

**Join me for a Journey to Europe – Sept 11 or 15 to 22, 2012
Enjoy a Yoga Retreat at La Serrania on the Mediterranean Island
Majorca, and visit the Spanish/Catalan Metropolis Barcelona before.**

September 15 - 22, 2012

La Serranía is a stunning property situated in the foothills of Majorca'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 draw 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.

Enjoy 4.6 hectares (10 acres) of private grounds

6 double bedrooms, each with ensuite bathroom and private terrace, to accommodate up to 12 guests
Just in case: central heating and overhead fans
2 large group rooms, 50 m² and 75 m²
meditation room and massage room
14 m. long pool with amazing views of the valley

The Retreat will include 3 daily yoga classes, optional. **(see also the detailed description)** Each class is different and are developed around the needs of the participating students.

Exquisite Mediterranean cuisine: La Serranía prides itself on offering good, healthy meals, either vegetarian or a mixture of vegetarian and non-vegetarian. In general, their cooking style is 'Mediterranean' rather than specifically Spanish and will include dishes from the entire region. They offer an extensive buffet breakfast (tea, coffee, juice, müsli, yogurt, fruit and nuts, bread, cheese and jams), and a buffet lunch with a choice of dishes dependent on the weather and season. Dinner is served at the table and includes 3 courses and wine. Water and fruit are available throughout the day.

Also possible, but not included are additional activities, (e.g. bicycle rides, hikes & walks with a picnic or a trip to one of the most emblematic **olive oil mills**, Es Verger in Esporles, where as well as oil they produce their own ecological wines with the labels Ses Marjales, Els Rojals and Aubocassa. This mill is situated in the 13th century estate of Manacor, which boasts a Gothic style hermitage and stables within its twenty hectares of olive groves.

All activities are or can be organized by Rolf Goellnitz (OMC Communication LLC) and have to be scheduled and paid individually during the stay. Costs will depend on number of participants.

Show up earlier in the old world and ADD if you like package B: Stay in Barcelona with RoxAnn and Rolf Sept 11 - Sept 15

(ONLY Possible, if minimum 6 participants)

Take advantage of the fact, that we've been several times in this exciting city for leisure and work. Here tradition meets contemporary design and Mediterranean Lifestyle meets urban luxury. Enjoy with us the **best tapas, beautiful designed stores, hidden cultural gems, the architectural master pieces of classic Antoni Gaudi and the astonishing work of the young Picasso.** Live the rhythm of the city and enjoy the lively evenings and leisure mornings before we take the ferry, crossing the Mediterranean Sea to 'sail' to Mallorca on Sept 15.

A - Short facts Majorca: September 15-22 (min/max 10 Participants)

- **Transfer** Palma de Mallorca Airport - La Serranía - Palma airport (1H ride each direction)
- **7 night accommodation** at one of the best Mediterranean Villas (double occupancy)
- **3 daily Yoga** activities (optional)
- **Three meals daily** included (except lunch on 4th day)
- An **artist studio visit** in Pollenca or afternoon at the beach
- A **day trip to Palma** incl. Lunch package
- A **3 hour landscape photo class** for beginners by Rolf Goellnitz

1.395 EUR p. Person (Double occupancy)

Not included are airfare, additional activities*, additional food and drinks, gratuities, additional transportation.

*All additional activities organized by OMC Communication LLC, La Serrania or third parties have to be paid individually. Costs will depend on number of participants.

B - Short facts Barcelona: September 11 - 15 (min 6 Participants)

Including

- RoxAnn and Rolf accompanying you in Barcelona Sept.11 until Sept.15 and traveling with you by boat to the island of Mallorca.
- **4 nights** in a very comfortable Hotel*** in a double room in the Center of Barcelona including continental breakfast (please note that the size of Barcelona hotel rooms, simply can't be compared to the dimensions you might be used to in the US)
- **4 x lunch** with ¼l table wine / coffee (Tapas Bar)
- **4 x 3 course menu** / 1 bottle table wine / coffee (restaurant)
- **Transfer** from Airport to Hotel and Transfer via Ferry to Palma

940 EUR p. Person (in double room)

Not included: airfare, additional activities*, additional food and drinks, gratuities, additional transportation.

Costs for all Metro / Bus / taxi transportation in the city and access to sights *All **additional** activities organized by OMC Communication LLC, or third parties have to be scheduled and paid individually during the stay. **Costs will depend on number of participants.**

OMC Communication LLC - 7561 Center Ave #32, Huntington Beach, CA 92647, USA - 714-421-0476
Seller of Travel CST #2105756-40 - TCRC Member 600503 "Registration as a seller of travel does not constitute Approval by the State of California."

