PURA VIDA

A week that will do you nothing but good!

Mallorca Programs 2023

Need a break from daily stress, re-energize or just kick start a new healthier habit?

Then ***Pura Vida Camp Mallorca*** is for you!

RETREAT DATES FOR 2023

SUNDAY-SATURDAY

October 15-21, 2023

October 22-28, 2023

The Pura Vida experience is a fully packed and enjoyable 6 nights/7days (Mon-Sun) program at the wonderful Finca Cas Hereu by Porto Sollér. You will live in this lovely and newly restored property throughout your stay. By itself it sets the framework for a special experience, but at the same time it offers modern luxury in historic and magnificent surroundings. The property is exclusively for our use.

The focus of the program is beautiful and long hikes, exercise, yoga, healthy organic nutrition as well as daily massages and wellness. We have teamed up with the best instructors, guides, therapists, nutritionists, and chefs, and created a program that really makes a difference for you. The program is physically challenging, but it is a wonderful kick-start that puts you on path towards healthy habits and lifestyle. You will for sure leave feeling great and re-energized!

All our guests manage to get through the program. Our staff and you will go through your individual goals for the stay and customize your wishes as far as possible. In addition to getting a physical kick-start, most guests can also expect to achieve some weight loss. Most food allergies can also be circumvented, if noted in advance.

We will be hiking challenging trips surrounded by breathtaking scenery, reach spectacular mountain peaks, exercise, tone, stretch and tighten-up your body. Food is healthy and nutritious, and you will drink lots of water..... and sleep well!

A typical day at Pura Vida looks like this:

- *Early Morning stretch Yoga*
- *Healthy breakfast*
- *Daily hikes with varying intensity and length (4-6 hours).*
- *Lunch or picnic*
- *Varied fitness classes focusing on core, upper-body and alternative breathing techniques and even cryo therapy*
- *1 hour Massage every day with different massage therapists*
- *Afternoon Yoga, restorative*
- *Dinner-organic, healthy & good…followed by a good nights sleep!*

This exclusive program extends over 7 days and 6 nights, and we can accommodate up to 12 guests at a time. All the rooms are tastefully decorated, and there are many lovely indoor and outdoor areas for both relaxation and training. The finca also has a nice pool area where you can relax between sessions.

The weather in Mallorca during the PuraVida is normally very pleasant, with day temperatures between 16-26 degrees celsius (61F-77F) and 65% chance of sunshine. This is perfect for hiking and outdoor activities. All tours are planned by professional and licensed guides who always accompany us. The hikes vary between 4-5 hours and contain a fair amount of elevation. This ensures that the body's metabolism gets started and continues throughout the week. Combined with 2 daily yoga sessions and training in the afternoon, your body will start to go through a healthy transformation process. This week will do you nothing but good, and we promise you will feel the difference!

Our camp site, “Finca Cas Hereu” is very close to Port of Sollér, about 30 minutes from the airport in Palma (PMI). For those of you who wish to spend a few days in Mallorca, there are many good and charming hotels in the area.

The cost for your week at Pura Vida is € 6.000/pp € 12.000/room all-inclusive, except flights and transportation to/from the camp.

Rooms are based on double occupancy, but a few single use rooms can be reserved on a first come, first serve basis at an extra cost of € 3.000, for the entire stay.

For more information or to reserve your week, please visit our website:

www.puravida.camp or email us on: ***info@puravida.camp***

Space is limited, so we kindly ask that you contact us as soon as possible if you are interested in investing in a week that will leave you feeling great and re-energized!