

Mallorca,
September
2025

Body, Mind & Soul Camp

Join our exclusive Body, Mind & Soul Camp in Mallorca – a transformative journey where you will reconnect to yourself through physical and mental challenges.

We combine mountain hiking, physical activity, and powerful conversations with peace, reflection, and presence in luxurious surroundings at Sofie's beautiful finca – an aesthetic oasis surrounded by orange groves and mountains. Over five intense and nourishing days, we guide you to reconnect with yourself and stand stronger in your choices and values. You will gain insights, perspective, and tools that you can feel – and use when you return home.

The camp is hosted by Sarah (psychologist and Body SDS therapist) and Sofie (coach and former top executive) – two women who have changed course to live more authentically and meaningfully.

Are you ready ?

Sign up at: info@fincalavall.com



- Date: 24–28 September (5 days / 4 nights)
- Location: Finca la Vall, Selva, Mallorca
- Included: Accommodation, airport transfers to/from Palma Airport, all meals and beverages, guided hikes, 1x individual coaching session, 1x Body SDS treatment, guided meditations, and breathwork sessions.
- Not included: Flights to and from Mallorca
- Price: 9,995 DKK // 1,350 €

Body, Mind & Soul Camp

Day 1

Self-arranged transfer to Mallorca

Pickup at Palma Airport and transfer to Finca la Vall (about 40 min)

Welcome to Finca la Vall and check-in

Lunch & mutual introductions. Sarah & Sofie share their personal stories, and everyone introduces themselves and shares their intentions for the stay

Hike around Caimari & Selva

Dinner at Finca la Vall

Guided meditation with Sarah



Day 2

Early morning mountain hike (3 hours). We start at 7 AM and hike in silence for the first hour before breakfast

Large brunch back at the finca

Individual coaching session with Sofie: Focus on your goals, barriers, and action plan (half of the group)

Individual Body SDS treatment with Sarah: Focus on physical symptoms and/or emotional challenges (the other half of the group)

Between sessions: Breathwork, personal reflection, and relaxation by the pool

Dinner in Selva: We walk to the nearby charming town and dine at the town square

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Day 3

Early morning mountain hike (3 hours). We start at 7 AM and hike in silence for the first hour before breakfast. Large brunch at the finca upon return

Individual coaching session with Sofie: (the other half of the group)

Individual Body SDS treatment with Sarah: (the other half of the group)

Between sessions: Breathwork, personal reflection, and relaxation by the pool

Dinner at Finca la Vall

Guided meditation with Sarah



Day 4

Breakfast at Finca la Vall

Long hike (6–7 hours) including lunch in the mountains. The hike is meant to challenge you physically and leave you with a strong "can-do" attitude. We walk as a team to ensure a great experience for everyone.

Farewell dinner at Finca la Vall. A paella chef will prepare delicious paella for us on the terrace, and we'll end the evening with wine, laughter, and sharing stories.



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Dag 5

Morning transfer to Palma Airport for the 10:00 AM flight
(If you are not taking this flight, you can sleep in and stay as long as you like on Sunday.)
Return to Denmark on your own



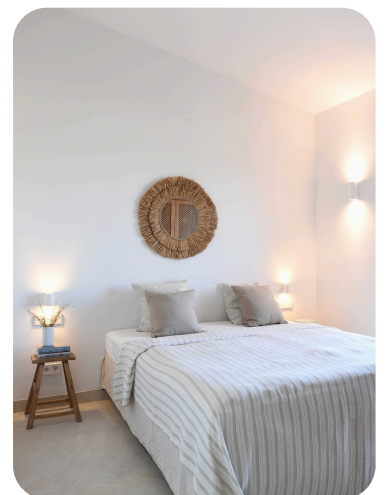
We send you home with:

- A body and mind filled with renewed energy
- More grounding and courage to act on the insights you have gained
- Greater clarity about your personal strengths and resources, along with a concrete action plan
- Inputs for new habits, exercises, and insights to bring home
- New relationships and inspiration from other participants



We believe....

- Body, mind, and soul are inseparably connected
- We all have far more wisdom and power than we believe
- Nature plays a vital role in the process
- Group dynamics can inspire individual growth
- Limited mobile phone use helps deepen our connection with ourselves and each other
- We create a safe and relaxed space at Finca la Vall, as it is a private home
- Personal growth happens best with lots of laughter, humor, and openness



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Sarah Zobel

Sarah is a psychologist, author, and Body SDS therapist. She studied at Webster University in London, Columbia University in New York, and holds a psychology degree (Cand.psych.) from the University of Copenhagen. She has previously worked in leadership development and recruitment but in recent years has had her own practice in Copenhagen, offering both Body SDS treatments and individual therapy.

She grew up with a spiritual approach to life, where meditation played a major role. She has written three books on psychology and personal development and is the mother of three children, aged 23, 18, and 9.

Sarah now divides her time between Mallorca and Copenhagen. She loves hiking, practicing yoga, and dancing Argentine tango.

"Mallorca has had a special place in my heart for many years. It is only now that I am fulfilling a long-awaited dream of working with people in both Denmark and Mallorca – integrating a deeper understanding of both body and mind into my work."



Sofie Lindahl-Jessen

Sofie has had a long career in Danish business life, having been CEO of Sportmaster and Saint Tropez, as well as CCO of Fritz Hansen and Lieewood. She has also served on various boards. She holds a master's degree in Business Administration (Cand.merc) from CBS and is a certified coach from Sofia Manning, with many years of leadership experience. Sofie is married to Christian, and together they have four adult children. They now live at Finca la Vall, where they offer coaching and team-building programs.

She is an active sportswoman – cycling, hiking, and running in Mallorca.

"At the age of 50, I made an active choice to create a second chapter in my professional life, focusing on something completely different. I want to help and inspire you to follow your dreams too."

