



IBIZARETREATS

Tailormade Wellness Escape

Get glowing
yoga & energy retreat

This retreat starts on the inside - *your heart.*

Feel the glow radiate from within to reveal you luminous and shining.

Inside and out!

Get your glow back in body, mind and heart, with holistic life coaching, energy-healing, re-energising massage and more. Learn about your own energy system through the chakras to create greater emotional-physical and spiritual wellbeing. Feel the essence of vibration and learn how to manage your energy frequency in our ever-busy day to day lives.

Cultivate core-strength and connect to the light of your essence so that, whilst the external world is changing, you can feel rooted to a sense of security that comes from within.

Learn how to tune into and raise your vibration. Connect to your intuition, your inner-guidance system. Give time and space to "listen in": recognise and honour your sensitivities and deeper needs.

Discover what you need to stay empowered, focussed and at ease.



Led by a *dream team of Ibiza Retreats'* most-loved teachers.

A daily empowering practice of flowing Vinyasa yoga combined with Yin Yoga and Restorative evening rejuvenations. Pranayama, Guided Meditations and Rebalancing Tibetan Bowls experiences are combined with Reiki & self-healing with fabulous Faye to reconnect with what your heart needs.

Voicessence with LAOR will open your heart & throat chakras and empower your freedom of expression whilst Trish takes you on a cathartic release with Kundalini third-eye opening.

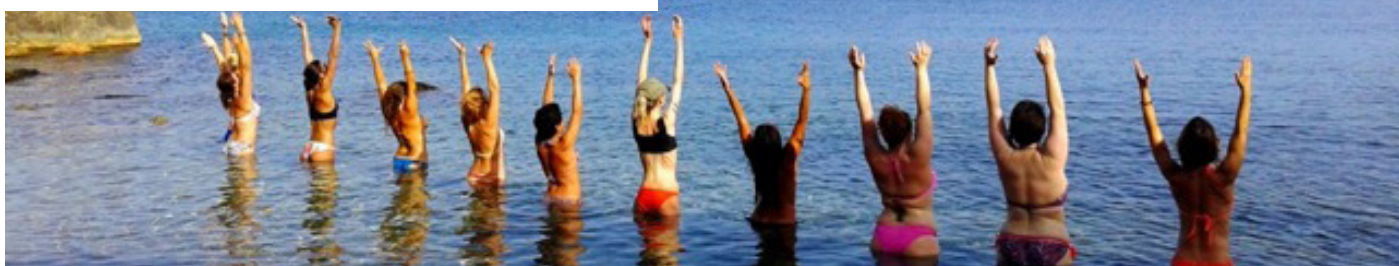
Let the holistic healing powers of some of Ibiza's natural beauty secrets ground you and empower you to connect with your essence and enhance your emotional release. Including yoga at the water's edge.... and a natural clay scrub at a tiny little-known beach to leave you glowing on the outside as well as radiating from within.

Rejuvenating full-body massages and holistic energy coachings.

Rejuvenating full-body massages and holistic wellness coachings help you unwind body and mind, then choose further options, tailored to your needs by our wellness experts, from Vibrational Medicine, to advance energy healing, cranio-sacral rebalancing and EFT/ MET.

Plus daily morning juices and enlightening nutritional guidance to ensure you keep your glow long after you've left the island.

Surrender to our therapists' healing hands to help your heart sing again!



Join us and *get glowing* in 2017!

Our dream team of yoga and meditation teachers will enable you to develop confidence in your practice - and yourself, on and off the mat. Working with the quality of "Stirham", to create a stable foundation in your body, through precision alignment and anatomy, we invite you to deepen into your body-mind connection, for greater "Stirham", pleasure and ease.

Guided visualisations, hands on body-awareness adjustments and sharing circles empower you to cultivate positive habits. With a circle of like-minded retreaters to support each other to make the life choices that keep you full and flowing with fresh energy.

