



# BIZARETREATS

*Tailormade Wellness Escape*

*Rejuvenate*

*Rejuvenate* your body, mind & soul with our yoga & holistic fitness retreat.

We very much believe in balance! So we have created this holistic retreat using our collective knowledge and experience to be a perfect balance of yoga, fitness, meditation, nutrition and clean eating.

The aim? To get your body, mind and soul into a conscious, present and loving state. And to empower you on your onward life journey. This retreat is about creating a positive foundation to lead a healthy, balanced life. And to be the best you can be. Oh and did we mention we mix a little bit of magic in there too??

**About the retreat:** This retreat is for you if you are feeling a little unmotivated, tired, or lost and are looking to relight that spark, ignite your energy and bring back your *zest for life*.



## A day at the retreat begins with either:

- An energizing, fun, functional fitness session with our hand-picked personal trainer.
- A guided hike in nature in one of our favourite secret island spots, far away from the crowds!
- Or a strong, dynamic and authentic yoga class, focusing on breath, alignment and cultivating a conscious awareness of your body and your energy system.

The 'yang' practice is anchored by daily meditation and breath-work. This balance of the 'yin' and the 'yang' is important to calm the nervous system, help us connect back to ourselves and find a sense of peace and equilibrium in every day life.



## About the YOGA

Daily deep flow yoga allows you to let go of tension and stress in the body. The flow is strong and can be challenging, yet the process of moving the body in conjunction with the breath (the vinyasa) and with total conscious awareness of the movement is incredibly nurturing for the body and can be adapted to all levels of experience.

We focus on connecting you back to your body (again!) and empowering you to establish a daily yoga practice - which can be incorporated both on and off the mat when you get home.



## About the FITNESS

This is not a bootcamp, but an intelligent, conscious way to exercise.

Our experienced trainer will take you through a range of techniques and practices, to help you find what feels right for you and your body - as we all know, everybody has a different story!

Cultivate strength, confidence and body awareness - for *life!*



## About the FOOD

The juices, smoothies and brunch will be prepared by our Host and qualified Nutritionist Lisa. The food will be locally and seasonally sourced with a variety of dishes to suit all tastes. It will be predominately vegetarian, with maybe a little local fish if we like what we see at the market that day!

Note, vegetarians and vegans also catered for. Lisa will also be providing nutrition tips and information throughout the week to support your journey to optimal health - and especially for when you get back to your home reality. In the evening we provide a 2 course meal prepared by our private chef.

## LEVELS

Suitable for **all levels**, whether you are new to yoga and looking to develop your practice or are a dedicated yogi wanting to challenge yourself further and to refine and deepen your technique.

## ABOUT THE VENUE

Nestled amongst a fragrant pine forest in the San Lorenzo 'campo' in the stunning North of the island, you will find *Can Amonita*; a unique sanctuary, which reflects the beauty and peaceful side of the island. \* East meets West with Balinese style details, bright spacious rooms, all ensuite, with every creature comfort and two types of pillow option. We are blessed with a beautiful outdoor practice space amidst the pines.

A 20 min walk to San Lorenzo village, 5 min drive to San Lorenzo, 10 mins San Joan or Santa Gertrudis, 15 mins drive from the turquoise waters of Benirras beach or the long stretch of the stunning wild coastline of Aguas Blancas.

## DATES 2017

6 - 11 May

10 - 16 June

16 - 22 July

12 - 18 August

9 - 15 September

26 - 31 October



## What's included

- Accommodation in beautiful Can Amonita. On a twin or single occupancy basis and all rooms are en-suite.
- An energizing morning practice of either fitness, walking, swimming, yoga, meditation – or a mix of them all! (Depending on weather conditions).
- Post practice juice or smoothie and fresh, seasonal brunches and dinners lovingly prepared by Lisa and our chef. Note the menu is meat free, but may include some local fish. Vegetarians and vegans are catered for.
- A wellness consultation to ensure you get the best from your time with us.
- A full body massage upon arrival.
- Supper out at a restaurant on your final evening – drinks are extra – ( for 2017 retreats).
- Full Ibiza Retreats concierge to take care of your every need. And plenty of little treats and surprises along the way!

