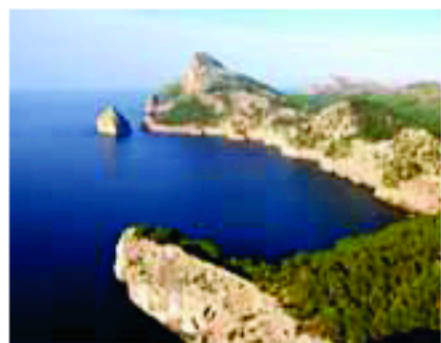


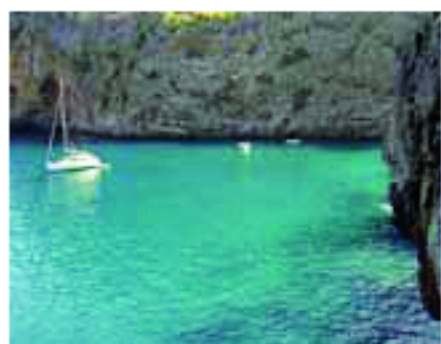


# *Artnspirit invites you to a Renewal Retreat*



Palma boasts avant-garde art galleries, modernista architecture, a magnificent cathedral, outdoor cafes, and tapas bars. Easy access and the temperate Mediterranean climate make it perfect for a week or weekend away. This time of year, tourists are gone, the beaches are empty and the sun still shines.

## November 12 - December 21 Wellness Escape Mallorca, Spain



Sample Weekend :  
Arrive friday afternoon, depart sunday midday  
Morning yoga class  
scenic drive to nearby village  
Guided coastal hikes  
Late afternoon spa treatment  
Evening yoga  
Fabulous dinner at any one of the nearby cafes



Kimberly Paul, international yoga teacher teaches two daily classes; 9:45 am level I and 6:45pm level II Combining breath, strength and grace, each will challenge you at your level single class 15 euro drop in. 10 class card 120 euros go to [yogayou.com](http://yogayou.com) for more info. and workshop date

### Getting there:

Daily flights from all London airports go to: [Easyjet.com](http://Easyjet.com)  
flying time: from London: 2 hrs 30 mins, from Spain: 45-60 mins  
From Mainland SPAIN:

Both ferries and flights to Palma are frequent. Check Iberia, Air Europa and Spainair. Ferries go from Barcelona and Valencia taking about 8 hours

From USA and CANADA: Your best option is to fly with Iberia via Spain. Alternatively, look for any transatlantic flight to Madrid or Barcelona from where connect onto Mallorca.

### Accommodations:

We suggest portixol boutique hotel [www.portixolhotel.com](http://www.portixolhotel.com)  
single nighty rates start at 125 euros  
while this is our favorite there are many options for accomodations please email us with any quires.

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