

## Fusion Yoga & Kim's LifeTours, LLC

Join us for our 3<sup>rd</sup> international yoga retreat, **Sept. 13 - 20, 2020!**  
This adventure will take us to the Mediterranean island of Mallorca!



Off the coast of Spain, Mallorca's azure ocean vistas, small villages perched on hillsides, peaceful almond orchards and lemon groves attract cyclists, hikers. . .and yogis!



We'll stay at Senses Hotel at Santa Ponsa, with easy access to nearby beaches and coves as well as Palma, the bustling capital city of Mallorca. Palma boasts a vibrant harbor and an historic old town (palaces, cathedral, medieval courtyards), as well as contemporary restaurants, shops,

galleries, and gardens. Valldemossa and Deia in the north are picturesque hillside villages with magnificent sea views.



We'll start each day with morning yoga on the beach or by the pool, and we'll offer a variety of additional daily activities to acquaint you with the character of Mallorca. We'll have a paella cooking class, sample local products including *hierbas* (the famous island liqueur), have a Tramuntana mountain tour, and visit the Vins Nadal winery near Binissalem for a tour and tasting.



Daily late afternoon yoga will precede our group dinners, which will showcase Mallorquin and Spanish cuisine.

You'll have time for optional activities on your own which might include

paddle boarding or other water sports, coastal walks, city life, or just relaxing in a café, on the beach, or at the pool.

Lodging (including all breakfasts and several dinners) will be at Hotel Senses. Some dinners will be at local restaurants.

Cost: Est. \$2,550 (double occupancy); single room supplement \$410.

(Price may fluctuate slightly due to group size and foreign currency exchange.) Includes airport transfers at designated times, 7 nights lodging with breakfasts and dinners, daily yoga classes taught by Brigitte and Tristan (from Fusion Yoga), and daily group activities coordinated by tour leader Kim (from Kim's LifeTours).

Please note: airfare is NOT included. Travel insurance is recommended.

Register early as group size is limited! A (non-refundable) deposit of \$300 per person is required when you register. A confirmation letter including payment schedule and full registration form will be emailed to you upon receipt of your deposit. We'll provide flight suggestions as soon as we have reached our minimum group number and know the trip is a "go." (Please wait to book your flight until then.) We will have a group transfer from the airport (Palma de Mallorca) on arrival so you will want to arrive about the same time as the rest of the group. (around noon on Sunday, Sept. 13). We'll also have an airport transfer early on departure day, Sunday, Sept. 20.