

# Yoga Retreat in Majorca

11th to 18th September 2027  
“La Serrania”



La Serranía is a stunning property situated in the foothills of Mallorca's Sierra de Tramontana Mountains, not far from the town of Pollensa.

Tastefully conceived, it is a retreat centre in a class of its own. The almost unimaginable tranquility of the location and the clean, reduced design of the buildings regularly draws small groups of artists, writers and yogis in search of privacy, natural beauty and creative inspiration. It is also popular for film and photo-shoots, family get-togethers and corporate retreats.

Featured in Condé Nast Traveller, Harpers & Queen and Habitania, La Serranía was designed with great sensitivity to the environment and exquisite attention to detail.

High ceilings and large windows create a remarkable sense of space and light. Dedicated and well equipped yoga studio with oak floor and stunning mountain views.

## Gillian Cawte



Gillian has practiced Yoga since 1999, training to teach with The Life Centre in London from 2005 to 2007. Gillian is a member of The British Wheel of Yoga and a Senior Yoga Alliance teacher. Gillian is the British Wheel of Yoga Module teacher for Yin Yoga. She has studied with various international teachers including Mukunda Stiles, Aadil Palkhivala, Richard Freeman and Donna Fahri. Gillian qualified as a Yin Yoga teacher on Paul/Suzee Grilley's Level 1 course in 2009. Gillian continued this training with Level 2 in 2011, Level 4 in 2013 - Chakras/Meridians and Level 3 in 2016. She has also studied with Bernie Clark in Vancouver in 2014. In 2013 and 2014 she

completed Sarah Powers 200-hour Yin/Insight Teacher Training. In 2017 she also completed Sarah Powers 500 teacher training and Levels I, II, and III. Gillian's teaching style incorporates Hatha Yoga with flows. She likes her students to feel their poses rather than the look of a pose. She explains how poses are performed and likes her students to be comfortably challenged!

## Testimonials

*'For me, a yoga retreat is about recharging, restoring, and reflecting in the sunshine. Gillian's retreat at La Serrania offers that, and more. Retreating here gave me yoga for mind and body, great food, in an idyllic location. Whether you want quite time for yourself or time to make new friends, this retreat is highly recommended'. Thaleia A.*

*La Serrania, Mallorca is the perfect place for a retreat situated in an amazing area. The accommodation and food are first class. I have attended several retreats here. Gillian is very knowledgeable and has trained with the best of yoga masters. She is a great organizer and makes sure all our needs are catered for. You will not be disappointed if you come on the retreat. Aileen D.*

*I have been to three yoga retreats at La Serrania with Gillian. They were well run, and the yoga offered was excellent, you learn but you also have fun. In your free time you can relax by the pool and get to know your fellow yogis or stroll around the property. If you want some quiet time, there are plenty of secluded places as well. La Serrania is beautifully situated and an ideal venue for a yoga retreat. Audrey W.*



## **Daily Programme**

First day - Welcome  
Light refreshments

### **Early morning 8-30 to 9 am**

Meditation

It is a suggestion to observe silence  
before this session.

***Breakfast 9 am***

**11 am to 12.30 pm**

Yoga

***Lunch and free time***

**4-30 to 6 pm**

Yin Yoga

Quietens the mind and releases tension  
from the body. Floor based poses are  
held for 3 to 5 minutes

***Dinner at 7.30 pm***

All classes are included but its your  
choice to attend.

Wednesday - Early morning meditation  
and breakfast. Rest of the day free (no  
other meals provided) excursion to  
Porto Pollensa.

## **Fees and Terms**

£ 1650 per person in a shared twin with ensuite bathroom

£ 1900 per person in a single room with ensuite bathroom

Payment by can be by instalments

## **Included**

The price includes all Meditation and Yoga classes. Exclusive use of all the facilities and equipment at the centre.

Transfers to and from Palma airport to La Serrenia included subject to arrival time.  
(Details to be advised when flights available to book)

7 nights accommodation

Full board (including wine with evening meal) tea, herbal teas, coffee and water

Use of yoga mats, blocks and belts

## **Not Included**

Airfares (There are direct flights to Palma from most UK airports)

Airport transfers outside agreed arrival times. Alternatively you may wish to hire a car.

Excursions outside the centre

Travel/Personal/health insurance is strongly recommended

Massages and other therapies – on site

A non-refundable deposit of £250 at time of booking will secure your place. Second non-refundable deposit of £250 due 1st November 2026.

The retreat will run if a minimum of 8 students have paid the deposit by December 2026. Deposit is non-refundable if the retreat runs. The balance is payable by 19th June 2027.

For more information and to reserve your place, please contact Gillian: -

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**Telephone:** 0796 815 4525

**Or via the website** <https://gilliancawteyoga.co.uk>