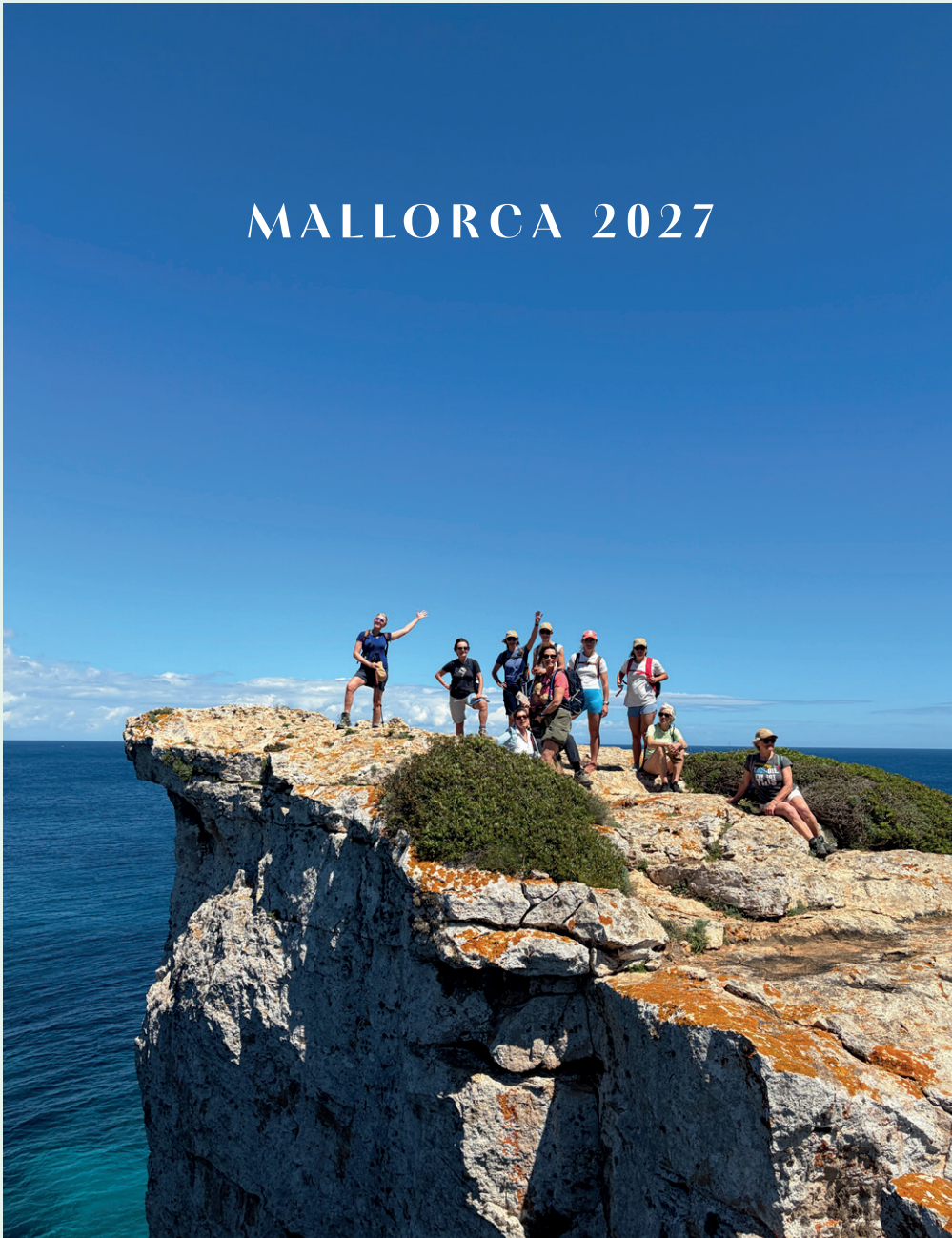


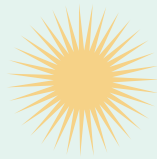
NATURE NURTURE NOURISH

MALLORCA 2027





NATURE NURTURE NOURISH





Fran's Yoga-Hiking Retreat - Mallorca - April & October 2027

Here is your invitation to retreat with me to the most stunning Finca, situated in the foothills of the Serra de Tramuntana, on the magical island of Mallorca! 2027 will be my 6th year hosting retreats in Mallorca!

