

Awakening Balance: Yoga and Tibetan Wisdom for Modern Life

With Karl Straub & Loten Dahortsang

24 – 29th of September 2026





Description

Join us for a unique six-day retreat dedicated to cultivating balance and harmony in body, mind, and spirit. Guided by two senior teachers, the program offers twice-daily sessions including yoga, meditation, pranayama, chanting, mantras, and insightful discussions.

Internationally recognized teachers Karl Straub and Loten Dahortsang bring decades of experience, creating a powerful synergy through their long friendship and complementary teaching styles. Both teachers are gifted storytellers whose warmth and wisdom make each session inspiring and unforgettable.

What to Expect

Morning and Evening silence / digital detox. No talking, no electronic devices during quiet hours 10 pm -10 am.

Yoga, Pranayama. Karl leads flowing yoga session, adapted for your needs, guided breath techniques, and deep relaxation (savasana) for profound relaxation and recovery.

Meditation, Mantras, Spiritual Conversations. Loten guides authentic Mahamudra and Dzogchen meditation, adapted for the modern practitioner, along with healing mantras and spiritual dialogue, and Q and A.

Healthy Delicious Vegan/Vegetarian Meals

Free Time plenty of open time for you to rest, explore nature and beaches, or enjoy the pool and spa.

Who is this for? Suitable for those seeking health, balance, self-empowerment, and inner clarity. All levels are welcome, though a basic understanding of yoga and meditation is recommended.

About the facilitators

Karl Straub

Karl Straub was born in North Carolina, and he was introduced to meditation around age 10. He became a competitive swimmer, singer, dolphin communication researcher, and graduate of Duke University. He lived 6 years in NYC, taught math and science, and founded one of the world's first web hosting companies. In 2005 he made a life-changing decision to dive deeper into yoga and meditation. He sold his business, donated his belongings, gave up his flat in Manhattan, and set off to explore a simple life with just what he could carry. This began an odyssey of 8 years during which he kept no apartment anywhere. He traveled, studied, and eventually taught in over 40 cities in 12 countries. He is continually inspired by his parents and family, students and friends, and senior teachers like Richard Freeman, Zen master Keido Fukushima, Swami Bua, David Life, Sharon Gannon, and others, to share a gentle way of life with depth, clarity, and light-heartedness.

Karl lives in Zurich, Switzerland and leads classes, events, and retreats around the world.

Loten Dahortsang

Loten Dahortsang was born in Tibet in 1968, and trained at the Monastic Tibet Institute since 1982. He is a featured presenter and retreat leader at major Buddhist centers across Europe, and at retreat centers around the world. Loten is based in Switzerland where he teaches at Rikon Monastery.



PROGRAM SCHEDULE

Arrival day

15:00 - 18:00 check in, settle in.

18:30 dinner

20:30 welcome circle

Daily

7:30-9.30 yoga, pranayama, meditation, relaxation

9:30-11:00 Breakfast

11:00-16:30 free time

16:30-18:30 mantra, meditation, dharma talk, Q&A

18:30 amazing dinner

Final Day

7:30-9:00 yoga, pranayama, meditation, relaxation

9:00-10:30 Breakfast

11:00 checkout, departure

PRICING

Single room: 2.728,75 €*

Double room: 2.040,00 €* per person (beds can be set as one double or two twin beds)

External participants (not staying overnight): 1.200€

* There is a surcharge of 45 € per room and night for luxury rooms & one bedroom suites

The prices of the booking include a single or double room, half board (breakfast and dinner), the activities scheduled on the retreat (meditation, breathwork, yoga) and a massage.

BOOKING & PAYMENT

To make your reservation, please contact enquiries@calreiet.com or alternatively call us at (+34) 971 947 047.

We charge 500,- € deposit when booking up to 3 months in advance to guarantee the room. Three months before the retreat the remaining amount will be charged.

Our account details:

IBAN: ES80 0019 0086 15 4010067913 BIC/SWIFT: DEUTESBBXXX

Bank: Deutsche Bank

Beneficiary: Cal Reiet Mallorca SL

After receiving your payment CAL REIET HOLISTIC RETREAT will send you a booking confirmation. By doing the payment for the retreat reservation you accept the cancellation policy stated below.

CANCELLATION POLICY

There will be no refunds or discounts for arriving late, leaving early, flight cancellations, travel delays or illness. We do not accept any liability for failure to provide the services contracted or any of them due to circumstances beyond our control. To the extent permitted by law, Cal Reiet do not accept any liability arising out of any occurrences beyond its control including but not limited to acts of terrorism, acts of God, flood, war, strikes, riot, theft, delay, cancellation, civil disaster, government regulations or changes in itinerary or schedule (collectively, “Force Majeure”).

If you cancel the retreat for any reason, the cancellation policy below will apply, with no exceptions:

IF YOU CANCEL YOUR RESERVATION:

If you cancel more than three months in advance – we will charge 150€ as an Administration Fee. The remaining amount (350,00€) will be refunded.

If you cancel between 30 and 90 days prior to retreat start, we will transfer 100% of the deposit paid towards a new retreat or private booking.

If you cancel up to 3 weeks prior to retreat start, we will transfer 75% of the deposit paid towards a new retreat or private booking.

If you cancel up to 2 weeks prior to retreat start, we will transfer 50% of the deposit paid towards a new retreat or private booking.

If you cancel up to 1 weeks prior to retreat start we will transfer 25% of the deposit paid towards a new retreat or private booking.

If you cancel less than 1 week prior to retreat start, no refund will be given.
To cancel please send an email stating that you wish to cancel your booked retreat to enquiries@calreiet.com.

In the event that Cal Reiet Mallorca S.L. by forces beyond its power needed to cancel all services stipulated under the contract, Cal Reiet Mallorca S.L. reserves the right to postpone the booking by offering alternative dates and transferring the full amount of the deposit received towards the new booking.

CAL REIET
HOLISTIC RETREAT



We look forward to having you with us!



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