



BIZARETREATS

Tailormade Wellness Escape



Harmonise

Mindfulness Yoga & Lifestyle Detox Retreats

Switch off... and tune back in:
reconnect with your purpose, passions and soul felt dreams.

Whether you are feeling burned out, tired out, in a place of crisis or are seeking positive life changes, come and join us on a magical and transformative journey: *detox your body and mind and harmonise*, mentally, physically and spiritually.

Especially for women who think 'too much'... Harmonise with the rhythms of life's cycles and the wisdom of your heart to uncover your deeper needs.

Formerly known as our "Just Stop!" retreat... Harmonise has evolved to blend mindfulness, yoga, life and wellness coaching with sound healing and much more, to offer you an experience that is even more nourishing, and complete.



We begin by *detoxing the mind*

Cleanse unhealthy habits and let go of limiting lifestyle patterns. Resolve relationship challenges, uncover your Dharma and create inspiring and purposeful career paths with Holistic Life Coaching to create clear intentions for - and for after - your retreat.

Self-enquiry, soothing meditations, sharing circles and mindfulness yoga invite you to nourish your needs. With sound healing and laughter to invite you to dance-with-what-is and learn tools and techniques to manage the challenges of life with greater ease. Dive into your intuition and enhance your inner-guidance system so that you can create life choices that enable you to Harmonise holistically. We invite you to digitally detox and disconnect from society's increasing distractions and anxieties. As you release external pressures, you can develop a deep connection to your inner-pool of calm and personal peace.

Surrounded by nature, flower bowls and peaceful gardens, nourish your nervous system in the healing sanctuary of Casa Lakshmi Luz. Take off the masks, come: rest and receive with massages, treatments and world class therapies.

DATES 2017:

18 - 23 March

23 - 28 July

16 - 21 April

26 - 31 August

24 - 29 June

21 -26 October





Mindful flow yoga... infused with yoga therapy.

Connect to the intelligence of your body and inner-mind, with daily morning meditations beginning a 2.5 hour mindful flow yoga practice, safely supporting your yogic development with 2 teachers, pranayama and transformative breath work, restorative yoga and guided visualisations. Your practices are infused with inspiring drops of spiritual guidance and yogic philosophy and yoga therapy techniques. Practice in our soulful shala or tranquil yoga garden, where the infinity pond and sweet birdsong offers an enchanting background melody.

And... one morning.... just after dawn... we enjoy yoga at a highly energised secret beach location... where nature works her magical healing powers, with partner work and water warriors, followed by a cleansing swim in the emerald and turquoise sea.

We embrace the yogic “Yama” of “Ahimsa” to embrace the power of gentleness. And so, the morning practices are woven into a flow that meets the needs of each individual and the group as a whole, physically, emotionally and spiritually.



Relax and harmonise...from the moment you arrive.

Music has the power to transform negativity and is a profound and beautiful way to harmonise your emotional state and to release pain and tensions. In our unique fusion of evening Harmonise-experiences - begin with Medicine Songs, Sound Healing and Restorative Yoga, so you can rest and receive deep healing and transformation. Then Transform the emotions that trigger pain, discomfort with MET (often known as EFT) Meridien Energy Healing. Find new freedom of expression with a Voicessence Harmonising Expression session - explore exciting new life rhythms and feel into the infinite potential of life's greater mystery.

On the final evening... salute the setting sun as you experience new feelings of freedom... prepare to embrace a new life chapter, with a stunning sunset meditation in one of Ibiza's most stunning natural settings. Complete your retreat with a celebratory dinner to honour the new you... in one of our white island's most loved, conscious eateries.

Back to life strategies and follow up support... to sustain your new found harmony.

Sustainability is key! Return to reality empowered, with a practical back-to-life coaching strategy so you can continue to live life with greater comfort, happiness and ease. To support you in your path, this is enhanced with a personalised yoga or meditation practice to complement your lifestyle, and a 30 day-later follow-up group Skype to support you and the group to integrate your learnings and insights.





Purifying conscious cuisine...from our passionate nutritional team!

Purifying cuisine enriches this retreat with Mayla offering a gentle detox, nutritionally designed with inspiring dishes that soothe your soul, yet leave you feeling lighter and brighter, grounded and cleansed.

Combining raw food, macrobiotic influences and cooking in harmony with the seasons, our conscious chefs blend flavours from all over the world, with Ibiza's freshest organic, local produce, all wheat, dairy and sugar free yet full of deliciously good vibrations!