Venturing up the 2km drive you will be immediately transported into an oasis of calm, the perfect backdrop for a holistic reset enabling you to embrace the season ahead with renewed vitality.

These 5 nights away are the perfect opportunity to put the spring back into your step, enabling you to flourish, nourish and replenish your mind, body and soul. I am gathering a special group of 10 ladies whose 'energy harmonises' to create the perfect environment for you to creatively dive into your inner sanctuary and feel free to just be...

I would love YOU to be a part of this!

2027 DATES:

RETREAT 1 - Spring into Summer - Tuesday April 20th - Sunday 25th April 2027

RETREAT 2 - Spring into Summer - Monday April 26th - Saturday May 1st May 2027

RETREAT 3 - Autumnal Gathering - Sunday October 3rd - Friday 8th October 2027





WHAT TO EXPECT!

- 5 nights staying in complete privacy at a stunning, authentic Mallorcan Finca. Sunrise Elemental Flow Yoga Practice with Pranayama and Meditation.
- Evening Yin Yoga to unwind from the hikes, deeply releasing fascia and revitalising your vital organs by working on relevant meridian lines.
- 3 stunning Hikes with Marc or Miguel, my experienced local Mountain Guides.
- Wild swimming when the hikes lead us down to the crystal clear Mediterranean.
- Private Chef - 3 nourishing vegetarian meals a day plus afternoon tea.
- Ayurvedic daily self-care practices to support inner balance and vitality.
- One deeply relaxing Rest Day at the Finca - yoga x 2 as usual though.
- Raindrop Massage Therapy with a Tao Healing Hands Blessing available to book for an additional charge.
- Tennis Court.
- Yoga equipment and tennis rackets provided.

Most importantly, you will be able to take the time to feel and find a deeper connection with yourself, whilst tapping into my wonderful community of like-minded souls who radiate kindness and friendship extending far beyond the retreat!

FOR A GLIMPSE:

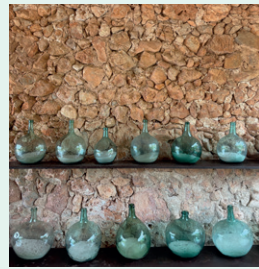
Click [here](#) for a glimpse of my 11 previous Mallorca retreats and please follow me on [instagram.com/franpennant_yoga](https://www.instagram.com/franpennant_yoga) and [instagram.com/fransretreat](https://www.instagram.com/fransretreat) for future updates!

NATURE

Being immersed in nature is an important healing aspect of my retreats. You will love the 3 days of stunning guided hikes - great for opening up to new perspectives and finding clarity.

Along the way, my guides, Marc and Miguel will infuse the hikes with island history and culture and when the hikes end in stunning villages such as Deià or Valdermossa you will have time to explore further before returning to the Finca! Hikes are between 9km and 11km on rocky terrain, lasting between 4-5 hours, including breaks. A private bus transfer company drops and scoops us up safely.

From my 'recce's', I personally select hikes that have breathtaking views and certainly the "wow factor"! We walk with hiking poles and whenever there is a wild swimming opportunity, we dive in! For those "returning" I endeavour to introduce new hikes whilst remaining mindful of the group's fitness levels.





Nearer the time, I will recommend a little advance preparation to ensure maximum enjoyment - it is important to arrive with a reasonably good level of fitness and I hope that by booking early you can have it firmly in the diary as a goal. Guaranteed, your legs will feel nicely toned when you return home! If you have never hiked with poles before, this is the perfect opportunity to learn something new with our guidance - they are a game-changer - so great for balance, giving you the confidence and passion for hiking for years to come!

NURTURE

Whether a beginner or advanced yogi, the joy of immersing yourself on a retreat will enable you to take a deeper dive into your practice. We enjoy the option of practicing inside a beautiful Yoga Shala or under the outdoor Shala with far reaching views depending on the weather! I particularly love to teach Elemental Flow Yoga, each day invoking one of the 4 elements which in turn stimulate a specific Chakra. The yoga practice will also prepare you for the hiking day ahead.

