

SON
XOTANO

LA PAUSA
YOGA RETREAT



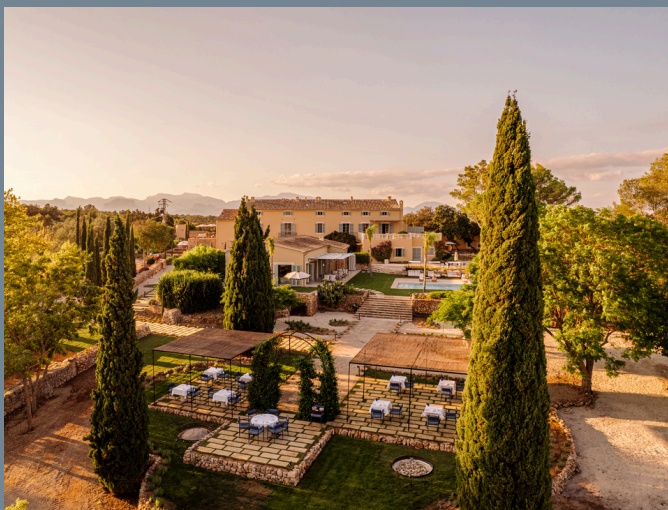
BY PAUSA CONCEPT
20TH-22ND MARCH, 2026

[MALLORCA]



WELCOME TO SON XOTANO

Surrounded by vineyards, olive groves, and lavender gardens, this Mallorcan retreat captures the essence of a traditional possessió, blended with the understated elegance of the French countryside.



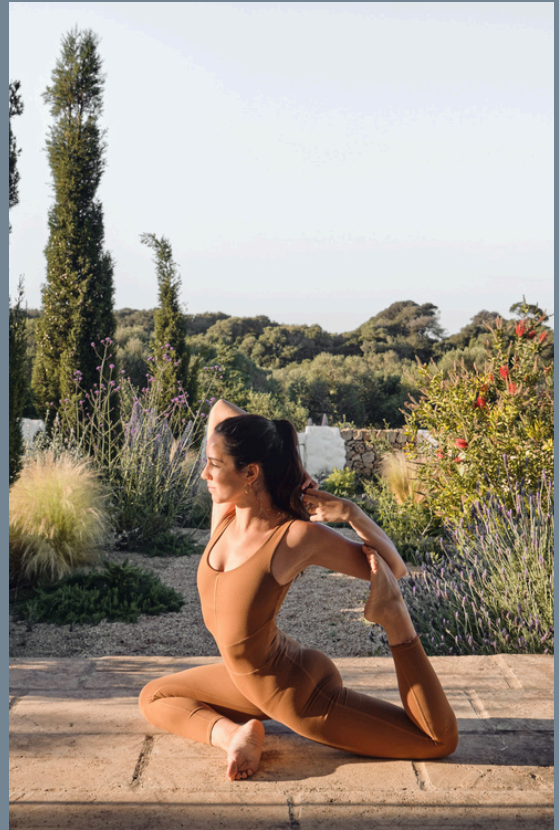
Come and enjoy La Pausa. A special wellness weekend: yoga, self-discovery, countryside and beach, meeting new people, and reconnecting with yourself and with nature.



ABOUT THE INSTRUCTOR

Paula is the person who will be sharing this experience with you. She started the Pausa Concept project three years ago, and she is truly excited that you will be part of it.

The Pausas bring together what she considers the perfect components for a happy life. The entire experience is designed to help you connect with yourself and with your surroundings in different ways — always with the essential ingredient of having a good time.



She trained as a yoga teacher in India, completing a 200-hour course and a 300-hour course in Rishikesh and Goa. She has also studied Coaching and Gestalt Therapy, and she is currently studying Psychology.

And if you get to know each other a bit more, she will tell you all about her life before all of this.



YOUR HOME FOR

3 DAYS

20th - 22nd March, 2026



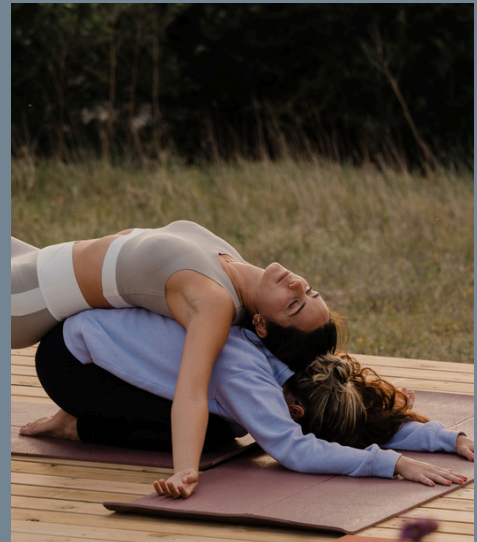


AGENDA

DAY 01

Friday, 20.03.2026

- 03:00 pm Check-in
- 04:00 pm Welcome
- 05:00 pm Yoga session
- 06:00 pm Group circle
- 08:00 pm Welcome dinner



The retreat begins with a smooth check-in, followed by a warm welcome to set the tone for the experience.

You'll then enjoy a yoga session and a meaningful group circle to start connecting with yourself and others.

The day comes to a close with a welcome dinner shared with the group.

AGENDA

DAY 02

Saturday, 21.03.2026



- 08:30 am Morning snack
- 09:00 am Yoga session
- 10:00 am Group circle
- 12:00 pm Brunch time
- 02:30 pm Walk / Beach / Free Time
- 06:00 pm Restorative Yoga + Partner Work
- 07:00 pm Art Therapy Workshop
- 08:30 pm Dinner

The day begins with a light morning snack before moving into an energizing yoga session and a meaningful group circle.

After a nourishing brunch, you'll have time to enjoy a relaxing walk, head to the beach, or simply unwind.

In the afternoon, we continue with a restorative yoga practice combined with partner work, followed by a creative art therapy workshop. The day concludes with a cozy and delicious dinner shared with the group.



AGENDA

DAY 03

Sunday, 22.03.2026

08:30 am Morning snack

09:00 am Yoga session

10:00 am Group Circle

11:30 pm Farewell

12:00 pm Check-out

12:10 pm Brunch



The morning begins with a light snack before moving into a final yoga session and a heartfelt group circle.

After sharing a warm farewell, guests check out and enjoy a last brunch together to close the experience on a nourishing note.



BOOK YOUR
SPOT HERE!



FOR MORE INFORMATION:

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