



**ACTIVE
MOVEMENT
RETREAT
MENORCA**

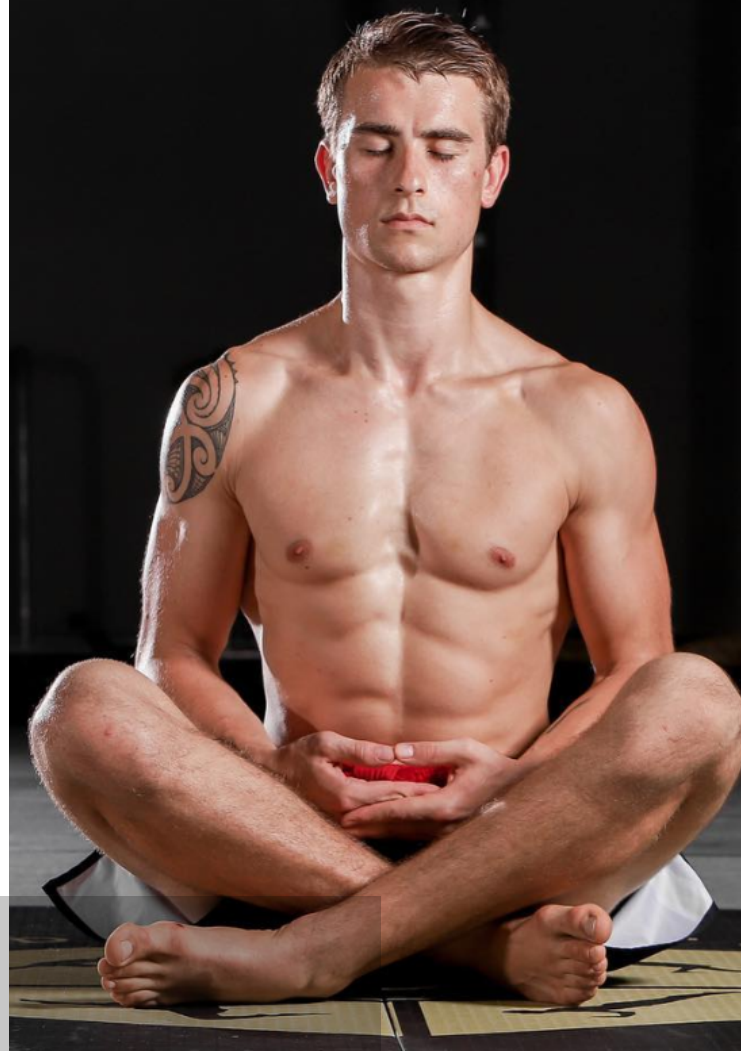
**JUNE 9-15
2019**

MENORCA, SPAIN

Your experience

In the Active Movement Retreat in Menorca you will learn to nourish your mind, body and soul, the key interdependent components of your overall well-being.

In beautiful surroundings you are invited to relax in breathtaking beaches, enjoy healthy cuisine and take a variety of fitness activities which will enable you to enhance your wellness.



LIVING IN HARMONY

During the week, we will develop together the concept of “living in harmony”. We want you to reconnect with yourself, with your body, with your environment, with your relationships...and find balance. Balance of hard and soft, yin and yang, active fitness and soft and gentle practices.

EXCLUSIVE EXPERIENCE

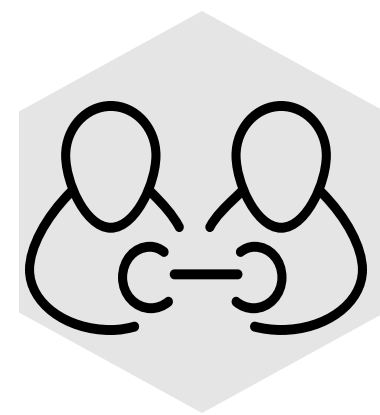
With a group of no more than 10 people, we can bring you an exclusive and personalized experience that will reconnect you with yourself and with nature; and leave you feeling charged, balanced and restored.



Our philosophy

We are obsessed about bringing the best of each world and combine it to offer a holistic approach to your well-being.

