

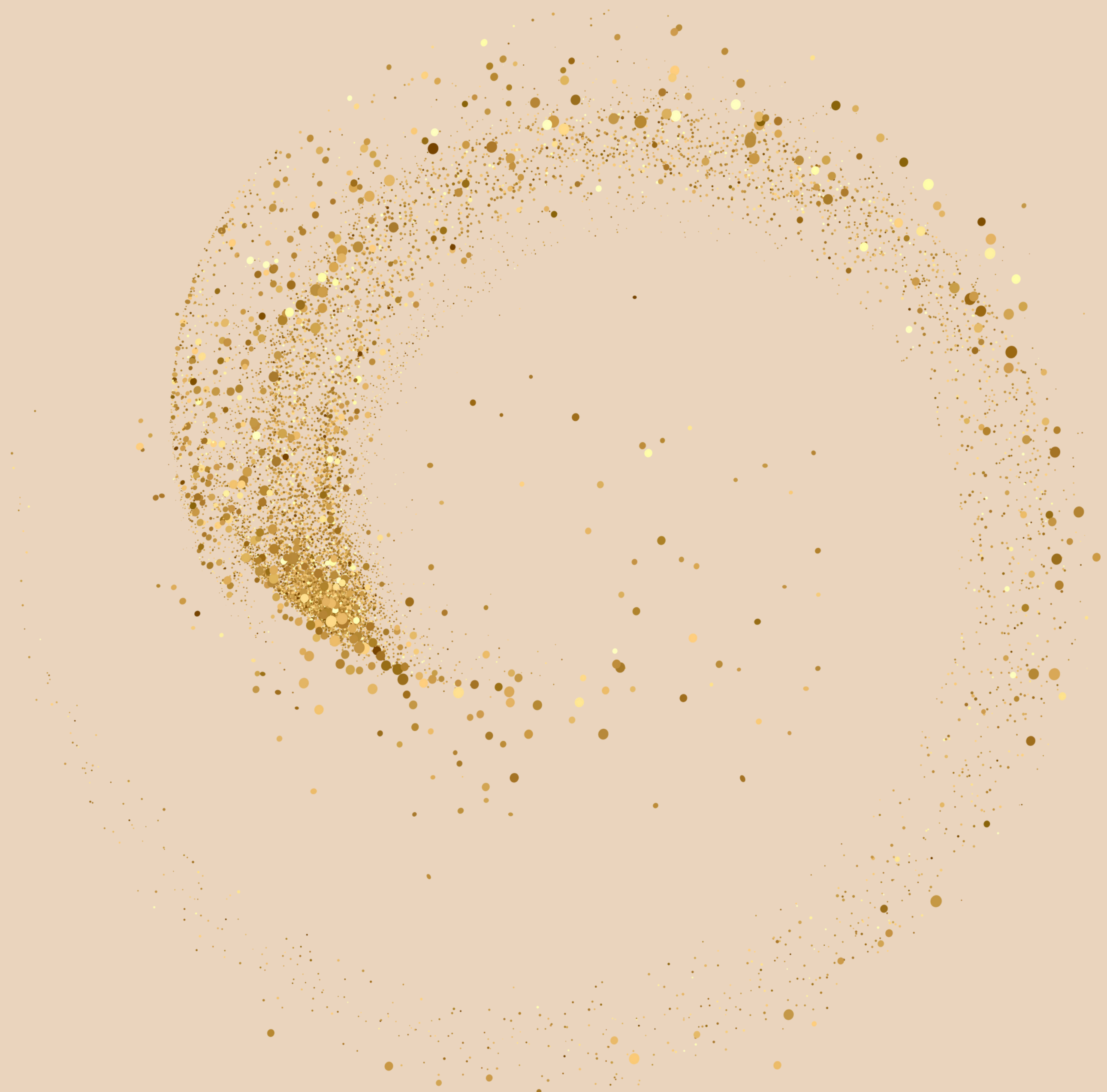
A woman with curly hair, wearing a blue dress, is walking in shallow water, smiling. The image is overlaid with a large, semi-transparent red flower and a crystal chandelier. The text 'HEALING RETREAT' is written in white, uppercase letters across the middle of the image.

