

FINCA SERENA, MALLORCA

INNER SPRING

AN EQUINOX YOGA & MEDITATION RETREAT

by Lina Jurevičiūtė

19-22 March 2027

01

YOGA & MEDITATION RETREAT/

As winter releases its hold and the light returns, join us at Finca Serena for a four-day retreat timed to one of the most potent moments of the year - the Spring Equinox.

Set among the vineyards and olive groves of the Mallorcan countryside, this retreat is an invitation to shed what no longer serves you and step into the new season with clarity, energy and intention. Over four days, we move through practices designed to awaken, restore and ground. Vinyasa flow, Yin yoga, insightful meditation sessions, Sound Healing, Spring Equinox Cacao & Transformational Breathwork Ceremony, and Kundalini Kriya sessions to activate your energy from the inside out.

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02

BENEFITS/

- Increase flexibility
- Renewed energy and inner peace
- Improve posture and balance
- Deepen your yoga practice
- Complete disconnection
- Time for yourself



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A woman with blonde hair, wearing a black tank top and leggings, is leading a yoga class. She is sitting cross-legged on a green mat in the center of a room with large floor-to-ceiling windows. Several other people are sitting on mats around her, facing her. The room is filled with natural light from the windows, which look out onto a lush green landscape with trees. There are hanging plants and a woven lamp in the room.

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DATES/ 19th – 22nd March 2027

LANGUAGE/ English

CHECK IN/ 3 pm

CHECK OUT/ 12 pm

*Limited spots available

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03

EL ESCENARIO PERFECTO DONDE DESCONECTAR/

Nestled in the heart of Mallorca, amidst vineyards and olive groves, Finca Serena is a place where tranquility and renewal come naturally.

@fincaserenamallorca



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04

MEET LINA/

“The experiences that transformed my own journey now live through my work - and I’m continually inspired by the inner shifts that unfold within each person I meet.”

@bylinaju



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05

PROGRAM/

Day 1

- 03.00 pm | Check-in
- 05.45 pm | Team and participant introductions
- 06.00 pm | Opening Circle, Yin Yoga & Yoga Nidra practice

Day 2

- 08.30 am | Vinyasa Flow yoga practice
- 10.00 am | Breakfast
- 12.00 pm | Mindful nature walk (optional & self-led*)
- 01.30 pm | Lunch
- 05.00 pm | Transformational Spring Equinox Cacao & Breathwork Ceremony**
- 08.00 pm | Dinner

Day 3

- 08.30 am | Kundalini Kryia & Meditation
- 10.00 am | Breakfast
- 12.00 pm | Inversion workshop (optional*)
- 01.30 pm | Lunch
- 05.30 pm | Yin yoga & Sound Healing
- 08.00 pm | Dinner

Day 4

- 08.30 am | Vinyasa Flow yoga practice & Closing Circle
- 10.00 am | Breakfast
- 12.00 pm | Check-out

**The schedule is approximate and may be adjusted slightly as the retreat progresses.*

06

TRANSFORMA- TIONAL CACAO & BREATHWORK CEREMONY/

Long before us, the Maya and Aztecs knew that cacao is not just food, but a sacred heart-opener and a guide to our inner selves. On the **Spring Equinox**, we gather for the retreat's most transformative ceremony to find balance and set intentions. As this ancient medicine opens your heart, a powerful breathwork journey will help you quiet the noise, shed what no longer serves you, and shift deep within. We hold this space with love, offering a profound experience you will carry home long after the retreat ends.

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06

INCLUDES/

- Accommodation in a double room 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.
- 5 yoga classes, different sessions and workshops
- Meditation sessions
- Transformational Cacao & Breathwork Ceremony
- One Sound Healing Session
- Access to Único Spa: sauna, heated swimming pool and Technogym fitness gym.
- Special offers on selected beauty spa products
- Yoga equipment included: mats, blocks and straps

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07

WHAT TO BRING/

Although Finca Serena provides everything you'll need, we recommend packing:

- Comfortable shoes for walking around the estate and vineyards.
- Comfortable clothing for yoga 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.

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08

ROOMS/

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

09

PRICE/

Double Room – single use: 2.300 €

Double Room – double use: 3.550 €
(1.725 € per person*)

For a more connected retreat experience, consider sharing a room with a retreat companion — please email reservations@fincaserenamallorca.com to arrange.

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“My first retreat. I arrived with very little yoga experience, but with an open heart, and I leave deeply grateful. Lina radiates a unique lightness and warmth.”

— Yoline

“The perfect balance of yoga, spiritual guidance, and radical rest. Thank you for making me feel ‘at home’ on the mat once again.”

— Lenka

“I leave with a full heart. In Germany, we call this a ‘Marmeladenglas-Moment’—capturing beautiful memories in a glass jar to keep them with you forever.”

— Caroline

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TO REGISTER
*for the retreat,
please contact:*

(+34) 971 18 17 58

reservations@fincaserenamallorca.com

fincaserenamallorca.com

F I N C A
S E R E N A



MALLORCA

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