



Calm Collective

MALLORCA



Welcome to Calm Collective

DISCONNECT TO RECONNECT

Mix things up.

Treat your team to a Retreat and discover the endless benefits of mindfulness and well-being.

At Calm Collective we specialise in delivering wellness Retreats on the Balearic Island of Mallorca.

WE ARE DELIGHTED TO PRESENT OUR IDEAS OF HOW WE CAN TAILOR MAKE YOUR VERY OWN COMPANY RETREAT.

“Our wish is that you experience the magical energy of Mallorca.”

Benefits for Corporate Teams

- REDUCED STRESS
- ENHANCED CREATIVITY
- RAISING AWARENESS AND COMPASSION
- HELP PROMOTE HEALTHY WORK/LIFE BALANCE
- IMPROVED MOOD AND ENERGY LEVELS
- CULTIVATING A POWERFUL TEAM BOND
- CONNECT WITH COLLEAGUES IN A NEW AND POWERFUL WAY
- BOOSTING HEALTH AND IN TURN PRODUCTIVITY



Activities



BREATHWORK & MEDITATION

Breathwork is a dynamic body-mind practice using conscious connected breathing for enhanced health, inner peace, wellbeing and personal transformation.

YOGA YOGA & NIDRA

A deep stretch and more meditative form of yoga which aims to achieve awareness and inner silence.

Be guided by a calming, gentle voice through the postures opening your body, making you more aware of your emotions and how to guide yourself through them.

CACAO CEREMONY

We will take you on a heart warming cacao ceremony which will allow you to connect with yourself, and others, in a deeper way than before. Any fear that is currently taking hold of you, will be replaced with love and joy.

Cacao has been used in ancient ceremonies it is also called the "Food of the Gods."

AFRICAN DANCE

To a rhythmic percussion beat you get the liberating opportunity to perform different practices aimed to release the body and explore its' infinite possibilities of movement. A fun and energetic way to make the body fluid that will take us to a place of pure joy.

VINYASA FLOW YOGA

Vinyasa is a breath initiated practice that connects every action of our life with the intention of moving forward towards what is sacred or most important to us.

MINDFUL MOUNTAIN HIKE

What better way than to disconnect from the complications of the modern world than with a guided hike through the Tramuntana landscape.

Led by a well-experienced guide, we will hike gently through one of the many breathtaking mountain ranges of the Sierra de Tramuntana.

Fuel & Nourish

The importance of food is obvious and essential. Healthy food provides us the nutrients and energy to develop and grow, be active and healthy, to move, play, work, think and learn.

Foods are directly related to our body and mental and social health because each food or liquid contains particular nutrition such as carbohydrates, protein, vitamins, minerals, fats, etc, which are very necessary for our physical and mental growth.

Enjoy a carefully selected menu, filled with freshly prepared and locally sourced produce throughout the retreat.



“Nature is the purest portal to inner peace”

Rural Finca

A PLACE YOU WILL NEVER FORGET

“Finca - A traditional Spanish Farmhouse Estate in the picturesque countryside.”

Calm Collective retreats are held at Mallorca's most charming Fincas which we carefully select based on their location, amenities as well as energy and landscape.

Each Finca offers complete stillness and silence as well as a magical, uplifting energy. An idyllic setting for your corporate Retreat.

All Finca options will be a minimum of 4 star category with individual rooms for guests and we work closely with the finca owners to create the very best experience for your team.



ITINERARY EXAMPLE

DAY 1
—
WELCOME & SETTLE

MORNING

- Arrival: Transfer to chosen finca & check in

AFTERNOON

- Welcome: a welcome by Calm Collective
- Lunch: Nutritious food served by Luma
- Free time: Time to unwind and relax, massage and reiki treatments on request

EVENING

- Option 1: Evening Deep stretch Yoga
- Option 2: Guided meditation
- Welcome Dinner: Casual dinner at the finca

DAY 2
—
ADVENTURE & RELAX

MORNING

- 7am wake up call: with Blue Lotus Tea served to the room
- Option 1: Yin Yoga
- Option 2: Mindful Mountain Hike
- Breakfast: Nutritious Breakfast
- Activity: Company 'coming together' 1 hour session

AFTERNOON

- Adventure Time: Touring car Drive through the Sierra de Tramuntana
- Lunch: in a the picturesque Mallorcan village, Deia

EVENING

- Return to finca & relax
- Activity: Cacao Ceremony
- Dinner: Delicious dinner served at the finca

ITINERARY EXAMPLE

DAY 3
–
RELAX & PARTY

MORNING

- 7:30am wake up call: with Blue Lotus Tea served to the room
- Option 1: Vinyasa Flow Yoga
- Option 2: Mindful Mountain Hike
- Breakfast: Nutritious Breakfast served by Luma
- Relaxation Time: Poolside lounging, beach visit, or shopping time for souvenirs.

AFTERNOON

- Lunch: Light lunch served on the finca grounds
- Option 1: African Dance
- Option 2: Breathwork & Meditation

EVENING

- Cocktails: Freshly made by the pool
- Activity Time: Depart to Dinner Show

DAY 4
–
WIND DOWN & GOODBYES

MORNING

- No wake up call
- Breakfast: Nutritious relaxed breakfast

AFTERNOON

- Activity: Closing circle of gratitude
- Lunch: Packed lunch provided
- Farewell: Departure to airport

Explore Mallorca

THERE ARE A VARIETY OF EXPERIENCES AVAILABLE FOR YOU TO ENJOY DURING YOUR TIME WITH US, IN MALLORCA. BELOW YOU WILL FIND A LIST OF ACTIVITIES THAT OFFER DIVERSITY AND FUN TO ANY RETREAT SCHEDULE.

- tarot card readings
- holistic massage / reiki sessions
- off road biking
- cave visits and experiences
- glass bottom boat trip
- dolphin watching tour
- water Park
- snorkelling and cliff jumping
- scuba diving experiences

- 
- wine tasting & vineyard tour
 - guided cycle
 - horse riding
 - antique / super car trail
 - sunset cruises
 - water sport activities
 - sunset trips
 - golf tournament
 - cooking experience



The Wellness Wave

A well designed and integrated retreat allows employees to step away from the daily grind and immerse themselves in activities designed to reduce stress and still advance business goals. This can lead to improved mental health, a more positive work environment and more productive teams.

Employees returning from a wellness retreat often experience increased focus, energy, and productivity. Taking a break from work to recharge can lead to better concentration and efficiency.

Join the wellness wave and experience the benefits of connecting with each other in a specially curated environment on the island of Mallorca.



Calm Collective

MALLORCA

QUESTIONS?



+34 663 575 992 | +44 79 68 541000



@calmcollectivemallorca