HEALING RETREAT

Replenishment

March 30th - April 6th 2024
Porreres/ Mallorca

Letting go
Learning to Receive
Listening to the Divine
Pure Nourishment on all Levels
Surrender to your inner Rhythm and Nature
Replenish your Well
Fill up your Cup



PROGRAM

Saturday

15:00 CHECK-IN & ARRIVAL
18:00 WELCOME & ARRIVAL CIRCLE
19:30 DINNER

Sunday

8:30-10 MORNING HEALING YOGA
10:30 BRUNCH
14:30 LIGHT LUNCH (SOUP/SALAD)
17.30- 19:00 EVENING HEALING PRACTICE
19:30 -20:30 DINNER

Monday

8:30-10 MORNING HEALING YOGA
10:30 BRUNCH
11:30 HIKE ERMITA MONT-SION
14:30 LIGHT LUNCH (SOUP/SALAD)
13:30-14:30 LUNCH
17.30- 19:00 EVENING HEALING PRACTICE
19:30 -20:30 DINNER

Tuesday

8:30-10 MORNING HEALING YOGA
10:30 BRUNCH
11:30-12:30 HEALING TOOLS
14:30 LIGHT LUNCH (SOUP/SALAD)
17.30- 19:00 EVENING HEALING PRACTICE
19:30 -20:30 DINNER

PROGRAM

Wednesday

8:30-10 MORNING HEALING YOGA
10:30 BRUNCH
FREETIME (MARKET SANTANYI)
14:30 LIGHT LUNCH (SOUP/SALAD)
17.30- 19:00 EVENING HEALING PRACTICE
19:30 -20:30 DINNER

Thursday

8:30-10 MORNING HEALING YOGA
10:30 BRUNCH
14:30 LIGHT LUNCH (SOUP/SALAD)
15:00 BEACH HIKE
19:30 -20:30 DINNER

Friday

8:30-10 MORNING HEALING YOGA
10:30 BRUNCH
14:30 LIGHT LUNCH (SOUP/SALAD)
17.30- 19:00 EVENING HEALING PRACTICE &
CLOSING CIRCLE WITH FIRE
19:30 -20:30 DINNER

Saturday

8:00-9:30 BRUNCH &
10:00 DEPARTURE



Special magical Oasis

CHARGE YOURSELF IN THE MIDST OF UNSPOILED MEDITERRANEAN LANDSCAPE WITH OLIVE TREES, CYPRESSES, LAVENDER BUSHES, LEMON & ORANGE TREES IN THE SOUTHEAST OF THE ISLAND OF MALLORCA.

LOCAL FLAVORS PERMEATE HEALTHY FOODS GROWN ON NEARBY FARMS AND GARDENS.

A HEALING BALM THAT REJUVENATES AND STRENGTHENS BODY, MIND AND SPIRIT AT ALL LEVELS.

SUPPORTED BY A KITCHEN GODDESS WHO ALSO ENCHANTS US WITH VEGETARIAN LIGHT DELICIOUS MEDITERRANEAN CUISINE.

AN ENVIRONMENT TO RECHARGE & RE-CONNECT

MALLORCA HAS IT ALL: SUN-DRENCHED LANDSCAPES AND DRAMATIC MOUNTAIN PEAKS, WHITE SANDY BEACHES AND TOWERING CLIFFS, A COSMOPOLITAN CAPITAL AND LIVELY RURAL VILLAGES, UNSPOILED NATURE AND BLISSFUL TRANQUILITY. THESE CONTRASTS HELP US RECONNECT WITH THE BEST VERSION OF OURSELVES. IT HELPS US TO REWIRE AND TOUCH OUR VERY CORE ESSENCE.

THE MOST BEAUTIFUL BEACH ES TRENC IS 20 MIN. AWAY. A SMALL ROMANTIC MONASTERY IS WITHIN WALKING DISTANCE FROM THE FINCA.

I LIVE HERE ON THE ISLAND AND FOR ME THIS FINCA IS A VERY SPECIAL PLACE OF POWER & HEALING MEDICINE. COME AND JOIN US! YOU ARE VERY WELCOME



An Opportunity to Grow, Move & Heal

THIS INTENSIVE HEALING WEEK IS A HOLISTIC CONCEPT THAT UNITES HEART, BODY, MIND AND SOUL. WITH A 360 DEGREE APPROACH, WE FOCUS ON YOGA NOT ONLY ON THE PHYSICAL LEVEL. MORE FREEDOM AND CLARITY ON ALL LEVELS TO GROW INTO OUR FULL POTENTIAL AND RE-CONNECT WITH OUR DIVINE ESSENCE. FOR BETTER DOWNLOADS. MORE SELF-LOVE AND HEALTHY DECISIONS.

