



THE MOUNTAIN
IBIZA



IBIZA NEW YEARS YOGA RETREAT DELUXE

Yoga · Meditation · Inspiration · Nature

30 December - 6 January 2017/2018

- Are you looking for the perfect start of the New Year?
- Are you ready to let go of old trauma and limiting thoughts?
- Are you longing to deepen the connection to your heart and find the power to stand for your truth?

Then our New Years Yoga Retreat Deluxe edition is for you!

A magical, luxurious location in the nature of Ibiza is the setting of one of the most relaxing, rejuvenating and wholesome retreats to start the new year. Its the place for you to reconnect with nature and, most importantly, your natural self.

A full week of inspiring yoga, breath-work, clean homemade vegetarian/vegan food, celebration through dance & music and nature hikes to transform your life and give you a glow of well being. In small, intimate groups of maximum 12 people and 2 certified yoga teachers there is plenty of attention to guide you on your personal journey, within the wonderful dynamic of a group of likeminded souls.

The winter is our favourite time on Ibiza. In winter you have the beaches all for yourself and the vibe is calm and relaxed. Start the New Year treating yourself with some sunshine and deep relaxation. With mild and pleasant temperatures varying from 14 up to 22 degrees, it is the perfect climate for outdoor yoga and beautiful nature hikes. In the evenings, we retreat to our big loungy living room to spend time in front of the fire place sharing music, laughter and good conversation.

Are you ready to shine into 2018?!



ABOUT THE TEACHERS:

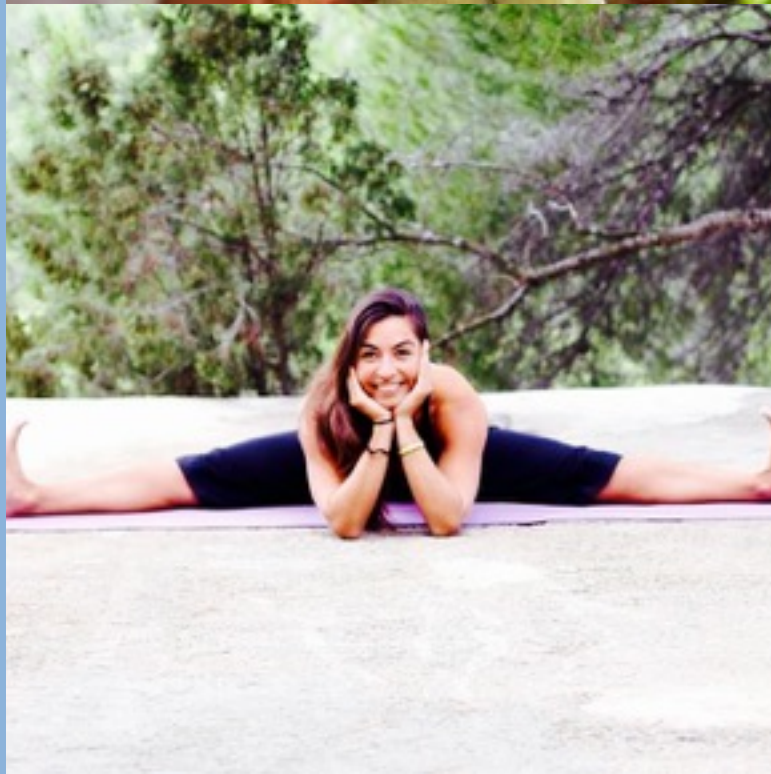
Passionate yoga teachers Laura Tabrizi and Wouter Smit hold the space this week for feeling at ease while gently and safely sinking back into your authentic Self, the source of all joy and beauty.

WOUTER started his yoga journey 12 years ago. In 2008 he finished his Vinyasa yoga teacher training at Svaha Yoga in Amsterdam. After teaching for 5 years in several renowned yoga schools in Amsterdam, he decided to move to Ibiza to dedicate his time to organising retreats of healing and Self discovery.

His yoga sessions feature a slow flow of asana's blended together with beautiful stories that will open you up to the timeless wisdom of the ancient yogi's.

LAURA completed her Ashtanga Vinyasa teacher training in 2008 at the Yoga Garden in Amsterdam. After several years of teaching in The Netherlands, she followed her dream and moved to Ibiza to start her own Yoga project The Mountain - Ibiza. A place where she combines her love for yoga with living in harmony with nature.

Her Slow Flow Vinyasa and Yin Yoga classes are deeply relaxing and nurturing. She is your perfect host during the retreat, making sure that you feel safe, comfortable and loved. Her warm and caring presence will make you feel at home from the start and makes you never want to leave.





