

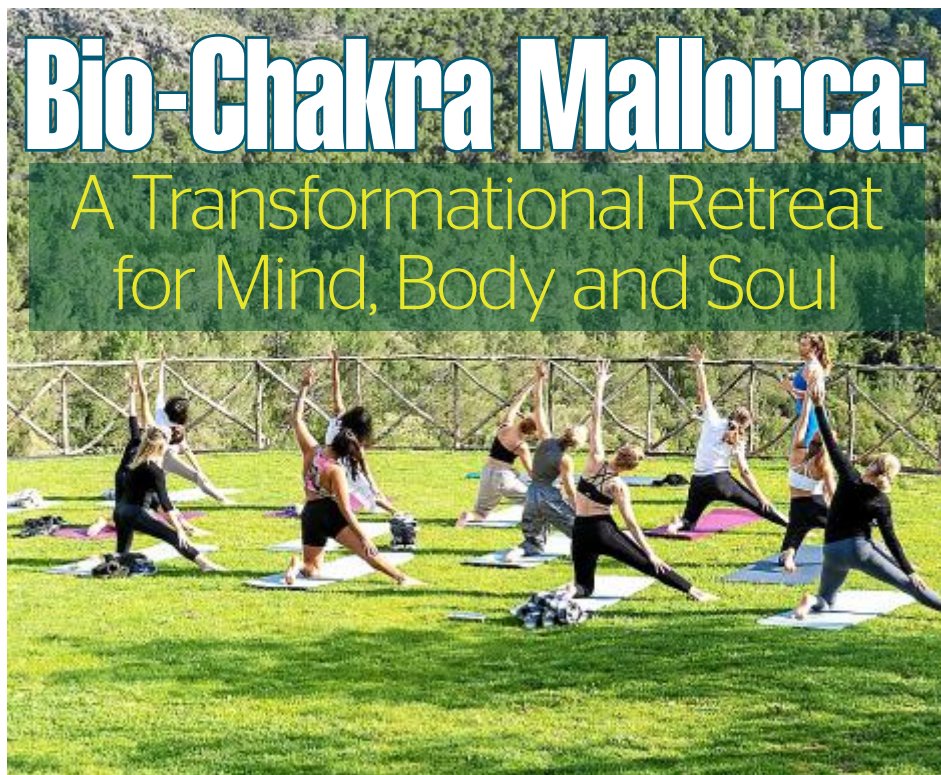


The Wellness Column

by Amanda J. Butler



More than a retreat, Bio-Chakra is designed as a multi-dimensional exploration of the human system - blending science, energy work and holistic therapies into a single, integrated experience.



As Mallorca continues to evolve as a destination for conscious living and holistic wellbeing, a new wave of immersive retreats is emerging – experiences that go beyond relaxation and invite something deeper: transformation.

Taking place from April 3–5, the Bio-Chakra Retreat offers exactly this. Set within the tranquil beauty of Finca Son Burguet, nestled in Puigpunyent in the heart of the Serra de Tramuntana, this three-day experience brings together an exceptional collective of international practitioners, each contributing their own unique modality to a carefully curated journey of healing, reconnection and self-discovery.

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A Holistic Approach to Healing

The concept of Bio-Chakra, founded by Myonghwi Kim, brings together two worlds: the ancient understanding of chakras as energy centres within the body, and a more modern, bio-scientific perspective on the measurable expression of life force.

At its core, the philosophy recognises that the body is not simply physical, but a reflection of our thoughts, emotions and energetic state. Healing, therefore, must take place on multiple levels.

Kim's own journey into this work is both deeply personal and profoundly human. Following a period of intense stress and anxiety, she began exploring the connection between emotional trauma and the nervous system. Through practices such as meditation, hypnosis and EMDR, she experienced first-hand the possibility of not just coping, but truly healing.

This realisation became the foundation of Bio-Chakra – a space where others can access the tools, guidance and support needed to reconnect with themselves and restore balance from within.

An Immersive Experience in Nature

Location plays an essential role in any retreat and Finca Son Burguet provides an exceptional setting.