During the week, we will take care of all these three aspects that contribute to your health.



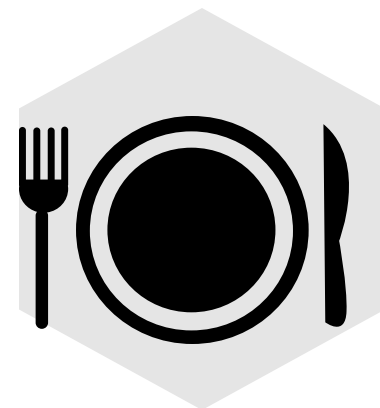
Community

Feel the good vibes and the power of the community that is created during the retreat



Movement & Fitness

We will focus on improving your fitness and how you move.



Nutrition

We will look at how you eat in order to boost how you feel.



Mindset

We will pay special attention to how you feel and think through meditation and mind science sessions.



Menorca

There are so many retreats that catches you for their fantastic locations, but that when you get there, you barely leave the hotel/house. We can promise you now, this retreat won't be like this.

We chose Menorca because we believe in the island's power, therefore we will bring many of our movement sessions to locations around it, merging yourself with nature.

Your retreat will be hosted by a local in the island. With us you will experience the island's benefits at its fullest. She will take you to hidden beaches, beautiful hikes and wonderful landscapes so you get the most of what Menorca can offer you.





A day in the retreat

Every day will be different, as we try to incorporate our movement sessions into the island's diverse nature. However, here you can see an example of a day at the retreat:

7:30 - 8:30: Morning Yoga

8:30 - 9:30: Breakfast

10 - 13: Excursion to Cala'n Brut for Jumps and snorkel

13:30 - 15 Lunch at the finca & Mind science session

15:30- 17:00 Free time. Relax at the pool, read, write, practice...

17:00 - 18:30: To choose between MMA class or Dance

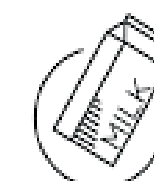
19:30 Dinner



Your retreat menu

We believe that healthy doesn't mean boring but quite the opposite. We put a lot of thought to prepare a delicious menu that is unique to the location which that enhances your nutrition and fuels your body. Where possible, we will serve locally produced and organic food.

We will always include Vegan, Vegetarian and Gluten free options. If you have any other dietary restrictions, please contact us and we will adapt to your needs.



