

SOULTIVATION RETREATS



Mallorca
March 21st - 26th 2026



SOULTIVATION RETREATS

We are very excited to gather together and offer you this moment of deep nourishment set in a serene sanctuary nestled in nature. An authentic country house named Ca'n Forn, which translates as "the house of the oven", formerly the only house in the area with a wood oven, a point of community connection and sustenance.

The heart of Souldivation is to create harmony in ourselves, relationships, communities and environment. At the heart of every home lies the hearth, the fire that warms, nourishes, and protects. We will gather around this inner and outer fire to restore balance, create nourishing rhythms, and reconnect with the sacred art of daily living.

This is an invitation to reset your rhythm and align with your inner fire (agni). Learn practical skills to bring more nourishment into daily life. Experience community around the hearth, a space of love, care, and protection. Reconnect with nature, food, and your inner healer.



TEND YOUR INNER HEARTH



OUR GUIDING CIRCLE

Callie



Saba



Callie brings over 20 years of yoga, pranayama, and meditation practice, guiding each student with clarity, compassion, and presence. Her teaching is infused with the Hawaiian spirit of Aloha, inviting love, awareness, and connection into every breath and movement.

Saba brings years of experience working on retreats as a holistic chef and nutrition consultant. Her trust in food as medicine, weaves nourishment and love into every workshop and moment at Soultivation, rooted in bridging ancient traditions with modern wisdom.

Saba and Callie have shared nearly two decades of friendship, first inspiring one another in the kitchen, where Callie introduced Saba to the art of soulful, vegetarian cooking. Over the years, their techniques and styles have evolved, yet they remain united by a devotion to fresh, seasonal produce and the belief that good food feeds both the body and spirit. Together, they've curated Soultivation a labour of love, and nourishment for the soul.

YOUR GUIDES

Paulo & Louka



Paulo nourishes the retreat with meals inspired by his Mexican heritage and shaped by life in Mallorca, crafting dishes from the freshest local ingredients.

Beyond the kitchen, he shares his intuitive gifts through numerology and angel card readings, offering soulful guidance to those who seek it.

Louka, creator of Meditation in Touch and Tulayoga, offers healing through mindful, embodied touch. His full-body massage practices are a moving meditation, inviting deep rest, awareness, and harmony of body and spirit.

They live in a finca next door to the retreat house, surrounded by vineyards and olive groves, "a home in the land of quiet, where the body and being can progressively relax."

OUR OFFERINGS:

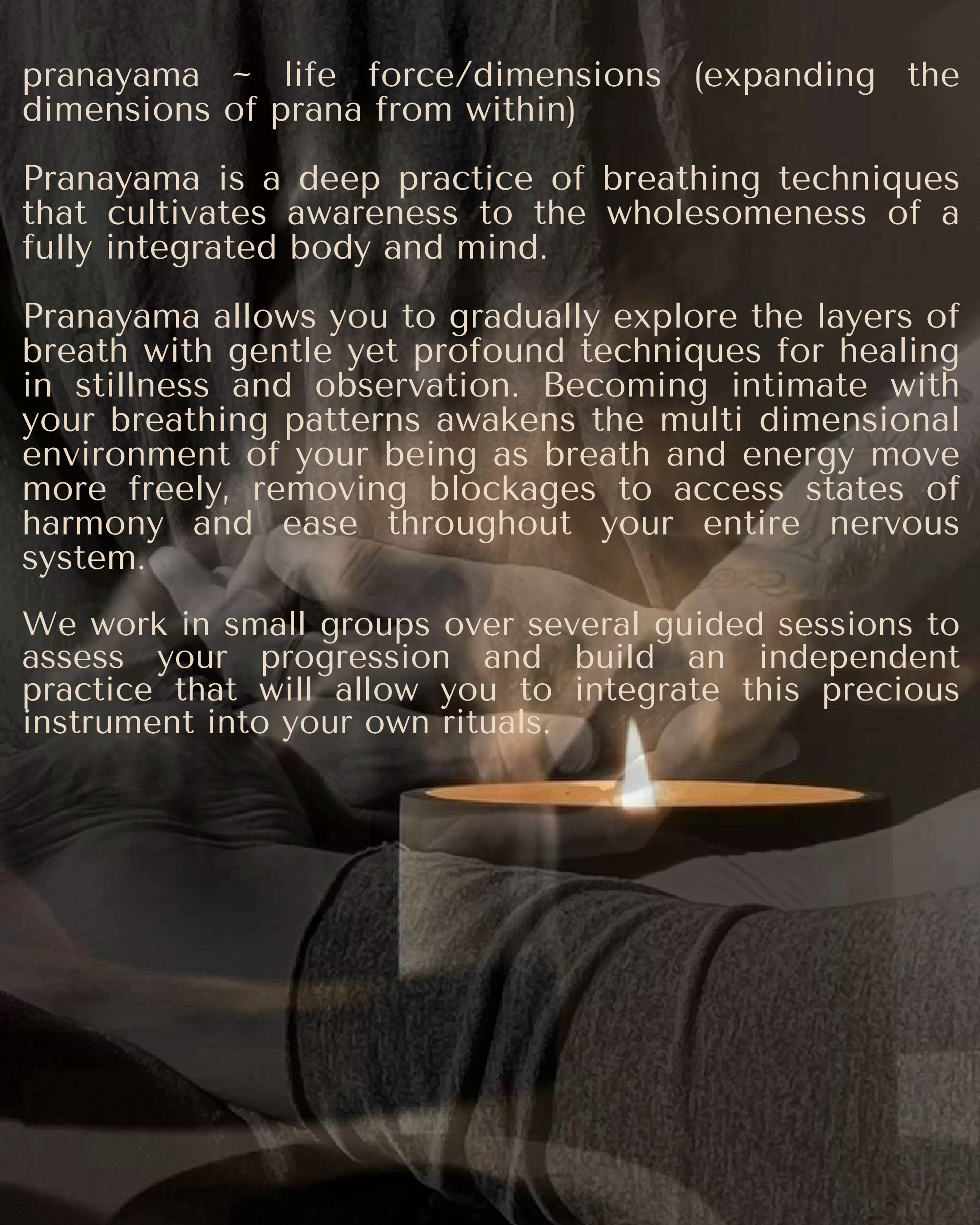
- Daily pranayama, yoga therapy & meditation
- Two holistic cooking workshops
- One Meditation in Touch massage
- Mindful eating meditation & food blessing rituals
- Market visit or olive oil farm excursion
- Nature walks & foraging
- Herbal oil making
- Self-massage workshop
- Healing arts workshop
- Evening satsang, philosophy talks & fire ceremony

