



Fontenille Menorca

SANTA PONSA - TORREVELLA

fall harmony

Nouveau Départ by Natasha Andrews

FROM 11 TO 13 OCTOBER 2024

In collaboration with Susanne Kaufmann

FRIDAY

2.00 pm - Welcome and free time

5.00 pm - Opening of the retreat

6.00 pm - Pranayama session

Dinner in the gardens under the stars
of Menorca

Overnight in the heart of Santa Ponsa gardens

SUNDAY

Sunrise yoga session on the cliffs of Torre Vella

Introduction to the distillation of essential oils

Brunch

3.00 pm - End of retreat and free time in Torre Vella
before departure

SATURDAY

Ashtanga Yoga, Krias and Pranayama session in
the heart of the gardens

Energising and nourishing brunch on the terrace of
Santa Ponsa

Access to the Susanne Kaufmann Spa and relaxing
massages lasting 50 minutes

Herbalist workshop and creation of herbal teas

Sound bath in the heart of nature in the Carriere of
Santa Ponsa

Light lunch in the restaurant and start of fasting

Introduction to distillation and essential oils
creation workshop

Overnight in the heart of Santa Ponsa gardens

The definitive timetable for the activities will be sent 2 months before the date of the event.

PRICE CONDITIONS

- **2-night retreat: 1,420€ per person, non-cancellable, non-refundable.** This offer includes all activities from Sunday inclusive, two nights at Fontenille Menorca and catering (excluding consumption of alcoholic beverages or oft).

Booking by email at reservations@fontenillemenorca.com

HOW TO GET THERE

- Direct 1.5-hour flight from Paris, Marseille, Bordeaux and Toulouse from April to October

- 55-minute direct flight from Barcelona and 35 minutes from Palma de Mallorca

- Flight to Marseille: arrival 5.25pm on Fridays / departure 11pm on Sundays with Ryanair or 1.35pm with a stopover.

Santa Ponsa
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reservations@fontenillemenorca.com