solid in our love.

Like that, Yoga aims to cultivate a soft strength that carries us through the highs and lows of life.

BENEFITS/

- Inner stillness – Feel calm and peaceful
- Nature re-connection – Be in nature
- Making space – Release tension and relax
- Joyous days – Enjoy happier, brighter days

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DATES/ 9th – 12th October 2026
LANGUAGE/ English - Spanish
CHECK IN/ 3 pm
CHECK OUT/ 12 pm

*Limited spots available

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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



03

MEET REBECA/

Born in Madrid, Rebeca was introduced to yoga by her grandmother, a teacher and practitioner in the 1980s, and later pursued formal studies at the Jivamukti School in Sydney, Australia.

Inspired by her practice, she teaches yoga to cultivate compassion and awareness, reflecting both her daily practice and her connection with the natural world. As founder and director of Jivamukti Yoga Madrid, she mentors teachers in the lineage, sharing not only techniques but a spirit of inquiry and a commitment to positive change. Deeply devoted to animal rights, she also founded the For Them Foundation, using yoga and art to inspire people to reconsider their relationship with all beings.

Rebeca's work is dedicated to sharing yoga as widely as possible, fostering awareness, compassion, and meaningful transformation.

@rebecarecatero

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PROGRAM/

Day 1

03.00 pm		Check in
05.00 pm		Team and participants presentation
05.30 pm		Jivamukti yoga practice
08.00 pm		Dinner

Day 2

08.00 am		Jivamukti yoga practice
10.00 am		Breakfast
12.00 pm		Mindful walk
01.30 pm		Lunch
05.30 pm		Inversions Workshop
08.00 pm		Dinner

Day 3

08.00 am		Jivamukti yoga practice
10.00 am		Breakfast
01.30 pm		Lunch
05.30 pm		Backbending Workshop
08.00 pm		Dinner
Post dinner		Satsang Session

Day 4

08.00 am		Jivamukti yoga practice
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 Jivamukti yoga classes
- Mindful walk throughout the state
- Inversions Workshop
- Backbending Workshop
- Satsang Session
- Access to the relaxation area (outdoor sauna & heated pool, and Technogym fitness gym)
- Exclusive benefits on Natura Bissé products in our relaxation area



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06

WHAT TO BRING/

Although The Lodge provides everything you'll need, we recommend packing:

- Comfortable clothing for yoga.
- Comfortable shoes for walking around the estate and routes.
- A notebook or journal to capture your thoughts and reflections.
- A good book for moments of relaxation

And most importantly, the desire to enjoy every moment.

07

PRICE/

Double Room – single use: 2.250 €

Double Room – double use: 3.100 €
(1.550 € per person*)

Double Rooms with single or double use are available, each offering the elegance and comforts of a 5-star hotel. 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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MALLORCA

TO REGISTER
*for the retreat,
please contact:*

(+34) 971 900 108

reservations@thelodgemallorca.com



[@thelodgemallorca](https://www.instagram.com/thelodgemallorca)

thelodgemallorca.com