



BIZARETREATS

Tailormade Wellness Escape



Nourish Women's Empowerment Retreat

By the women of Ibiza, for women from all over the world, this retreat space is a sanctuary, a meeting point for like minded souls in need of *nurturing* and *nourishment*, who wish to embrace their sensitivities, emotionality, inner truths..

As you find yourself releasing the make-it-happen, alpha-male conditioning of modern life, pressures subside and perfectionist mind-sets recede. Discover your inner and outer beauty, uncover your life purpose and harness your true powers. Release conditioned beliefs about what it is to be a woman. Open your heart and access your innate wisdom, heal, grow and learn beautiful techniques to be sustainably *healthy* and *happy*.

Lighter, brighter insights arise as you surrender to the transformational energies here. As the masks come off, you feel more awake and aware of your emotional self. Surrounded by a supportive team, in a carefully held space, and with the positive energy of other like-minded women sharing the journey, you unearth the courage to listen to your innate wisdom and to appreciate your sensitivity - reconnecting you with your power, your abundance and your beauty.

What do you *desire* and *dream* for?
What are you *truly* here for?
What *gifts* do you have to bring?
And... *when* you are giving from a place
of passion and purpose,
How will sharing these gifts enrich your life
and benefit the world around you?

- This retreat includes a full-body rebalancing massage, an advanced heart-reconnection reiki energy healing session, a goddess-wisdom reading, plus holistic wellness coaching, yoga and meditations in the yoga garden and out in nature. All embedded in loving, sharing circles of like-minded women supporting you to heal, grow and live your greatest potential.
- With Vivienne, Marrejan and Nic from meditations through yoga and beyond, into evening musical magic with LAOR's heart-opening VOICESSENCE.
- Expect a journey of deep healing and transformation in a space created for you to fall in love with your self. We are here to support you on your journey of self-rediscovery, from the first stage of relaxation and reconnection, to your full and fabulous blossoming.
- We welcome you to embrace a life that is truly wealthy – connected into an ever-expanding worldwide sisterhood of other women who are ready to set themselves free of the limitations created by social conditionings. **Join us to connect to your feminine essence: become *all* that you deserve to be.**

DATES 2017

27 May - 1 June

23 - 28 September





About the retreat

- **We support you to create a nourishing rhythm for life, that fills you with positive energy** and enables you to live in harmony with yourself and world around you.
- **We educate you about your cycles and rhythms as a woman** – month to month – seasonally – from maiden to chrone – so that you can begin to embrace your emotional sides, your sensitivity, your creativity, to become more selective about what you invest your time and energy in and more receptive to life’s magical opportunities.
- **Connecting you with your inner-guidance system-tuning you into your intuition**, your inner wise woman, through yoga, meditation, breath work, yoga therapy, reiki and different forms of energy work, cranio-sacral therapy, massages and many types of therapeutic bodywork, holistic life and wellness coaching, spiritual counseling, sound healing, dance, creativity.
- **We support you to trust this inner-voice, the voice of your heart: your truth**, by strengthening this connection with a personalised daily practice, for daily life, simple and compelling, that complements your lifestyle and enables you to listen more easily, to what brings you joy, happiness, fulfillment.
- **We empower you to nourish yourself** – and to get to know your needs so that you can take responsibility for all the different parts of your woman-self: warrior, wise woman, more emotional/vulnerable sensitive self, free-spirited inner-child. As you begin to realise that being selfish, can also mean filling yourself with energy and love and that this means you have more to share...
- **We encourage you to discern “ought to” choices from those that bring you the greatest fulfillment**, success and relief, enabling you to say “no” to what does not feel good, “yes” to what feels right and true. Thus you establish a RITAM that brings you true happiness and a sense of inner-peace.



Ibiza is a woman's island. Protected by the female goddess Tanit, goddess of fertility, she is a place where you can feel free to truly be who you are. Through yoga, music, dance, Voicessence, sound healing, meditations in the magical natural beauty, she will inspire you and open your heart. Ibiza beckons you to seize the moment, to go with the flow of life. She calls you to embrace intuitive impulses, to celebrate creativity. Ibiza encourages you to remove your masks, to meet your inner-self, to acknowledge your heart's truth:

Discover your deepest desires and needs



Guided by LAOR, a talented musician and sound healer, she opens up a truly sacred space for you to express yourself fully through *voice, rhythm and movement.*

Through these sessions you can connect to the ancient wisdom of *deep creativity, to mother earth's healing and nourishing energies.*

All levels are welcome... The yoga, meditation and other workshops offered are for women who want to "know more".

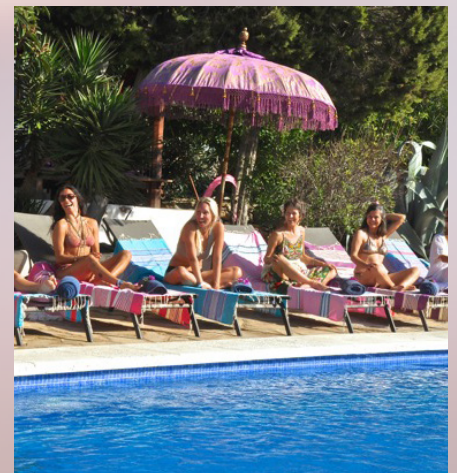


Casa Lakshmi Luz

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 - aaaaaaah.
- 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.



