



# YOGA RETREAT KATY MISSON

## *"Self-Liberation with the Satiam Method"*

Embark on a journey of self-liberation with Katy's Satiam Method! Learn to lighten your body, mind, and emotions through exercises in body awareness, meditation, and breathwork. The program includes sports sessions for improved posture, a fresh perspective on the body, and techniques for a better life. Leave rejuvenated, lighter, and enriched by the gentle joy of Katy's approach to living.

## PROGRAM

### SUNDAY 12 MAY

**5:00 PM - 6:30 PM** : Meditation and Physical Practice

*Rediscover the essential through a gentle and profound practice to cleanse your body and mind, instill inner softness, and embrace the present moment, opening up to new possibilities.*

### MONDAY 13 & TUESDAY 14 MAY

**7:45 AM - 8:45 AM** : Meditation and Pranayama (breathwork)

**8:45 AM - 9:00 AM** : Detox Herbal Teas

**9:00 AM - 10:15 AM** : Physical Practice :

Foundations - Posture, centering, understanding the body, and establishing new action mechanisms for a better self-experience

**10:15** : Buffet Breakfast

Writing and Integration of Action Mechanisms with Katy

Free time for walks, massages, hotel spa, reading, etc., in the afternoon.

**5:00 PM - 6:30 PM** : Strength Training/Yoga Therapy/

Yin Yoga according to Satiam + Meditation and Breathwork

*Experience a shift in consciousness for a new perception guided by Katy's insights into your alignment and physiological functioning.*

Special Session:

*A unique focus on the jaw, tongue, and breathing with Katy's specialization in maxillofacial therapy and posturology.*

**7:30 PM** : Dinner - 3-course vegetarian menu

### WEDNESDAY 15 MAY

**8:30 AM - 10:30 AM** :

Meditation, Pranayama, and Physical Practice Ritual

Final integration for a fresh start

Healthy brunch before departure





## YOUR YOGA & MEDITATION PRACTITIONER

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With 6 years of experience as a physiotherapist specializing in maxillofacial reduction, neuro-integrated therapy, and neurophysiology of posturo-kinetic activities, Katy brings a unique perspective.

The SATIAM school, recognized by Yoga Alliance, follows the guidelines: "I am my essence" and "I am my truth."

Katy's sessions promise a transformative experience for a healthier and balanced outlook, aligning with SATIAM principles.

## RATES & CONDITIONS

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### RATES

**Standard Single Room : €1,860**

**Standard Double/Twin Room : €2,730**

Includes 3 nights, breakfast, snacks, dinner, water/infusions + program mentioned above

### PAYMENT CONDITIONS

100% prepayment required upon confirmation.

### CANCELLATION CONDITIONS

Free cancellations and modifications until noon, 30 days before the arrival date. Late cancellations or no-shows will incur a 100% charge of the stay, taxes included.



For all booking requests, please contact us at the following email address :

**[info@menorcaexperimental.com](mailto:info@menorcaexperimental.com)**