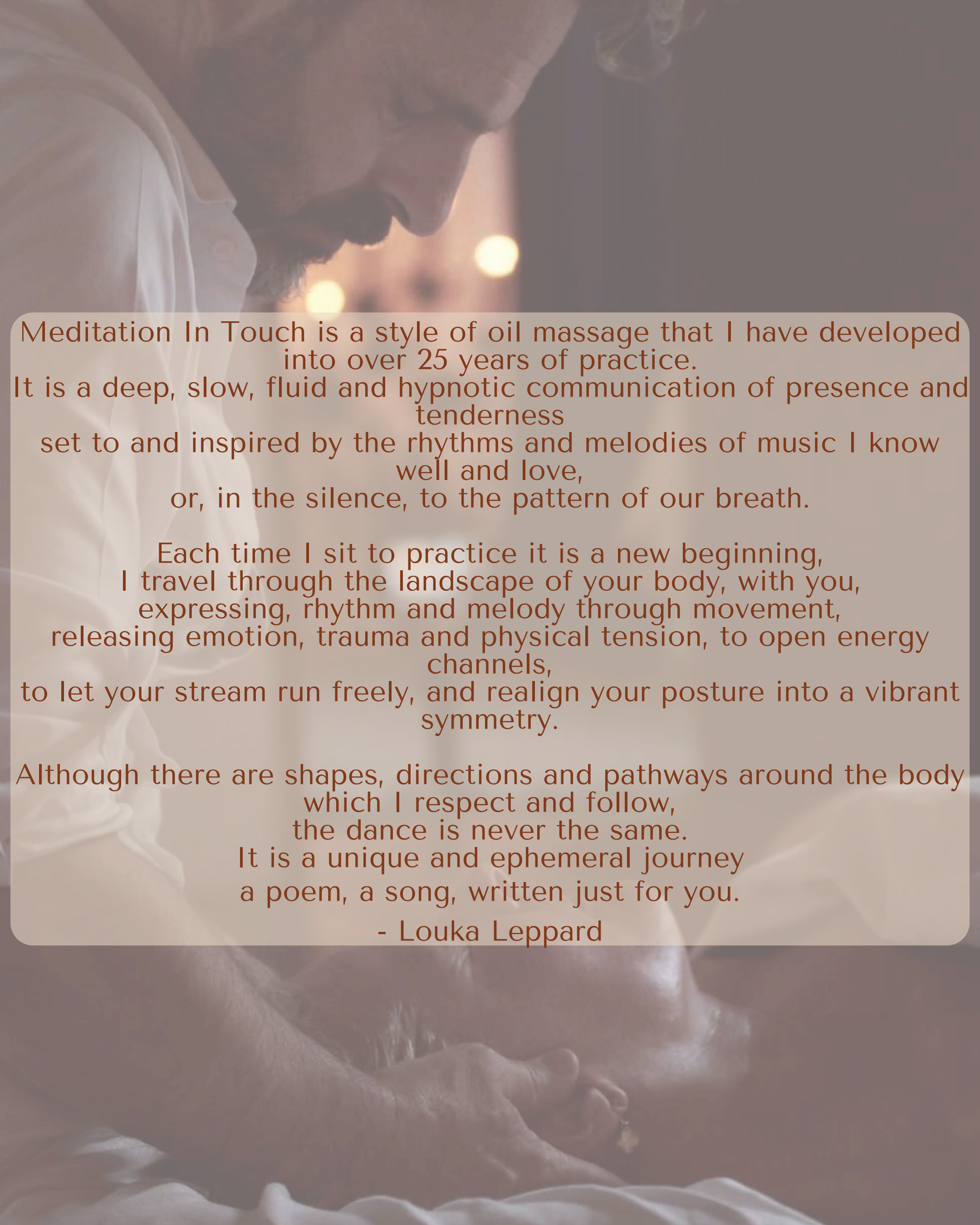
pranayama ~ life force/dimensions (expanding the dimensions of prana from within)

