

KELSEY WELLS

THE LODGE



MALLORCA

A REDEFINE FITNESS RETREAT

With Kelsey Wells

March 30 – April 2 | 2027

The Lodge Mallorca



01

A REDEFINE FITNESS RETREAT/

Hosted by **Kelsey Wells** at **The Lodge Mallorca**, the Redefine Fitness Retreat is a **four-day wellness experience** designed to help you reconnect with and celebrate yourself as you move, breathe, and make space for what matters.

Set in a luxurious Mediterranean environment, the retreat integrates **mindful movement, moments of connection, meditation, empowering workshops and outdoor experiences**. This is a space to rest deeply, restore your energy, remember your strength, and rediscover what it means to feel empowered, both in body and mind.

Whether you come on your own or with someone you know, meet a community of like-minded women and return home more grounded and connected to yourself.

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★★★★★
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02

WHAT TO EXPECT/

- **Reconnect with yourself** through Kelsey's signature Redefine Fitness philosophy, designed to help remember your strength and celebrate your softness.
- **Experience mindful movement**, guided meditation, empowering workshops and outdoor adventures while immersed in the incredible natural surroundings of The Lodge Mallorca.
- **Recharge, reflect and restore** in a luxury wellness setting, while sharing meaningful moments with a community of like-minded women.
- **Breathe deeply**, move with intention, release what no longer serves you, return to joy, find peace in your body— these are Kelsey's intentions for you with her itinerary. Immerse yourself, and let the experience be exactly what YOU need.

DATES/ 30th March – 2nd April 2027

LANGUAGE/ English

CHECK-IN/ 3 pm

CHECK-OUT/ 12 pm

***Limited spots available**

03

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



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MEET KELSEY WELLS/

With more than a decade of experience, Kelsey Wells has become one of the world's leading voices in fitness and wellbeing.

Kelsey is the creator of Redefine Fitness, a philosophy that dismantles diet culture and encourages women to center their mental health while caring for their physical—reclaiming movement as a tool for self-care and self-empowerment and inviting women to step into their power.

With fifteen globally successful training programs, and a community of more than five million women worldwide, Kelsey strives to help women redefine fitness for themselves and live their healthiest, most authentic lives.



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PROGRAM/

Day 1

- 03.00 pm | Check-in
- 05.30 pm | Sunset Meet & Greet with Kelsey
- 07.00 pm | Welcome Dinner at the Lavender Field
- 09.00 pm | Cozy Q&A with Kelsey

Day 2

- 08.00 am | Breakfast at leisure
- 10.00 am | Live Redefine Fitness group workout
- 12.00 pm | Lunch at leisure
- 03.00 pm | Art Experience at the Lavender Field
- 08.00 pm | Dinner at leisure

Day 3

- 08.00 am | Breakfast at leisure
- 12.00 pm | Catamaran Boat Excursion
- 06.00 pm | Dinner at leisure
- 08.00 pm | Evening Mindfulness Workshop & Meditation

Day 4

- 06.30 am | Sunrise Walk
- 08.00 am | Farewell Meditation
- 10.00 am | Breakfast at leisure
- 12.00 pm | Check-out

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



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INCLUDES/

- Accommodation for 3 nights
- Welcome drink
- Full board with local and seasonal produce (adaptable for vegan, celiac and other food intolerances). Includes non-alcoholic drinks with meals
- Meet & Greet with Kelsey
- Mindful Movement with Kelsey
- Guided Meditation with Kelsey
- Empowering mindset Workshops with Kelsey
- Exclusive ArtExperience
- Exclusive Lavender Field Welcome Dinner with Kelsey Wells
- Boat Excursion
- A signature 45 minute massage
- Access to the relaxation area (sauna, outdoor heated pool and a Technogym fitness area)
- Exclusive benefits on Natura Bissé products in our relaxation area

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PRICE/

King Suite – Single Use: €4,415

Twin Suite – Double Use*: €3.640 / per person

**Shared room with two separate single beds*

**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

@kelseywells | @thelodgemallorca