DAILY BREATHING AND MINDFULNESS EXERCISES PROMOTE INNER BALANCE AND HELP BALANCE AND HELP CALM THE MIND. COMBINED WITH VEGETARIAN MEALS, EXERCISE, RELAXATION, MEDITATION AND SELF-DEVELOPMENT, HEALING & CLEARING TOOLS & REFLECTION.

THIS HEALING RETREAT GIVES YOU THE OPPORTUNITY TO TAKE IN THE POWERFUL MILD SPRING LIGHT IN YOUR CELLS AFTER A LONG WINTER. READY TO WELCOME THE NEW SEASON FEELING CALM, STRONG AND INVIGORATED. DEEPLY RELEASE AND OPENESS. STRENGTHENING THE YANG AND THE YIN. DIVINE FEMININE & MASCULINE.

THE HEALING PRACTICE HELPS YOU TO ANCHOR, RELEASE AND CONSOLIDATE NEWFOUND KNOWLEDGE & ACTIVATE YOUR GIFTS AND PURPOSE IN YOUR DNA. EMBODIMENT.

GET IN TOUCH WITH YOUR INNER SELF. WITH YOUR BODY TEMPLE. RE-PROGRAMM OUR MIND IN THIS UNIQUE HEALING FIELD & GARDEN.



What to expect after the Healing Week:

- FEELING MORE RELAXED AND A CALM NERVOUS SYSTEM
- IMPROVED DECISION-MAKING WITH MUCH CLARITY
- INCREASED ABILITY TO COPE WITH STRESS AND STRESSFUL SITUATIONS
- APPRECIATING AND LIVING YOUR LIFE TO THE FULLEST
- FEELING MORE VIBRANT, OPTIMISTIC AND ENERGIZED
- IMPROVED CLARITY & POSITIVE OF MIND AND EMOTIONS
- IMPROVED MENTAL HEALTH
- MORE FLEXIBILITY & STRENGTH ON A PHYSICAL LEVEL
- FEELING MORE CONNECTED TO YOURSELF AND YOUR ENVIRONMENT
- FEELING MORE CONFIDENT AND LESS DEPENDENT ON EXTERNAL VALIDATION
- TAKING HOME TOOLS TO CONTINUE THE WORK AFTER THE RETREAT
- FEELING MORE ALIGNED WITH YOUR SOUL AND YOUR PURPOSE
- HEALTHY BOUNDARIES - TRUST IN LIFE - TOOLS FOR DAILY ALIGNMENT
- BALANCE, ACCEPTANCE OF YOURSELF, ONENESS, AUTHENTICITY, SELF-LOVE
- NOURISHED, FORGIVING THE PAST, BEING IN THE NOW ARE THE KEYWORDS
- TIME TO RECONNECT WITH THE WISDOM FROM WITHIN, HEAL AND RELAX



Ulrike Manhart

I AM A CERTIFIED YOGA TEACHER, THERAPEUTICAL BODY WORKER AND TRAINED IN BIODYNAMIC CRANIO SACRAL THERAPY AND MANY OTHER THERAPY TECHNIQUES WITH OVER 20 YEARS OF EXPERIENCE & A CERTIFIED MEDIA ENGINEER AS WELL AS A AKASHIC ASCENSION FACILITATOR IN HOLISTIC MEDICINE.

MY PARENTS (GENERAL MEDICAL PRACTITIONER AND KINESIOLOGIST) LAID THE FOUNDATION FOR MY LOVE OF HEALTH AND PREVENTION. YOGA AND BODY-CENTERED ACTIVATION OF THE SELF-HEALING POWERS IS MY GREAT PASSION. BRINGING MORE OF YOUR SOUL ESSENCE INTO YOUR BODY BY WORKING IN THE QUANTUM FIELD IS MY SPECIALITY.

MOVEMENT FOR ME MEANS LOVE, POWER, INNER JOY AND LIGHTNESS, AS WELL AS ACCELERATING, HEALING, BALANCING AND TRANSFORMING INNER PROCESSES.