DAIRY FREE



GLUTEN FREE



NUT FREE



EGG FREE



VEGAN

The Team

Henry Neumann

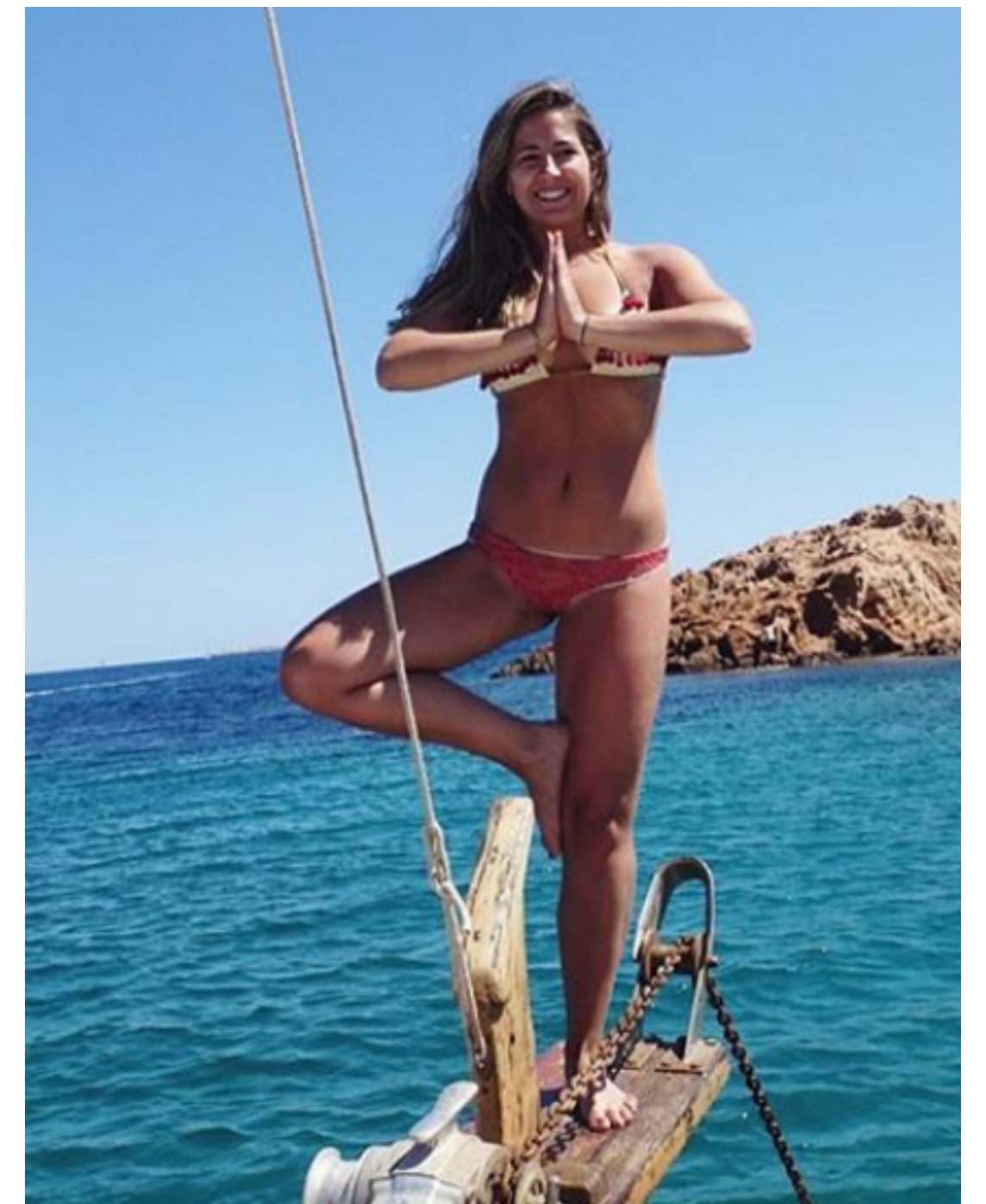
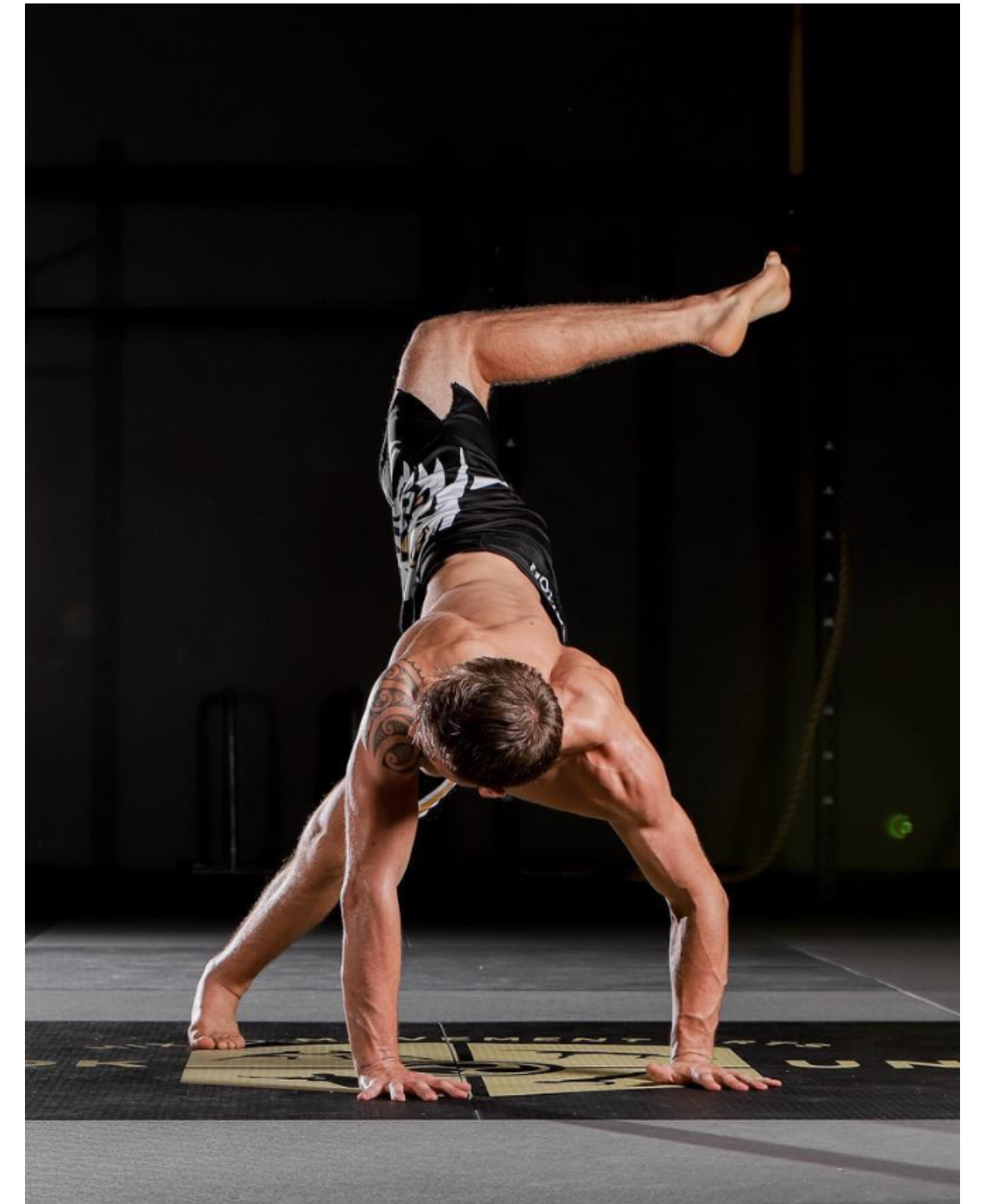
Henry Neumann has a background of several years of determined Crossfit & Strength training, as well as teaching others as a CF-L1 and CF Gymnastics trainer.