## Prices

5 nights from 1,445€ twin en-suite room & 1,845€ single-occupancy, ensuite.

6 Nights from €1,695 twin en-suite room & €2,095 single-occupancy, ensuite.

## Daily sample itinerary

**From 08.30** - Help-self teas and breakfast bites.

**09.00 - 10.00** - Functional Fitness Session followed by Stretch & Meditation practise.

**10.00** - Post Practice Juice or Smoothie.

**11.00** - Brunch.

**12.00** - Nutrition Talk.

**13.00** - 18.00 FREE TIME or Treatments.

**18.00** - Yin Yoga session or further workshop.

**20.00**- Dinner.

*Sweet dreams...*

**Departure day:** check out **11am**.

## On arrival

Tea and healthy bites in the afternoon / arrivals, settle in.

Relax by the pool, receive a rejuvenating massage.

1:1 Yoga Wellness Consultations.

"Grounding" yoga to help you land.

Welcome dinner; meet the group, intro to Ibiza, the retreat and your you-time!

## Your Hosts & Teachers



*Susie* has a sensitive inner-compass; she feels you and your fears, inspiring you to work consciously with your body and nervous system. She helps you recognise how constant states of reactivity are exhausting. Searching for equilibrium Susie left the constant highs of corporate London life all behind; the job which she was uninspired by and a state of feeling lost in the city. She chose to make life less about running and more about being conscious. Yoga and fitness has become a medicine and a bigger and bigger part of her life as she studied techniques in London and was then drawn to India. She is inspired by many teachers and her yoga is an eclectic mix of Vinyasa, Hatha, Scaravelli, Iyengar and Ashtanga.



*Lisa* left a stressful job after 19 years in financial services to Live her Dream in Ibiza. She is a Qualified Nutritionist, Wellness Coach, Reiki Practitioner and Mum. Lisa has been featured in Sainsbury's Magazine, Marie Claire and The Sunday Times Travel Magazine. Her passion is to support people to live a Happier Healthier life and feels a large part of this is through what we eat & drink. On retreats she aims to empower people to go home and cook clean. Her ethos is to keep the food Clean i.e. Chemical FREE, as close to nature as nature intended, affordable and accessible to everyone, so that our guests feel empowered to continue the journey when they arrive home.



*Carina* is a bubbly, bountiful ball of energy and love! Carina's enthusiasm is incredible and her speciality is supporting people to listen to their own inner voice and establish their personal/individual practice. She guides her students to become softer and embrace fluidity rather than pushing themselves. From motherland Austria to big city life in London, where Yoga brought her to Ibiza to take part in a teacher training. She fell in love with this magical island and since March 2014 has been living here learning, teaching and saying thanks every single day!



*Anna* as a yoga teacher and host, Anna's passion for yoga, salty sea hair, search for adventure and deep love and respect for the incredible experiences and people she has met chasing yoga classes around the world, has led her to Ibiza. She now passionately shares what she learns with the hope of inspiring people to improve their lives and reach their full potential. Clear, compassionate and incredibly kind, Anna primarily teaches an accessible, slow yet strong Vinyasa Flow Yoga class, guiding students to find their own natural alignment in poses.

## What our Clients say

I had such an amazing experience being coached by two of the warmest women I know – Susie and Lisa. They are such wonderful, empathic and professional women who guided me to find my path in life. Where Susie helped me to look beyond my mind and connect with my inner-self, Lisa has taught me how the right nutrition completes a healthy holistic lifestyle. Susie and Lisa, you both have changed my life. Thank you! I can't wait to be part of your retreats again! ”

Melanie – 32, Holland

Eva and I want to say thank you to Lisa and Susie and everyone in your team for an inspiring amazing 5 days. You are all truly passionate and so good at what you do. We left relaxed, invigorated and refreshed, thank you so much for that.

James Ellis – 47 London