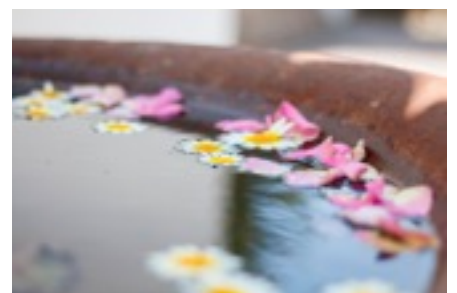
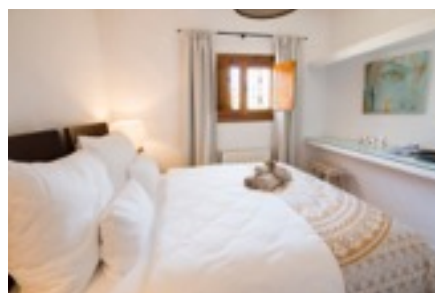
*"We invite you to come,
move with the pace of
nature and just BE."*

LOCATION YOGA WINTER RETREAT:

For this winter yoga retreat we found a tasteful luxury finca with elegantly decorated twin/double and private rooms with central heating and bathrooms ensuite. Welcome to Casa Lakshmi!

The finca is equipped with a large outdoor swimming pool, sunbeds, a beautiful garden and the beach only 10 minutes away.

Inspired by the beautiful and benevolent Hindu Goddess, Casa Lakshmi Luz has been created as a sacred space to share abundance and wellbeing for life. Working with the elephant-headed god Ganesh, overcomer of obstacles, Casa Lakshmi is a very special retreat location, where you can feel free to truly be who you are. The yoga garden is being created to encompass a zen-lotus pond, water feature and shaded yoga deck, with morning glory flowers spilling over the edges enabling you to harmonise with nature and your inner-self.





DAILY SCHEDULE:

- PRANAYAMA & MEDITATION
- LIGHT BREAKFAST
- VINYASA YOGA
- LUNCH
- FREE TIME
- WALK, WORKSHOP
- DINNER
- RITUALS

PROGRAM:

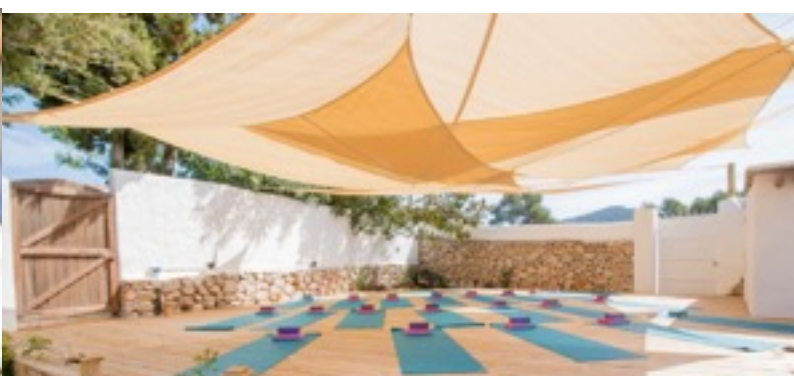
We start the day early with a pranayama and sunrise meditation in the lush garden. The breathing exercises give you immediate clarity of mind and a sense of calmness, a perfect way to start the day!

After a light breakfast it is time for our daily morning Vinyasa Yoga class, to wake up the body and clear our minds. The yoga classes are suitable for all levels. A healthy, homemade vegetarian/vegan lunch is waiting for you right after class, made by our very own chef.

In between our morning yoga and our afternoon program there is a good amount of free time to lay down with a book around the pool, explore the nearby beaches or receive a relaxing massage.

In the afternoon we offer a wide range of different activities varying from Yin Yoga to nature walks, from New Years Intention Rituals to Partner Yoga. All designed to quiet down the mind and rediscover your inner peace.

After a tasteful vegetarian dinner we gather around the fireplace. And at some nights we have a special night program with kirtan, ecstatic dance or meditation. One day during this retreat is spend in noble silence, this means we don't talk among each other for you to have the opportunity to become more quiet, contemplate your life and the Yoga teachings.



PRICES:

Shared room: 1250 eu

Private room: 1650 eu

Includes:

- 7 nights accommodation
- All meals*
- Daily Yoga//Meditation/
Pranayama
- Nature Walks
- Workshops
- Rituals
- Kirtan
- Pick up/drop off airport

Excludes:

- Flight ticket
- Treatments
- Excursion



What others say about us....

Jasmien:

Had a great experience on my first yoga retreat. Laura and Wouter are very warm and welcoming. They guide you through all aspects of yoga and meditation. Great way to learn more about different styles of yoga, yourself etc. I was a bit afraid because the meals are vegetarian. Nevertheless the food was very tasteful and nourishing, Thanks to their great cook Diane. Besides, whilst I was travelling "alone" I have never felt so much "solidarity" amongst a group of people which was really nice to experience.

Generally, I would not doubt to book this retreat. It is a great way to relax and unwind. Far away from our too busy and stressful lifestyle. The classes, people, food are great. Jasmien

Nienke:

Highly recommended yoga retreat. Wouter and Laura are an amazing couple. Wouter's meditation and yoga classes are truly inspiring and will take you to the next level both in your physical as well as spiritual practice. Laura is the perfect host and also gives great yoga classes. Food is amazing, made by Francesco the Italian Chef, and the whole team is just perfect with great massages by Valentin. Silent days, silent walks with contemplation, swimming in the ocean with lovely picnic on the beach. And of course the mountain, with its beautiful garden. I will be back!