He constantly seeks inspiration and teaching from other fields, such as Yoga, Gymnastics, Martial Arts, Sport Science, Psychology & more. Henry has trained and learnt directly from the acknowledged father of Mixed Movement Arts and Budokon founder Cameron Shayne both in Europe and in the US. With Budokon, Henry found a holistic concept to combine all of his research and share his knowledge through Mixed Movement Arts.

Andrea de la Torre

Andrea is a passionate dancer, fitness junkie and health advocate. Embracing her Spanish roots, she focuses on Latin dances such as reggaeton or salsa, always incorporating her hip hop background. Searching for the optimal health, Andrea's obsession is to learn as much as possible about different approaches to nutrition. She truly believes in the power of nutrition to heal, as well as the connection between food, emotions and well-being. She will share these concepts during the retreat.

Andrea's second home is Menorca and processes an unconditional love towards the island, which she will like to pass to you by Sharing her favorite spots and take you to wonderful hikes..





What is included

1

Movement: Yin & Yang

2 x 1,5h daily movement sessions per day: Yoga, acroyoga, Movement flow, strength, HIIT, Martial Arts, dance, hiking

2

Mind work

Easy meditation practices and mind science sessions to tune your body and mind in the perfect harmony

3

Full board

With 3 meals a day and always on snacks.
2 nights out to discover the Spanish food culture - not included

4

Free time to relax and enjoy

Time to charge your batteries while enjoying the beautiful finca, the different beaches or maybe embracing the Spanish siesta. You choose!

Acommodation & prices

Early birds prices before 31st of January
Any special



**Double bed
romm**

- 990€ early bird
- 1090€ regular



Twin Bed room

- 990€ early bird
- 1090€ regular



Single room

- 1190€ early bird
- 1290€ regular



Contact Us

We will happily solve any of your questions!

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