

Women's Workshop in Mallorca

The Art of Self Connection (1)



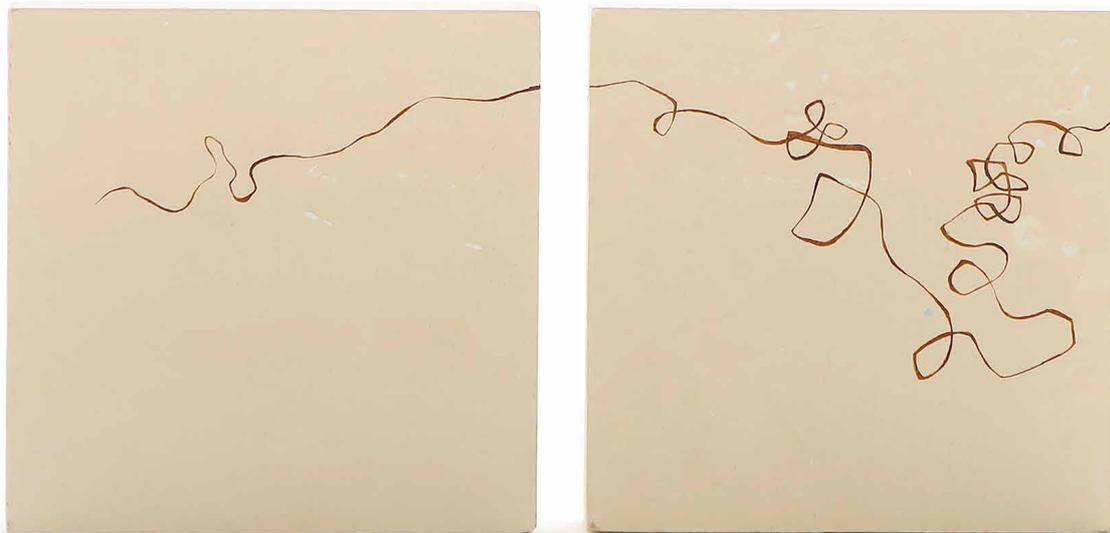
Personal Growth in a Creative Context

May 14-16, 2022

BARÓ

Palma – Lisbon – Sao Paulo

Are you ready for deeper Self Reflection?



Kira Ball - The Landing II - Charcoal and Indian Ink on Wood

Join our Women's Workshop in Palma

During this three-day retreat you will

- Enjoy a unique Art Tour in Palma
- Connect with wonderful Women
- Find deeper Self Connection with Yoga and Meditation
- Become more aware of your Emotions
- Connect your Mind, Heart and Soul by reflecting on Art
- Discover the beauty of Vulnerability and Imperfection
- Practice Self Compassion and Self Care

Time May 14, 2022, 7.30 am – May 16, 2022, 5 pm

Location Baró Mallorca Carrer de Can Sanç 13, Palma de Mallorca
www.barogaleria.com

Fee 1'350 € (all meals, yoga & art tour included)

Registration annika.gartenmann@aergon.com

Annika Gartenmann - Facilitator

Annika integrates coaching, art and meditation to support people in gaining more self awareness and self connection. She is a certified facilitator of transformation (GBA) and holds an MBA from LMU University Munich with a specialization in finance and organizational psychology. Annika has worked for Citi and various other banks and is passionate about her three children, husband Thomas and their Australian Shepherd Mellow. She travels regularly to Asia to support orphans and children in need.
www.aergon.com



Begoña Leal Cruzado - Yoga Teacher

Begoña Leal started her career in Marketing and PR, working in London, Switzerland, and the UAE. After years of moving around, she settled with her husband Matteo in Abu Dhabi and became a mother. There she also discovered yoga as an essential path to self-connection and healing. Today, she is not only a highly qualified yoga teacher but fully committed to studying, working and sharing her experience with different communities of yogis, meditation masters, and life coaches. Since 2019, Begoña has been living with Matteo and her three children in Mallorca.

María Baró

María Baró studied Art History in Barcelona after graduating with degrees in Chemistry and Chemical Engineering. She started her career as an art dealer specializing in Asian Art and opened her first gallery in 1999 in Sao Paulo. María is passionate about her artists and the collections she consults around the world and created a unique formula to mix historical artists in dialogue with the most experimental proposals of the art scene. In 2021, María moved to Europe and opened BARÓ Lisbon and BARÓ Mallorca together with her partner Enno Scholman. She has two sons and lives with Enno in Mallorca.



Gallery BARÓ

Baró is located in Palma de Mallorca and has operations in Lisbon and Sao Paulo. The gallery represents top-level artists and participates at major art fairs. The support of contemporary art, the promotion of consolidated artists, and the discovery of new talents continue to be the distinctive features that identify Baró as an international benchmark. The location of Baró Mallorca is an enclave in the historic center of Palma designed to provide creators and collectors a unique experience with contemporary art.
www.barogaleria.com