Surrounded by the mountains of the Tramuntana and immersed in Mallorca's natural

stillness, the finca offers a sense of calm that feels both grounding and expansive. It is the kind of place where the pace naturally slows, allowing participants to step away from daily demands and into a more reflective state.

Over the course of three days, guests are invited to disconnect from external distractions and reconnect with their inner landscape – supported by nature, community and a carefully structured programme.

For those unable to commit to the full retreat, day passes are also available, including a reduced rate for Mallorca residents, making the experience accessible to a wider local community.

A Collective of Exceptional Practitioners

What truly sets Bio-Chakra apart is the calibre and diversity of its practitioners.

Each brings a distinct perspective, yet all share a common intention: to support transformation in a safe, nurturing and empowering environment.

The programme includes:

» **Gabrielle Anand**, guiding Kundalini yoga, sound healing and EFT for emotional release

» **Juan Canaves**, offering aromatherapy meditation and sacred water rituals using local plants and herbs

» **Orosha**, working with energy healing and alchemical practices

» **Uta Gritschke**, an ethnobotanist leading plant-based experiences and foraging insights

» **Maren Ahler**, specialising in reintegration massage

» **Luca Natali**, creating immersive sound journeys through handpan music

» **Anna Panic** and **Myonghwi Kim**, offering QHHT sessions and deeper subconscious exploration

» **Ilona Novackova**, sharing powerful personal insights into self-healing

Together, they create a rich and layered experience that allows participants to explore different modalities and discover what resonates most deeply for them.

Practices for Real Transformation

Throughout the retreat, a wide range of practices are woven together to support healing on physical, emotional and energetic levels.

These include:

- » guided aromatherapy meditation
- » EFT for emotional release and nervous system regulation.
- » sound healing and vibrational therapy
- » hypnosis and subconscious work
- » yoga and movement practices
- » nature connection and plant medicine
- » nutritional awareness and food as medicine

One of the more unique elements of the retreat is the use of GDV (Gas Discharge Visualization) bio-well technology, which allows participants to observe their energy levels and chakra alignment in real time – offering a fascinating bridge between science and spirituality.

The intention is not simply to relax, but to equip participants with practical tools they can integrate into their daily lives long after the retreat has ended.

Beyond Relaxation: A Deeper Reset

While many retreats focus on rest and rejuvenation, Bio-Chakra goes further – addressing the root causes of imbalance.

The emphasis on emotional processing, nervous system regulation and self-awareness allows for a deeper level of transformation. Participants are encouraged not only to unwind, but to release, recalibrate and reconnect with their own inner intelligence.

The result is often a renewed sense of clarity, resilience and vitality.

As Kim explains, true healing is not about escaping life's challenges, but about developing the capacity to move through them with greater awareness and balance.

Mallorca as a Wellness Destination

It feels fitting that a retreat of this nature takes place in Mallorca.

The island has long held a quiet magnetism for those seeking something beyond the surface – a place where nature, culture and lifestyle converge in a way that supports both reflection and renewal.

In recent years, Mallorca has increasingly positioned itself as a leading European wellness destination, attracting practitioners and seekers alike. Retreats such as Bio-Chakra are part of this evolving landscape, offering experiences that align with a more conscious and holistic approach to living.

An Invitation to Reconnect

Ultimately, Bio-Chakra is an invitation – to pause, to listen, and to return to oneself.

In a world that often prioritises speed and productivity, taking time to recalibrate the body, mind and spirit can feel both unfamiliar and deeply necessary.

Whether attending for the full three-day immersion or joining for a single day, the retreat offers a rare opportunity to step into a space of genuine transformation, guided by experienced practitioners and held within one of Mallorca's most beautiful natural settings.

As we move into the spring season – a time traditionally associated with renewal and new beginnings – the timing feels particularly resonant.

A reminder, perhaps, that transformation does not need to be complicated. Sometimes, it simply begins with creating the space to reconnect.

For more information or to book, visit: www.biochakra.net

Amanda J Butler is the founder of MallorcaWellnessLiving.com, writing about Mallorca's evolving culture of wellness, lifestyle and conscious living.