With yoga and hiking in nature too, plus nourishing, nutritionally designed, cuisine in the welcoming retreat home of Casa Lakshmi Luz, the relaxation and inspiration will reignite your passion for life.

Dates 2017

28 Feb - 5 March

1 - 6 April

1 - 6 May

3 - 8 June

2 - 8 July

30 July - 5 August

2 - 8 September

7 - 12 October



(Re)Light your inner-fire with Rejuvenating Flow Yoga

- Embark on a multi-sensory journey through the chakras, re-awaking dormant energy, finding that zest for life.
- Our dream team of yoga and meditation teachers will enable you to develop confidence in your practice - and yourself, on and off the mat. Working with the quality of "Stirham", to create a stable foundation in your body, through precision alignment and anatomy, we invite you to deepen into your body-mind connection. When your alignment is strong and sure, your prana can flow with greater "Sukham" or ease.
- Guided visualisations, hands on body-awareness adjustments and sharing circles empower you to cultivate positive habits. With a circle of like-minded retreaters to support each other to make the life choices that keep you full and flowing with fresh energy.
- Cathartic Kundalini yoga will release and transform energy blockages and connect you to your Ajna (3rd eye) chakra more deeply.
- Yoga is taught outside on a stunning yoga deck by the pond with the sounds of the birds and the frogs! Wake up and open and energise, ignite your Agni (inner-fire) and feel new life-force to uplift and revitalise. Enjoy a wild and wonderful beach yoga one early morning... with partner yoga and water-warriors to merge with Ibiza's magical elements.
- Back-to-life Coaching sessions support you to create a "self-practice" that complements your lifestyle and rebalances your energy daily.

Prices

5 Night Retreats - €1,445 twin-sharing en-suite, €1,695 beautiful single room with double bed and beautiful bathroom shared with just one other single room (Casa Lakshmi Luz only) €1,895 single-occupancy en-suite..

6 Night Retreats - €1,695 twin-sharing en-suite, €1,845 beautiful single room with double bed and beautiful bathroom shared with just one other single room (Casa Lakshmi Luz only) & €2,095 single-occupancy en-suite.



What's included

- Wellness Coaching 1:1 – detox your mind and focus clearly on how to replenish and sustain your energy.
- Personalised program – our team offer you a tailor-made program of further (optional) treatments & therapies.
- 2.5 hours of morning yoga, breathwork, meditations and visualisations daily, with 2 teachers to support your practice.
- Full body massage with energy rebalancing – relax deeply and surrender into bliss.
- Full board accommodation in the stunning Casa Lakshmi Luz 5 or 6 nights depending on the retreat – (included all meals on the premises, herbal teas, fruits and nuts throughout the day,
- Conscious, ecological vegetarian cuisine – wheat and cow dairy free and as organic as possible, with plenty of KMO locally sourced produce. Menus are nutritionally designed to offer a gently purifying diet to boost your energy levels with plenty of natural super-foods!
- Evening workshops including Reiki and Self-healing and reiki, Laor's Voicessence and Raise your Vibrations-Free your Spirit dance, (optional boat trip – which is at a supplement with Benirras beach drumming – 6 night retreats), Sunset walk or swim under the stars, (depending on weather conditions).
- Beachside yoga at a blissful hidden cove one morning.
- Supper out at a restaurant on the final night – drinks extra.
- 24/7 Mind Body Spirit concierge service from Ibiza Retreats for discovering Ibiza's hidden gems and for organising your treatments, therapies and all your Ibiza needs.
- 6 night / summer retreats – OPTIONAL boat trip at a supplement on the final day – you will have a wonderful picnic on the boat during the day, sail on turquoise waters, swim and snorkel in hidden coves and be dropped off at Benirras beach for drummers of peace at sunset followed by a celebratory supper which is at an additional cost.
- Back to Life Coaching session to empower you to create a practice and new habits to empower your daily life.