Total Costs: Package A = 1,395 EUR = USD 1,953* (without air travel USA - Spain and back) (exchange on OCT 27, 2011)

Total Costs: Package A + Option B = 2.335 EUR = USD 3,269* (without air travel USA - Spain and back) (exchange on OCT 27, 2011)

***IMPORTANT:** All Prices are in Euro. THE FINAL PRICE IN US-DOLLARS WILL ALWAYS DEPEND ON THE CURRENCY EXCHANGE RATE OF THE DAY YOU PAY YOUR DEPOSIT and/or YOUR BALANCE.

Please note: Arranging and booking Travel USA to Spain and back is your obligation,

Estimate flight costs LAX to Barcelona and back from Palma to LAX currently offered by Expedia for about USD 1,250 - 1,350

Estimate flight costs Roundtrip LAX To Palma de Mallorca currently offered by Expedia for about USD 1,250 - 1,350

If you fly into Palma MAKE SURE to arrange your travel to arrive in time for pick up / transfer to La Serrania at 5.30 PM (17:30h) in Palma de Mallorca Airport on September 15, 2012.

Also good to know: Tax (VAT / IFA) and tips in Restaurants in Spain

As of July 1 2010, the general VAT regime has the standard rate of 18%, and reduced rates of 4% and 8%.

The 8% rate applies to certain goods and services, such as purchase of a newly built properties, hotels and restaurants, health products, and entertainment and sports activities.

The 4% rate applies to goods considered as basic necessities, such as certain food and reading material (newspapers, magazines, books).

Most Spanish do tip in restaurants provided the service has been good from 50 cents to 1 EUR for a drink or two, up to 5% for a meal with several guests.

Prices displayed normally are including taxes.

Yoga with RoxAnn

The retreat will include 3 daily yoga activities, all optional. You may be wondering why I call them activities and not classes. Each activity is different and some are actual classes. Besides being developed around the needs of the participating students I have designed the classes also around the beauty of the location and facilities. Drawing from Help Your Health Yoga workshops we'll be focusing on: Weight Loss, Arthritis, Stress, Shoulders/Arms, Back Pain, Knees/Feet and Office(Desk) Yoga as well as Yoga Therapy.

We will begin the day before breakfast with a **Traditional Gentle Yoga Class** outside, welcoming the beginning of a beautiful day in our chosen location, awakening the body and enjoying the local ambience. There is always the option that this class can be held midmorning (well after breakfast) instead, if there are no outings scheduled.

Also early in the morning, I will define a place to do Sun Salutations before class and anyone can join me if they wish, this may be near the pool, on a deck or under the trees and will be separated from the class.

The next yoga gathering will be an **Instructional Hour** later in the day and will be different for each individual. Here we will work together on any specific questions you are having about your yoga experience/ practice, maybe a new asana which you have never done or setting up a specific short routine. Whether you want to take your practice to another level during this retreat or what questions you might have, in general or specifically, this is where they will be answered.

In the evening before retiring, and after dinner has been digested, we will share a **Restorative Practice** with **Yoga-Nidra** (or Yogi Sleep) and a guided meditation. The location will either be inside or out. With the lights low or candlelight, singing bowls, nothing active just passively experiencing a state of releasing to complete surrender of tension and stress.

Fortunately, your bed will not be far as you prepare for a deep, pleasant night's sleep.

Your yoga experience will be individual. If you are a seasoned practitioner you can continue your journey in a magical location. In case you are a beginner, who is new to yoga, you will begin your exploration. Then there might be some, who opt out completely and that is also okay!

Namaste,

RoxAnn

General Schedule of the Retreat Week:

Saturday Afternoon arrival at **La Serrania**:

6:30 PM Welcome drinks and introduction to our hosts.

8:00 PM Dinner - 9.30 PM **Restorative Practice** with **Yoga-Nidra**

Sunday - Friday

6:00 AM Sun salutations

7:00 AM **Traditional Gentle Yoga Class**

8:30 AM Breakfast

1:00 PM Lunch

5.30PM **Instructional Hour**

7:30 PM Dinner

9.30 PM **Restorative Practice** with **Yoga-Nidra**

Saturday 6:00 AM Sun salutations

7:00 AM **Traditional Gentle Yoga Class**

8:30 AM Breakfast

Leaving for Palma de Mallorca Airport

P.S. All yoga classes are optional. All included activities like visit of local artist studio, Day trip to Palma, Landscape Photo class will be scheduled in time before departure from the USA.

Additional activities organized by OMC Communication LLC, or third parties have to be scheduled during the stay and will be paid individually. **Costs will depend on number of participants.**