

BENDITA  
RETREATS

# MENORCA

YOGA RETREAT

23 - 27 April 2024

In collaboration with

MENORCA

EXPERIMENTAL

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BENDITA  
RETREATS

# Bendita Retreats in Menorca

Embark on a transformative journey with Bendita Retreats in the serene landscapes of Menorca. Our retreats, led by the experienced yoga teacher Pati, offer a blissful escape for mind and body. Nestled in the heart of nature, our **charming authentic rooms** will provide a sanctuary for relaxation.

Indulge in daily yoga and meditation sessions, carefully curated to foster self-discovery and well-being. Immerse yourself in the tranquility of **Menorca Experimental**, enjoying the rejuvenating benefits of the spa, pool, and hotel facilities. With a unique blend of physical practice, meditation, sound healing, and breathwork, Bendita Retreats invites you to unwind, recharge, and embrace a holistic approach to wellness.

Savor delightful meals with a specific menu, explore the picturesque surroundings, and engage in optional activities like walking, spa treatments, or a refreshing dip in the sea.

We create a harmonious space where you can align your body and mind, leaving you refreshed and renewed for a new beginning.

Join us on this enchanting journey towards self-discovery and well-being.



Map of  
**MENORCA**  
EXPERIMENTAL





## Sample Program / 4 nights retreat

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A return to the essential through gentle, deep practice to cleanse your body and mind, fully present for every moment of this self-exploration.

### **Day 1**

Hotel Arrival

5:00 - 5:30 pm: Welcoming circle

5:30 - 7:00 pm: Yin Yoga & Sound Therapy

7:30 pm: Dinner at the hotel (specific menu)

### **Days 2, 3, and 4**

8:45 am - 9:45 am: Meditation and Pranayama (breathing)

9:45 am - 10:00 am: Detox Teas

10:00 am - 11:15 am: Physical Practice

11:30 am: Brunch, a late breakfast served with love.

**Afternoon:** Free time for walking, massage, spa, beach time, swimming pool or optional activities

4:30 pm: Snack

5:00 pm - 6:30 pm: Yin Yoga & Sound Therapy

7:30 pm: Dinner at the hotel (specific menu)

### **Last Day**

8:30 am - 10:30 am: Meditation, Pranayama,  
Physical Practice Ritual

Final integration for a fresh start and closing circle.

