

WELCOME TO

BRISA

COWGIRL + KITE CAMP · MALLORCA

**PHOTO +
FILM BUNDLE**
INCLUDED


**Salty
COWGIRLS**

A women's ride + kite retreat in the north of Mallorca

HOSTED BY LIV & PARIS · [DATES]

A silhouette of a woman wearing a wide-brimmed hat, leading a horse by a chain. They are standing in a field of tall grass against a dramatic sunset sky with orange and yellow hues. The horse is facing right, and the woman is standing to its right, holding the chain.

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MALLORCA

THE EXPERIENCE

Seven days in the north of Mallorca with a small group of like-minded women. We ride the beach and the hills, learn to kite in a shallow bay, sail on a luxury catamaran, do yoga on paddleboards and eat beautifully. You go home stronger, with friends you didn't have a week ago.

MALLORCA | [DATES]



YOUR ISLAND ADVENTURE

WHAT YOU'LL BE DOING

-
- 3 Western-style rides.** Trail rides in western saddles through pines and fields, with views over Son Serra beach. One ends with lunch at the ranch. Every level welcome.
-
- 2 Kitesurf lessons.** Six hours on the water in the shallow Bay of Pollença, with certified instructors and all gear.
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- 1 Luxury catamaran day.** Sail the north coast, swim in turquoise coves, take out the paddleboards and eat a barbecue on board.
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- 1 SUP yoga class.** Yoga on paddleboards on a calm morning sea.
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- 1 Nutrition seminar day.** Paris takes you through how food, stress and energy fit together.
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And also: breathwork with Paris, your personal nutrition analysis and plan ebook, and a mystery goodie bag waiting when you arrive.

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YOUR WEEK ON FILM

A professional videographer is with us all week, capturing the moments you would otherwise miss while you were living them.

- 1** **All week.** On the rides, on the water, on the catamaran and around the dinner table.
- 2** **Yours to keep.** Your own photos and film from the week, for your memories or your social media.
- 3** **Phone away.** Leave it at the villa. Someone else has the camera.

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NOURISHED ALL WEEK

WITH PARIS AND LIV

This is what makes our retreat different. The food is fresh and healthy all week, and you leave knowing how to keep it going at home.



BEFORE YOU FLY

Your personal nutrition analysis. A short questionnaire and a one-to-one call, so we know how you eat, move and feel.

DURING THE WEEK

Healthy food and a seminar day. Fresh meals from a local cook, made for active days, and a nutrition seminar with time for every question.

THROUGH THE WEEK

Breathwork with Paris. Guided sessions to settle the nervous system after big days on the water.

WHEN YOU LEAVE

Your nutrition plan ebook. A plan written for you, with recipes from the week, to take home and keep.

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LUXURY COUNTRYSIDE VILLA

YOUR HOME FOR THE WEEK

A luxury countryside villa in the north of Mallorca is ours alone for 6 nights and 7 days. A pool to fall into after the beach, long dinners on the terrace, and a local cook making fresh, healthy food all week.



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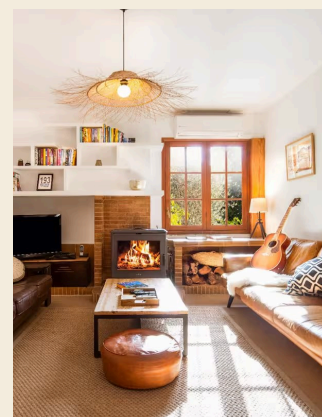


WHERE YOU STAY

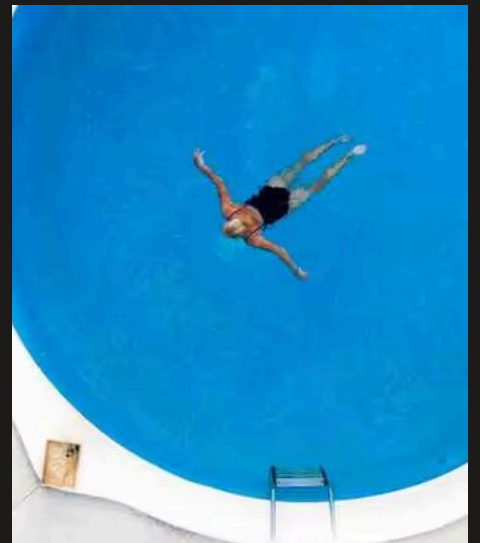
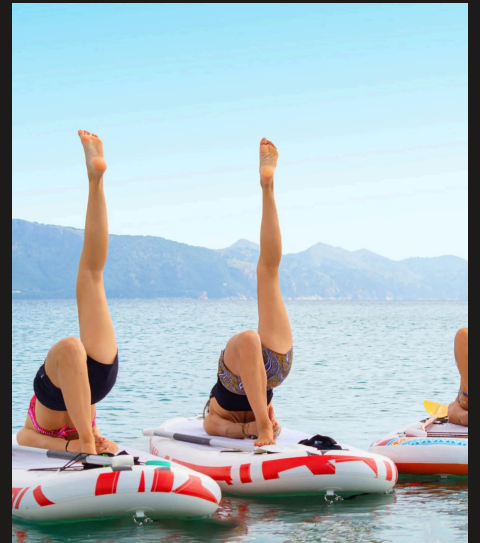
THE VILLA

An old stone house in the countryside, with wisteria over the terrace and a pool framed by mountains.

Shared and private bedrooms, a living room with a fireplace, an outdoor kitchen and a long table under the pergola for breakfast in the sun and dinners that run late.



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MALLORCA | [DATES]

WHAT'S INCLUDED

YOUR RETREAT PRICE INCLUDES

- ✓ 6 nights in a luxury countryside villa with pool
- ✓ Palma airport transfers
- ✓ 3 western-style horseback rides
- ✓ 6 hours of kitesurf lessons in 2 sessions, all gear
- ✓ Luxury catamaran day with paddleboards + barbecue on board
- ✓ SUP yoga class on the sea
- ✓ Fresh, healthy meals all week from a local cook
- ✓ Nutrition seminar day + your personal analysis
- ✓ Your nutrition plan ebook to take home
- ✓ Breathwork sessions with Paris
- ✓ Professional videographer all week + your photo + film bundle
- ✓ Mystery goodie bag on arrival
- ✓ Two hosts + a week with like-minded women

Not included: flights, travel insurance, personal spending.

SHARED ROOM

€2,700

PRIVATE ROOM

€3,000

€1,000 deposit holds your place. Balance due 30 days before arrival.

MEET YOUR HOSTS



LIV

LICENSED NUTRITION ADVISOR

From Sweden. Loves travelling, riding, surfing and anything that keeps her moving. She plans every day of the week, so all you have to do is show up.



PARIS

NUTRITIONIST · BREATHWORK COACH

Has a bachelor's degree in nutrition. Loves surfing and travelling. She runs the nutrition seminar, leads the breathwork and writes your personal plan.

We built the week we wanted to go on ourselves.

READY TO COME TO MALLORCA?

You don't need to know how to kite, you don't need to be an experienced rider, and you don't need to come with a friend. You'll find your people here.

YOUR NEXT STEP

1. Submit your application
2. We'll book a call with you to chat + answer your questions + make sure it's a good fit
3. Pay your €1,000 deposit
4. Start getting excited



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