



Fontenille Menorca

SANTA PONSÀ - TORREVELLA

fall harmony

Nouveau Départ by Natasha Andrews

FROM 17 TO 20 OCTOBER 2024

THURSDAY

Upon arrival - welcome, check-in and free time

1.00 pm - Lunch in Santa Ponsa

5.00 pm - Retreat opening and Yoga session

8.00 pm - Dinner at Nura, restaurant in Santa Ponsa and start of fasting

Overnight in the heart of Santa Ponsa gardens

SATURDAY

8.30 am - Yoga session in the gardens

11.30 am - Wellness rituals masterclass with Natasha Andrews

12.30 pm - Walk to the Santa Ponsa quarry

1.00 pm - Picnic in the quarry

3.00 pm - Spa access, 50-minute customized massage, garden visit and free time

6.00 pm - Pranayama session in the gardens

7.30 pm - Dinner at Nura, restaurant in Santa Ponsa, and start of fasting

Overnight in the heart of Santa Ponsa gardens

FRIDAY

8.30 am - Departure for Torre Vella

9.00 am - Yoga session near the vineyards

11.00 am - Walk to the Torre Vella cliffs

12.00 pm - Picnic on the cliffs

2.00 pm - Finca Flora workshop: creation of a customized natural skincare product and perfume

3.00 pm - Free time and relaxation by the pool

5.30 pm - Return to Santa Ponsa

6.00 pm - Yoga session in the gardens

7.30 pm - Dinner at Nura, restaurant in Santa Ponsa, and start of fasting

Overnight in the heart of Santa Ponsa gardens

DIMANCHE

8.30 am - Pranayama session

11.00 am - Check out

12.00 pm - Energizing brunch on the patio

1.30 pm - End of the retreat

PRICE CONDITIONS

- **2-night retreat: 1,420€ per person, non-cancellable, non-refundable.** This offer includes all activities from Friday to Sunday, two nights at Fontenille Menorca and catering (excluding consumption of alcoholic beverages or oft). Deposit for 2-night stay: 50% of the total cost of the stay to be paid on booking and the balance on arrival.

- **3-night retreat: 2,050€ per person, non-cancellable, non-refundable.** This offer includes all activities from Thursday to Sunday, three nights at Fontenille Menorca and catering (excluding consumption of alcoholic beverages or oft). Deposit for 2-night stay: 50% of the total cost of the stay to be paid on booking and the balance on arrival.

Booking by email at reservations@fontenillemenorca.com

HOW TO GET THERE

- Direct 1.5-hour flight from Paris, Marseille, Bordeaux and Toulouse from April to October

- 55-minute direct flight from Barcelona and 35 minutes from Palma de Mallorca

- Flight to Marseille: arrival 5.25pm on Fridays / departure 11pm on Sundays with Ryanair or 1.35pm with a stopover.