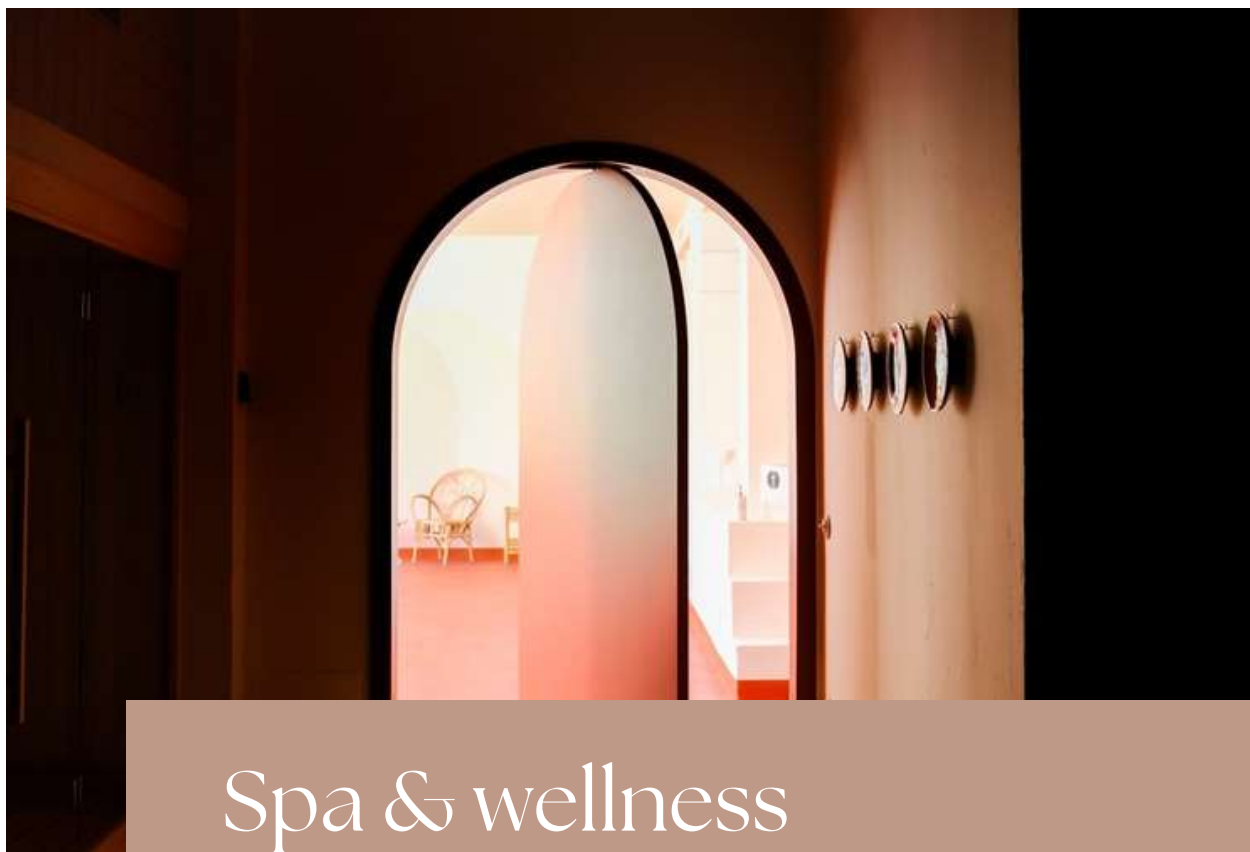
11:30 am: Brunch,  
a late breakfast served with love.



## Restaurant & Bar

Find out more at  
[menorcaexperimental.com/restaurant](http://menorcaexperimental.com/restaurant)





# Spa & wellness

Find out more at  
[menorcaexperimental.com/spa](https://menorcaexperimental.com/spa)





# Bendita Retreats Package Options in Menorca

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## **Charming Standard Rooms**

Single Room + Full Board: €2500 per person

Double Room + Full Board: €3080 (€1540 per person)

## **Charming Casa de Campo Rooms (Premium option)**

Single Room: €3300 per person

Double Room + Full Board: €3880 (€1940 per person)

## **Inclusions**

Accommodation

Yoga and Meditation retreat program page 3

Access to pool, spa, and all hotel facilities

Full Board + Water (excluding other beverages)

## **Exclusions.**

*Not included in the price*

Spa treatments

Transportation to and from Mahon Airport  
(available on request at extra charge).

Tourist taxes (€2 per person per day)



# Charming Standard Rooms

A Timeless Retreat



## Charming Standard Rooms

Single Room + Full Board: €2500 per person

Double Room + Full Board: €3080 (€1540 per person)

**Discover the timeless charm of our Classic Rooms. These rooms, located in the main building, exude brightness and warmth, creating an inviting ambiance. Opening up to the flora and fauna of Menorca, they extend a genuine invitation to relaxation.**