Pranayama is a deep practice of breathing techniques that cultivates awareness to the wholesomeness of a fully integrated body and mind.

Pranayama allows you to gradually explore the layers of breath with gentle yet profound techniques for healing in stillness and observation. Becoming intimate with your breathing patterns awakens the multi dimensional environment of your being as breath and energy move more freely, removing blockages to access states of harmony and ease throughout your entire nervous system.

We work in small groups over several guided sessions to assess your progression and build an independent practice that will allow you to integrate this precious instrument into your own rituals.



A man with a beard, wearing a white shirt, is shown from the chest up, leaning over a person lying down. He is performing a massage. The background is softly blurred with warm, bokeh lights. The text is overlaid on a semi-transparent white box.

Meditation In Touch is a style of oil massage that I have developed
into over 25 years of practice.
It is a deep, slow, fluid and hypnotic communication of presence and
tenderness
set to and inspired by the rhythms and melodies of music I know
well and love,
or, in the silence, to the pattern of our breath.

Each time I sit to practice it is a new beginning,
I travel through the landscape of your body, with you,
expressing, rhythm and melody through movement,
releasing emotion, trauma and physical tension, to open energy
channels,
to let your stream run freely, and realign your posture into a vibrant
symmetry.

Although there are shapes, directions and pathways around the body
which I respect and follow,
the dance is never the same.
It is a unique and ephemeral journey
a poem, a song, written just for you.

- Louka Leppard

OUR SERENE SANCTUARY

Nestled in the rolling countryside near Felanitx, Ca'n Forn is an authentic Mallorcan farmhouse lovingly restored by its owners, former antique dealers, who infused every corner with character and warmth.



ROOMS

C'an Forn offers four inviting room types:

1 x spacious King ensuite

2 x elegant Queen ensuite

1 x charming Queen room with shared bathroom

1 x bright Twin room

Each space combines comfort and simplicity, with restored details and soft natural light creating a calm place to rest and recharge.

Single or double occupancy options available.



SAMPLE DAY

7:30- 8:00am herbal tea & coffee with light snacks

8:00 - 10am yoga, meditation & pranayama

10:30 - 11:30am brunch

12:00 — 3:30pm free time for rest, massage and island exploration

3:30pm - light snack

4:00 - 6:00pm workshops (cooking, fermentation, healing arts)

7:00pm dinner



PRICING

Large King Ensuite - 2600 EUR single occupancy / 2100 EUR shared (each)

Ext Queen Ensuite - 2600 EUR single occupancy / 2100 EUR shared (each)

Queen Shared Bath - 2425 EUR single occupancy

DS Queen Ensuite - 2425 EUR single occupancy / 1925 EUR shared (each)

Twin Shared Bath - 2225 EUR single occupancy / 1725 EUR shared (each)

This is an intimate retreat with a maximum of 9 guests.

Price includes:

- 6 nights accommodation
- Fresh brunches, snacks, dinner & herbal teas, coffee, water & juices
- Daily yoga therapy, meditation & pranayama with Callie
- 1 x Meditation in Touch massage treatment (2 hours) with Louka
- 2 x cooking workshops with Callie & Saba
- 2 x healing arts workshop with Louka & Paulo
- 2 x excursions

What's NOT included:

- flights, airport transfers (car rental/ car share advised)
- lunch
- additional treatments/services not mentioned above



ADDITIONAL SERVICES MENU

1:1 Holistic Nutrition

Consultation with Saba

1:1 Meditation & Relaxation

Sessions with Callie

Angel Card reading &

Numerology with Paulo

Meditation in Touch Massage
with Louka

*pre-booking advised & price on request



BOOKING

To book your place email Callie
info@kayrbycallie.com

All applicants need to fill out the
application form.

Non-refundable deposit of 350 EUR
required to secure your place within
7 days of acceptance

Early bird special until 31st October 2025

Payment plans available upon request