Anna, from Avocado Nutrition includes an interactive Nutritional Workshop and Q&A so that you can choose-forth the foods and recipes and also the mindful way of preparing and eating to enable you to harmonise nutritionally.

Magical Moments to release and let go...

We believe in gently does it; sometimes less is more - do you want to uncover your higher purpose and find the courage to dance your dharma? Or simply relax and receive? It all depends on what YOU want to explore.

Facilitation is at your pace, in your way - keep it light and lively or feel free to dive in deep. Combining more than 100 years of authentic, wellness-for-life expertise, Larah, Shambala, Marrejan, Vivienne, Nicola and team welcome you to let go of "have to's" and instead, slow down and Harmonise. From here, your power to shine bright can sustain, in your body, your heart and your life.

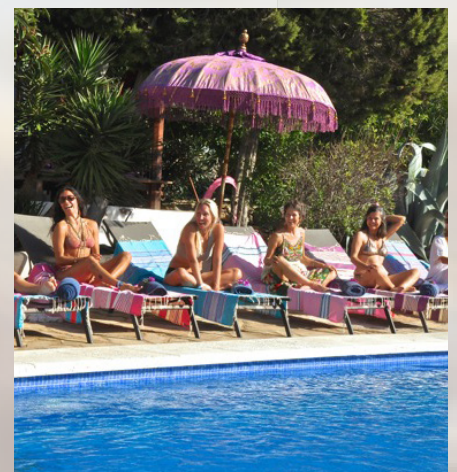
What's included:

- Holistic Life Coaching 1:1 – detox your mind and rebalance your lifestyle – reset your focus on your retreat priorities and deeper needs.
- Personalised program of optional further treatments & therapies.
- Conscious, ecological vegetarian cuisine – wheat, cow dairy and sugar free, as organic and locally sourced as possible, nutritionally designed by our nutritionist Verity to offer a gently purifying diet to cleanse and nourish, with plenty of natural super-foods!
- 2.5 hours of rejuvenating mindfulness yoga, meditations, pranayama (breath work) and visualisations daily, with 2 teachers to support your practice to develop with confidence and ease.
- Full body massage with energy rebalancing or cranio-sacral healing – surrender into bliss.
- Back to life-Coaching – personalised for supporting you to stay focused, balanced and empowered back in reality and to create a home-practice to stay in harmony with yourself and your needs.
- Evening workshops including MET (Meridian Energy Technique “Tapping” for clearing emotional blockages), Restorative Yoga with Sound Healing and Yoga Nidra, Voicessence “red your expression”, Sunset walk or swim, and cliff top meditation. (depending on weather conditions).
- Yoga at a blissful hidden cove one morning.
- Supper out at a restaurant on your final evening – drinks are extra – (for all 2017 retreats).
- 24/7 Mind Body Spirit concierge service from Ibiza Retreats for discovering Ibiza's hidden gems and for organising all your Ibiza needs.



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 & Therapists

Combining 100 years of experience teaching yoga, coaching, counseling, massaging, healing, meditating, dancing, they work as a beautiful blend of life experiences and expertise to for the greater good of bodies, hearts and minds, Larah, Rebekah, Sandra and Shambala and team welcome you to rest your busy head, let go and unwind.

Larah is a holistic life coach, NLP Master Practitioner, Yoga Teacher and Yoga Therapist, Energy Worker and Founder of Ibiza Retreats who loves to help you let go of tension and pressures – to embrace your heartfelt desires and dreams!

Vivienne is a creative Vinyasa flow and restorative teacher, aromatherapist, talented bodyworker and self-confessed “life mermaid” who is passionate about encouraging you to let it all flow.

Marrejan is a world & life travelled Ibiza mama, yoga teacher, holistic coach and professional hugger, who welcomes you warmly to “be who you truly are” express your truth and discover your life sparkle again!

Nic is a talented yoga teacher and retreat host whose gentle presence invites you to exhale and truly release.

What our Clients say:

“A month has passed and just wanted to let you know again how great an experience the retreat has been for me and still is. It really has been a turning point and has given me great ‘tools’ and experiences to further build on. It was great to ‘stop’ with you loving ladies and I also love my new focus;) I’m exploring new paths and it feels good...” Floor – 31, Amsterdam.