

H E A L I N G R E T R E A T

Heal the Feminine

March 30th - April 6th 2024
Porreres/ Mallorca



Make Peace with your mother, sister,
girlfriends and women in your life
Fill up your Cup in a safe nourishing Space
Surrender to your inner Rhythm and Nature
Healing the Ancestral Feminine Line
Listening to the Divine Feminine
Pure Nourishment on all Levels
Let your inner Woman bloom
Learning to Receive & Forgive
Replenish your Well



An Opportunity to Grow, Move, Understand, Heal & Forgive

THIS INTENSIVE HEALING WEEK IS A HOLISTIC CONCEPT THAT UNITES HEART, BODY, MIND AND SOUL. WITH A 360 DEGREE APPROACH WITH FOCUS ON OUR CONNECTION WITH THE DIVINE FEMININE.

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. HAVING A CLOSE LOOK AND STRENGTHEN ON OUR CONNECTIONS WITH YOUR FEMININTY, I SEE THE BODY MOVEMENTS MORE TO OPEN OUR BODIES AND LIFTING OUR FREQUENCIES UP BEFORE WE GO DEEPER.

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.

THE MORNING SESSIONS ARE FOR ACTIVATING OUR BODY TO TO STEP INTO THE DEPTH AROUND OUR CONNECTIONS TO THE FEMININE IN US.

IN BETWEEN WE WILL STEP INTO INNER DEEPER WORK ON FEMALE TOPICS. TO GET TO KNOW YOU BETTER. TO HEAL YOU CONNECTION WITH THE FEMININE. MAYBE WITH YOUR MOTHER, SISTER, GIRLFRIENDS OR IN GENERAL WITH WOMEN. ENJOY THE NOURISHMENT WITH WOMEN CAN STRENGTHEN OUR UNDERSTANDING ABOUT OUR CONNECTIONS TO EACH OTHER.

AND THE EVENING SESSIONS ARE TO NOURISH OUR YIN PART IN US. THIS HEALING RETREAT GIVES YOU THE OPPORTUNITY TO TAKE IN THE POWERFUL MILD SPRING LIGHT IN YOUR CELLS AFTER A LONG WINTER.

THE TOOLS & PRACTICES WILL BE HEALING MOVEMENTS TO OPEN THE BODY. CHANTING. FREQUENCIES, HEALING TECHNIQUES AND DEEP ENCOUNTER ON A MENTAL-EMOTIONAL LEVEL, MCA, WOMB CLEARINGS & HEALINGS, KUNDALINI ACTIVATIONS, DEEP RELEASE AND YIN WORK. ANCESTRAL CLEARING WORK. THESE ARE SOME TOOLS THAT HELPED ME TO HEAL MY FEMININITY THE LAST 10 YEARS. HOLDING THE KEYS READY FOR YOU AND HOLDING SPACE TO OPEN YOUR SOURCE.

READY TO WELCOME THE NEW SEASON FEELING CALM, STRONG AND INVIGORATED. DEEPLY RELEASE AND OPENESS. STRENGTHENING THE YIN. DIVINE FEMININE HEALING WILL HAPPEN. THE WOMEN THAT WILL COME INTO YOUR LIFE WILL BE SUPPORTING ONE.

THE HEALING PRACTICES HELP YOU TO ANCHOR, RELEASE AND CONSOLIDATE NEWFOUND KNOWLEDGE & ACTIVATE YOUR GIFTS AND PURPOSE IN YOUR DNA. EMBODIMENT OF THE DIVINE FEMININE.

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

PROGRAM

Saturday

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

Sunday

8:30-10 MORNING HEALING YOGA & CONNECTING WITH THE
FEMININE SPARK
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 & CONNECTING WITH
THE MOTHER
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 & CONNECTING WITH YOUR SISTERS
10:30 BRUNCH
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 & CONNECTING
WITH YOUR HEALING POWERS
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 & TRUST AND
FORGIVENESS WORK
10:30 BRUNCH
11:30-12:30 HEALING TOOLS
14:30 LIGHT LUNCH (SOUP/SALAD)
15:00 BEACH HIKE
19:30 -20:30 DINNER

Friday

8:30-10 MORNING HEALING YOGA & STEPPING INTO
YOUR GODDESS POWER
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



What to expect after the Healing Week:

- FEELING MORE RELAXED AND A CALM NERVOUS SYSTEM
- MAKING PEACE WITH THE PAST AND THE ANCESTRAL FEMININE LINE
- INCREASED ABILITY TO COPE WITH STRESS AND STRESSFUL SITUATIONS
- BEING ABLE TO BE AND ATTRACT HEALTHY CONNECTIONS WITH WOMAN
- FEELING MORE VIBRANT, OPTIMISTIC AND ENERGIZED
- IMPROVED CLARITY & POSITIVE OF MIND AND EMOTIONS IN REGARDS TO YOUR FEMININTY
- IMPROVED MENTAL & EMOTIONAL HEALTH
- TRUST IN YOUR BODY AND FEMININTY
- MORE FELXIBILITY & STRENGTH ON A PHYSICAL & ENERGETICAL LEVEL
- FEELING MORE CONNECTED TO YOUR ROOTS
- 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
- STEPPING INTO THE POWER OF YOUR DIVINE FEMININITY
- PMS, MENSTRUAL AND HORMONAL REGUALTION AND MORE KNOWLEDGE ABOUT HOW YOU CAN WORK & FLOW WITH YOUR CIRCLE

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 FAILITATOR 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.

HEART-CENTERED AND HEART-BASED, IN OUR HEALING SESSIONS I OPEN THE DOOR TO RELAXATION AND SELF-LOVE AND WE TRANSMUTE 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. I WAS WORKING OVER 10 YEARS ON MY FEMININE TOPICS AND MADE PEACE ON ALL LEVELS THAT IS VISIBLE IN MY RELATIONSHIPS TO WOMEN NOW AND WHAT I ATTRACT IN OTHER AREAS. THE SACRED UNION CAN'T HAPPEN WHEN YOU AREN'T IN PEACE WITH IT WITHIN.

THE MAGICAL OASIS







INCLUDED

- 7 NIGHTS ACCOMMODATION IN BRAND NEW LUXURIOUS DOUBLE ROOMS/ TRIPLE/ SINGLE ROOM POSSIBLE
- ALL RITUALS & HEALING 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 AND ADDITIONAL SPECIALISED RITUALS
- 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 RETREAT

PRICES

1 PERSON IN DOUBLE ROOM: 1799 EUROS

1 PERSON IN SINGLE ROOM: 2099 EUROS

1 PERSON IN TRIPLE ROOM: 1699 EUROS

2 PERSONS SPECIAL: 3460 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 RESERVE 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 FOR WOMEN

!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