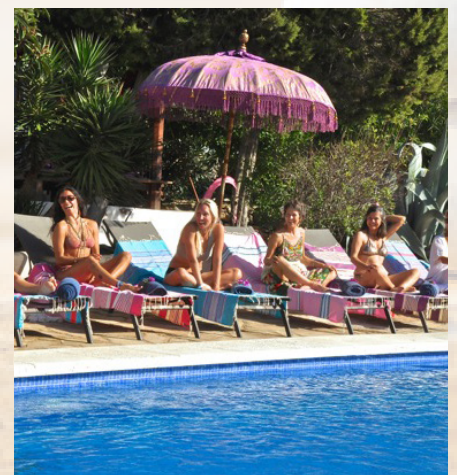


Casa Lakshmi Luz

home of Abundance, Light & Love

Casa Lakshmi Luz is a true oasis, a heavenly space that warmly welcomes you to be your true self, supporting the group energy, encouraging you to let go, to relax and find your peace.. all amidst the peace and tranquility of the beautiful Ibizan countryside.

- A sumptuous, soulful and spacious retreat, set in beautiful gardens, and within the walls of an idyllic, lovingly restored finca, dating back over 200 years, which has been refurbished to the highest of standards, incorporating all of life's modern day comforts, whilst retaining the traditional charm of traditional island architecture.
- Rooms are thoughtfully planned out, many with their own entrances and a feeling of overall spaciousness rarely encountered in such soulful Fincas.
- The beautifully maintained and carefully designed Moroccan feel gardens surround an inviting pool area, with plenty of shaded spots to take a quiet moment, water features create a gentle melody for you to relax and find a new sense of harmony, dedicated treatment spaces are set within peace gardens, where you can relax in silence and privacy sipping minted lemon water to absorb the benefits of your treatment – aaaaaaaah.
- Hidden away in a wonderfully private spot of 'campo', yet still close by to the thriving town of Santa Eulalia and its many amenities, you are just 15 minutes drive away from the beautiful beaches of Benirras and Aguas Blancas. Ibiza Town is 15mins drive and the airport is a 20min drive away.



Your Hosts & Teachers

Led by Larah and Susie, Directors of Ibiza Retreats, your hosting team combine over 100 years of experience in yoga, holistic wellness and energy work. We are here to support you in every step of your journey with us. We hold the space and gently encourage you to open and unwind consciously, awakening yourself and coming back to your essence.



We combine yoga, wellness coaching, holistic counselling, energy work and spiritual healing amongst our offerings during your stay. Most of all we love to give hugs! Supporting you to find your flow, with laughter, playfulness and spontaneity in the mix, on the always exciting group journeys!

Larah is founder of Ibiza Retreats and an inspirational holistic life & wellness coach, yoga teacher, yoga therapist & energy educator.

Susie is co-director of Ibiza Retreats and will help you relight your inner-fire with yoga and wellness awareness.

Marrejan is a true Ibiza mama - yoga teacher, coach and with a passion for including restorative elements to rejuvenate your nervous system fully.

Carina is a passionate Vinyasa flow and Yin Yoga ambassador, who loves to share her teaching with humour and guitar-led mantras!

Lilamaya is a vibrant and heart-led yoga teacher and yoga teacher trainer, ayurvedic teacher and practitioner and world-wisdom sharer. Be prepared to breathe and smile!

Katie is a Dru Yoga teacher, retreat host and holistic fitness fan who is on-hand to ensure that everything runs smoothly so that you can relax and enjoy the journey!

What our Clients say:

Since the retreat I have steadily been finding my feet on my own for the first time in my adult life. The retreat gave me perspective, a time for reflection, a time to cry, a time to smile but most importantly the intention to trust and surrender once again. I still find this incredibly hard, but I am learning and also giving myself permission to be human. For the first time in a long time I am excited (and scared) for my future, but how amazing I can even say the word excited!

Sally Graham