Every evening, together we explore a slower 'Yin Yoga' practice relating to organs of the body associated with the "element of the day". Yin is fantastic for releasing fascia and nourishing your vital organs by focussing on relevant meridians lines. It may also help to release any residual tension in your body and down-regulate your nervous system.

I am a qualified "Menopause Yoga Teacher" and an Ayurvedic Clinician so you can also expect this wisdom to be woven into my teaching. My aim is to send you home feeling re-invigorated and confident in your practice with additional 'tools' to inspire your own daily wellbeing rituals.

Digital Detoxing optional but fully supported.

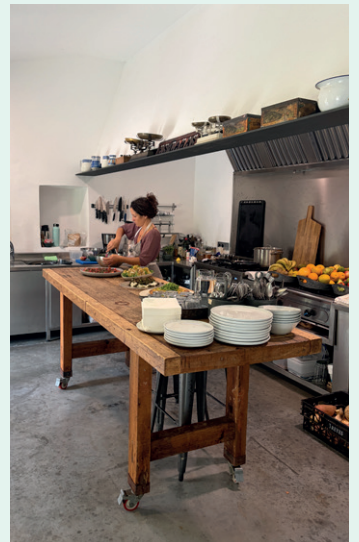
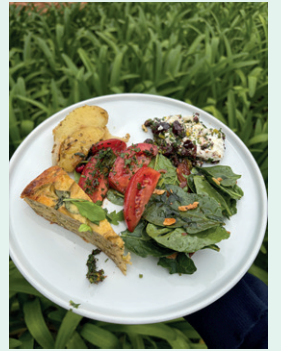
NOURISH

I am passionate about food, so for me, it is an essential ingredient of all my retreats! Once again, we will be nourished by my exceptional Private Retreat Chef. She really does take vegetarian cooking to the next level and loves to create fresh, cleansing and nourishing feasts inspiring many retreat ladies to recreate some of the recipes once back home!

All meals will be vegetarian and any specific dietary requirements catered for... 5 days of being virtually gluten free with no refined sugar will relieve any bloating and give you a sense of 'lightness'!

By the time you leave, your micro-nutrient pathway will be flowing optimally and your gut biome & digestion in tip top condition which will serve to boost your immunity.

Alcohol will not be served at the Finca.





CHOOSE YOUR ROOM

Please enquire for more details [here](#). All rooms are single occupancy.

- 5 x Extra large Suites with outdoor patio and kitchenette
- 1 x Apartment Suite with living room & kitchenette
- 3 x Large Double en-suite rooms

FLIGHTS

Please book your flights, bearing in mind that “check in” to the Finca on arrival day is 4pm and check out 11am but by special arrangement you may be able to remain at the Finca until 1pm on the departure day.

Perhaps you might want to think about extending your stay on the island and book your flights accordingly!

EXTRAS

Flights, travel insurance and transfers.

Transfers to and from the Finca: I will help organise you into taxi shares with others on co-ordinating flights (approximately €40 to the Finca per taxi - 25 mins from the airport).

Massages - payable in Euros cash.

Please note that tips for the Chef, Mountain Guides and Housekeeping staff are now included.



TO REQUEST YOUR PLACE

To request a place, please email fran@fransretreat.com stating which retreat you are interested in with your room preferences. Please also include your telephone number so that I can arrange a phone call to introduce myself and ensure that this retreat is suitable for YOU and address any further onboarding questions you might have.

Once I have confirmed your retreat place and room, please kindly request my bank details to transfer a non-refundable deposit of £500 to secure your booking. The remaining balance will be due by February 1st for the April Retreats and 1st July for October Retreats.

Please feel free to get in touch with any further questions and thank you so much in advance for spreading the word about my retreats - I really appreciate that!

Please ensure you have Travel Insurance at the time of booking and note that any cancellations can only be refunded if between us, we can re-fill your place.

Much love coming your way and I really hope you will be able to join me for an uplifting retreat in Mallorca.

Fran x



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