



Santa Ponsa
FONTENILLE MENORCA

Fall Harmony

Nouveau Départ by Natasha Andrews



Torre Vella
FONTENILLE MENORCA

OCTOBER 2-5, 2025

Each participant will receive an exclusive selection of Natasha Andrews' and Fontenille Collection's signature wellness products, designed to enrich your daily holistic and sensory rituals.

THURSDAY

Santa Ponsa

11 AM - Arrival at the hotel & welcome drink
12 PM - Welcome & retreat opening
12:30 PM - Anti-inflammatory brunch in the gardens
2 PM - Free time
3:30 PM - Check-in
4:30 PM - Breathwork, alignment & japa session
7 PM - Collagen broth & light dinner at Nura
 Start of fasting
8:30 PM - Gong Bath in the chapel
Night in the gardens of Santa Ponsa

SATURDAY

Santa Ponsa

8 AM - Five elements flow
9:30 AM - Silent walk & swim at Cala Pilar
12:30 PM - Nourishing brunch at Santa Ponsa
2 PM - Free time & introspection (rest, pool, nap, massage - Groupe 2)
7:30 PM - Collagen broth & light dinner at Nura
 Start of fasting
Night in the gardens of Santa Ponsa

FRIDAY

Santa Ponsa & Torre Vella

8:30 AM - Yoga Sangraha & Pranayama session at Santa Ponsa
11 AM - Departure for Torre Vella
11:30 AM - Power walk & energizing picnic on the cliffs of Torre Vella
2 PM - Back to Santa Ponsa
From 3 PM - Free time & introspection (rest, pool, nap, massage - Groupe 1)
5 PM - Revitalizing sea bath at Son Bou & sunset aperitif
7:30 PM - Collagen broth & light dinner at Nura
 Start of fasting
Night in the gardens of Santa Ponsa

SUNDAY

Santa Ponsa

8 AM - Yoga & Strength
10 AM - Energizing breakfast
 Retreat closing
11 AM - Check out

PRICING CONDITIONS

- 3 nights / 4 days retreat (from thursday to sunday) at Santa Ponsa & Torre Vella : Includes all activities, meals and accomodation at Santa Ponsa.

€2150 per person in a single room and €1700 per person in a shared room.
 50% payment upon booking, 50% upon arrival, non-cancellable and non-refundable.

Additional options:

- Preferential rate for the night of Wednesday, October 1 and Sunday, October 5 : €305 par person (breakfast included)
- Early check-in & breakfast on Thursday, October 2 from 10AM : €150 per person
- Transfer to Mahon Airport: €50 per person

By email reservation at : reservations@fontenillemenorca.com

HOTEL ACCESS

- Santa Ponsa, Carretera Llucalari, 07730 Alaior - Spain, + 34 971 372 352
- By plane : 1h30 from Paris Orly, 55 min from Barcelona and 35min from Palma de Mallorca



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