What's included

- 5 nights accommodation in Casa Lakshmi Luz.
- 1:1 holistic wellness and coaching session to release the “warrior” and connect you with your inner-wise-woman, to understand and focus on your needs as a woman, physically, emotionally, energetically.
- 1 x full body Holistic Healing massage – for deep release.
- 1:1 intuitive goddess reading to help you create clarity in your life path.
- 1 x reiki energy healing mind-heart reconnection with Faye – embracing the male-mind-set patterns that have been holding you back – reconnecting you with your inner-child, expect deep, heart-opening release!
- Nourishing seasonal cuisine, vegetarian, wheat, dairy and sugar free, with menus designed by naturopathic nutritionist Verity and created consciously, using local, as organic as possible produce.
- Energising and empowering Vinyasa flow yoga – with daily “tuning in” – bringing you into rhythm with YOUR physical rhythms, connecting you with your inner-mind, opening your intuition
Afternoon refreshments and happy-healthy snack.
- Pre-yoga morning meditations and self-healing visualisations – opening the second chakra, awakening the goddess within.
- Ayurvedic Nourishment for woman – balance your doshas – an interactive brunch info-session with lovely Lilamaya.
- Evening 1 –grounding meditation, coming into the womb-space – introduction to the divine feminine with Larah and Jules.
- Evening 2 and 3 – 2 Voicessence workshops with LAOR, sound and music healing, to open your heart and free your expression, supporting you to “shake off” the masks, tap into your deeper power and soften into your creativity.
- Evening 4 Shakti Spirit Dance experience to move into the feminine sensuality of your body.
- Evening 5 sunset ceremony – drumming and celebration with Larah and Laor at the beach before supper out at one of Ibiza’s most beautiful restaurants (supper is at a supplement).
- Back-to-life 1:1 coaching – reality-strategies for honouring your needs as a woman, in daily life.
- Enjoy an a la carte program of further holistic treatments & therapies, tailor-made to suit your needs.
- Supper out at a restaurant on your final evening – drinks are extra.

Price

From €1565 for twin sharing.

€1715 for single occupancy with shared bathroom (with one other guest).

€1985 (for single occupancy with own bathroom).

Daily sample itinerary

8.00 – pre-meditation & yoga morning chia pots & herbal teas

9.00 – 11.00 – meditation, self-healing visualisations and heart-opening hatha vinyasa flow yoga

11.00 – post-yoga juice

11.30 – 13.00 – brunch time, followed by you-time, 1:1 sessions, treatments & therapies

16.30 – refreshing pick-me-up juice or light bites

17.00 – optional evening silent walk in nature

18.00 – evening workshops: Connecting with your Divine Feminine, Voicessence, Spirit of Dance, Departure for Sunset Hike & Clifftop meditation

19.30/20.00 – supper & sweet dreams

Departure day: check out at **13.00** after brunch & back-to-life sessions

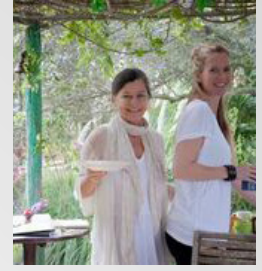
On arrival

Arrivals welcome from **2.30pm** (early arrivals can enjoy a lovely pre-lunch at La Paloma food-with-love café in neighbouring San Lorenzo – we will happily transfer you to the retreat from here). Relax by the pool, receive a rejuvenating massage, 1:1 Yoga Wellness Consultations & Welcome from our team

16.30 – afternoon snack and heart-warming herbal teas

18.00 – awakening the divine feminine, grounding yoga, breathwork and tuning in

20.00 – welcome dinner, meet the group, intro to Ibiza, the retreat and your you-time!



Your Hosts & Teachers

Combining 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. Supporting you to find your flow, with laughter, playfulness and spontaneity in the mix, on the always exciting group journeys!

Sarah is a holistic nlp coach, energy worker, yoga instructor yoga therapist and founder of Ibiza Retreats. She is passionate about empowering women to connect to their purpose, passions and path.

Vivienne is a creative Vinyasa flow and restorative yoga teacher, aromatherapist, talented bodyworker and self-confessed "life mermaid" who invokes sensuality through your practice and adds delicious drops of humour so you can let it all flow.

Marrejan is our retreat "mama" - here to support you with medicinal hugs and real-life journey stories to inspire you to find courage to face even the most challenging obstacles. She is here to listen, to encourage, to help you see your light.

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

Laor is a talented musician and sound healer who opens up a truly sacred space to express yourself fully through voice, rhythm and movement. Through these sessions you can connect to the ancient wisdom of deep creativity, to mother earth's healing and nourishing energies.

Faye is one of Ibiza's best loved energetic healers, offering intuitive guided healing and a reconnection of the heart to the mind.

Jules offers Goddess Oracle (Intuitive) Readings, is a Workshop leader and sister, supporting you to release yourself to your Divine Feminine Power.



What our Clients say:

I'd been on a yoga retreat before and knew it would help me to just stop, take time out and recuperate from my busy London work and social life. What I didn't realise is that I would gain so much more. My father had passed away 6 months prior to the retreat from cancer. I was unhappy at work and suffering with grief, anxiety and lack of direction and purpose. My world had been turned upside down and I felt I'd literally lost a sense of who I was and what I wanted out of life. The daily yoga and mediation was caring, healing and carried out with a lot of tenderness and affection. Singing with Laor was really out of my comfort zone, yet helped me find my inner voice. The whole experience helped me to reconnect with myself, see things more positively and really gave me the confidence to pursue a happier, more fulfilled life.

Deborah

This retreat was life changing... This was my second Ibiza retreat.. I have never in my life felt so empowered, so safe to explore some deeply hidden emotions and so joyful at the opportunity to meet some incredibly inspiring women... I can honestly say that I have never felt so 'in my body'... Thank you x

Louisa - Business owner & mother