MY YOGA CLASSES INCLUDE VINYASA FLOW, YIN YOGA, MEDITATION, PRANAYAMAS (BREATHING TECHNIQUES) AND POSITIVE LIFE PHILOSOPHY. THEY SUPPORT YOUR PERSONAL AWAKENING AS WELL AS YOUR POTENTIAL DEVELOPMENT ON A CELLULAR LEVEL. THROUGH DANCE WE CREATE CONNECTION BETWEEN COSMOS AND EARTH. RE-CONNECTION.

HEART-CENTERED AND HEART-BASED, IN OUR HEALING SESSIONS I OPEN THE DOOR TO RELAXATION AND SELF-LOVE AND WE CLEAR THAT DOESN'T SERVE OUR HIGHEST GOOD.



GET IN CONTACT WITH YOUR SOUL MISSION - RECOGNIZE - FREE YOURSELF AND BRING THIS INTO VISIBILITY. MORE FREEDOM AND CLARITY FOR YOU AND YOUR ENVIRONMENT.

MY STRENGTH IS TO ACCOMPANY PEOPLE IN SUCH A WAY THAT THEIR NEEDS ARE IN THE CENTER.

TO LEAD VISIBILITY PROCESSES - TO SHOW POSSIBILITIES - TO FREE ON A PHYSICAL, MENTAL & EMOTIONAL LEVEL - FOR CLEAR THOUGHTS AND RIGHT DOWNLOADS TO LIVE YOUR HIGHEST POTENTIAL.

BLOCKAGE RELEASING ASPECTS. I MOBILIZE ALL LAYERS TO LIVE TRUTH. THIS ACHIEVES PATHBREAKING EFFECTS IN A GOOD ENVIRONMENT THAT RIPPLE OUT IN YOUR ENVIRONMENT WITH EASE.

WWW.UMA-HEALING.COM

THE MAGICAL OASIS







INCLUDED

- 7 NIGHTS ACCOMMODATION IN BRAND NEW LUXURIOUS DOUBLE ROOMS/ TRIPLE/ SINGLE ROOM POSSIBLE
- ALL RITUALS & PRACTICES IN THIS SPECIAL YOGA SHALA TEMPLE
- A VERY SPECIAL HEALING MEDICINE GARDEN
- HEALTHY VEGETARIAN MEALS, 3 MEALS A DAY (VEGAN OPTIONS)
- WELCOME DRINK & SNACK
- TEA, COFFEE, WATER, FRUITS, NUTS DURING THE DAY
- YOGA & HEALING PRACTICES
- HIKES
- ME-TIME FOR RELAXATION AT THE POOL

NOT INCLUDED: FLIGHTS, AIRPORT TRANSFER, ADDITIONAL TREATMENTS & MASSAGES, EXTERNAL ACTIVITIES, TAROT SESSION

I AM WORKING WITH WELL-CHOSEN VERY SPECIAL THERAPISTS-
THIS WAS FOR SURE ONE HIGHLIGHT IN MY LAST HEALING RETRE

PRICES

1 PERSON IN DOUBLE ROOM: 1999 (EARLY BIRD UNTIL DEC 31ST 2023)/ 1799 EUROS
1 PERSON IN SINGLE ROOM: 2299 (EARLY BIRD UNTIL DEC 31ST 2023)/ 2099 EUROS
1 PERSON IN TRIPLE ROOM: 1799 (EARLY BIRD UNTIL DEC 31ST 2023)/ 1599 EUROS

2 PERSONS SPECIAL: 3400 EUROS PER PERSON (FRIENDS/FAMILY DISCOUNT)

(JUST 2 SINGLE ROOMS AVAILABLE)

EARLY BIRD UNTIL DEC 31ST 2023
PAYMENT OPTIONS AVAILABLE. IN CASE OF CANCELLATION:
TO RESERVATE 50% MUST BE PAID.
CANCELLATIONS 30 DAYS BEFORE 100%
60 DAYS BEFORE 75%
MORE THAN 60 DAYS BEFORE 50%

Saturday to Saturday

MARCH 30TH - APRIL 6TH 2024
PORRERES/ MALLORCA

EASTER HEALING RETREAT

!LIMITED SINGLE ROOM SPACES!
RESERVATE NOW!



Reservate your Space now!

WWW.UMA-HEALING.COM
0043-650-8500936 OR 0034-669959800
UMA@UMA-HEALING.COM

Join the Inside - Move the Insight

EAT- PRAY - LOVE - RELAX - SLEEP - BREATHE - MOVE & HEAL