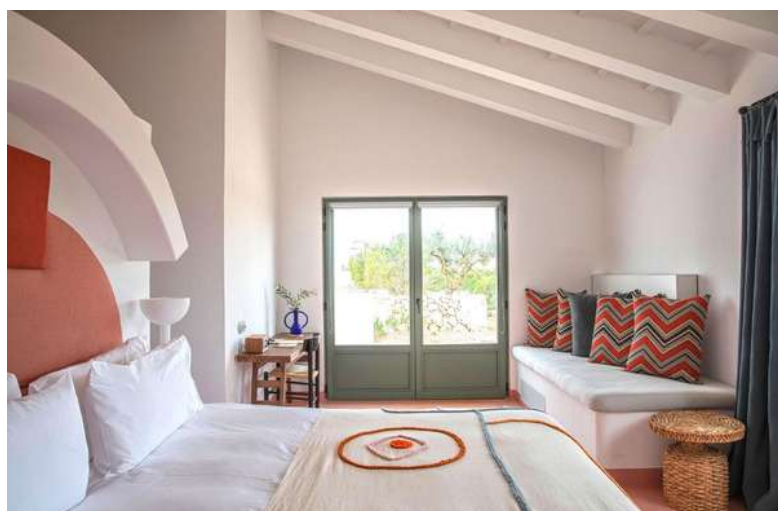
### Key Features

**Spacious and Luminous:** The Classic Rooms are both bright and cozy, providing a welcoming retreat after a day of exploration.

**Natural Beauty of Menorca:** As you step into these rooms, you are welcomed by views of Menorca's rich flora and fauna, **offering a true connection with nature.**

**Room Size:** Spanning 31 square meters, these rooms provide ample space for you to unwind and make yourself at home.

**Bathroom Facilities:** Each room features an ensuite bathroom.



# Charming Casa de Campo Rooms

A Heaven of Tranquility



## Charming Casa de Campo Rooms

Single Room: €3300 per person

Double Room + Full Board: €3880 (€1940 per person)

**Nestled within the heart of the property, our rooms offer a sanctuary of tranquility. These Fincas, spanning 31 square meters, provide a private and intimate space for your retreat experience.**

### Key Features

**King-size Bed or Two Single Beds:** Embrace the comfort of a spacious king-size bed or the flexibility of two single beds, ensuring a restful night's sleep.

**Private Pool Access:** Step outside your door and into your private pool, creating a serene oasis for moments of reflection and relaxation.

**Ensuite Facilities:** Enjoy the convenience of an ensuite bathroom featuring both a rejuvenating shower and a luxurious bathtub (limited rooms with private pool and bathtub request to check availability).



## PAYMENT AND RESERVATION TERMS

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Ready to start this new journey?

100% of the total reservation amount must be paid upon confirmation by each participant.

Reservation requests should be sent to **[benditaretreats@gmail.com](mailto:benditaretreats@gmail.com)**.  
For other hotel inquiries **[assistant@menorcaexperimental.com](mailto:assistant@menorcaexperimental.com)**.

Reservations open with a deadline of **March 1, 2024**.  
Last-minute requests are subject to availability.

## CANCELLATION POLICY

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Incase of an “Upsies”

In the event of a cancellation, a 50% refund will be provided for cancellations made up to 30 days before the start of the retreat. Unfortunately, no refunds will be issued for cancellations made after this period. We appreciate your understanding and look forward to your continued support.



# RETREAT GUIDED BY

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PATI SAINZ

I first encountered Yoga at 18 when I moved from Madrid to Lake Tahoe, California, driven by a love for nature. My transformative journey led me to India, where I earned a 200-hour Certification in Kerala. Teaching Yoga is my heartfelt approach to introspection, connecting with the soul, and discovering inner bliss.

Driven by a passion for holistic living, I delved into body and energy modalities like Integrative Massage, Chi Nei Tsang, Reiki, and more. In 2022, I added Sound Healing Therapy to my repertoire, believing in the body's innate healing ability. My sessions create a sacred healing space, fostering connection with inner wisdom, self-love, energy, and peace.

Join me in empowering yourself to feel healthy, blissful, and whole. Let's connect to the love in your heart and the wisdom in your soul, thriving and simply being well together.



# BENDITA RETREATS

Email [benditaretreasts@gmail.com](mailto:benditaretreasts@gmail.com)  
Instagram [@benditaretreasts](https://www.instagram.com/benditaretreasts)

[www.benditavida.com](http://www.benditavida.com)



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