



THE MOUNTAIN
IBIZA



IBIZA WINTER YOGA RETREAT DELUXE

Yoga · Meditation · Self-Discovery · Nature

17 -24 February 2018

- Are you looking to escape the cold winter to recharge and boost your overall sense of wellbeing?
- Do you seek relief from stress and anxiety or do you wish to find healing of past wounds?

Then our Winter 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 of this winter.

We like to share our favourite time of the year on Ibiza with you. Ibiza winter, when you have the beaches all for yourself and the vibe is calm and relaxed. 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.

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.

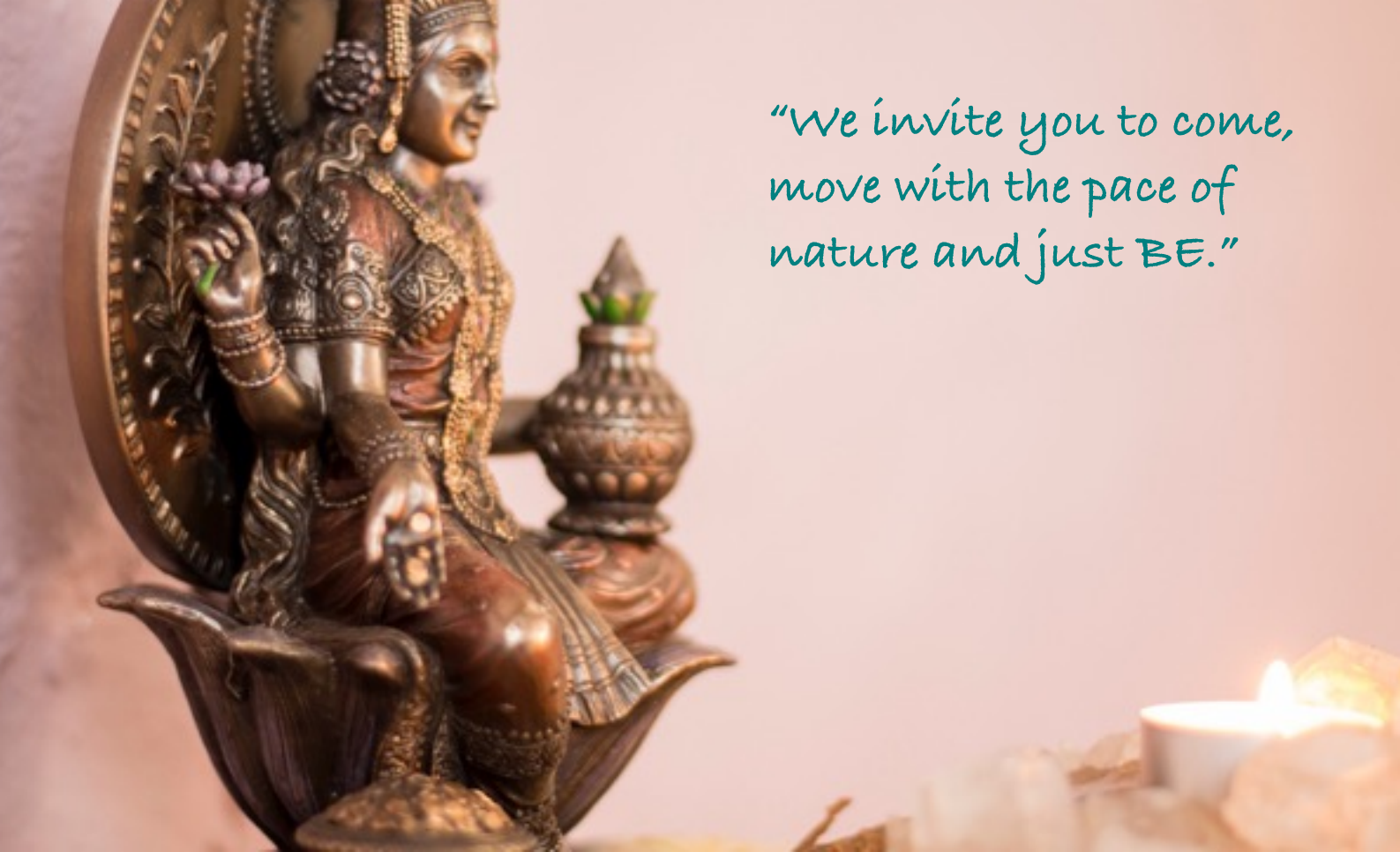
WOUTER started his yoga journey 12 years ago. In 2008 he finished his Vinyasa yoga teacher training at Svaha Yoga in Amsterdam. After teaching for 5 years in several renowned yoga schools in Amsterdam, he decided to move to Ibiza to dedicate his time to organising retreats of healing and Self discovery.

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.





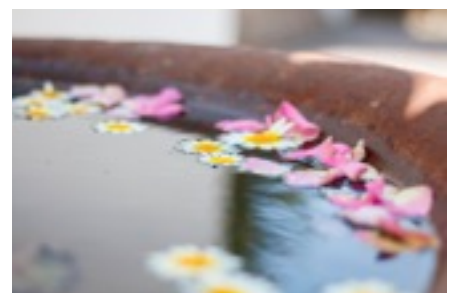
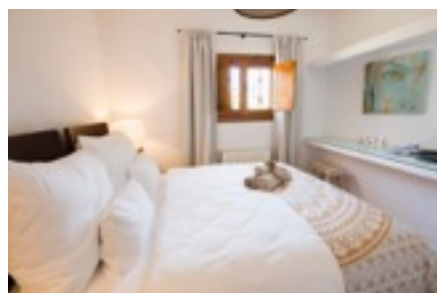
*"We invite you to come,
move with the pace of
nature and just BE."*

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:

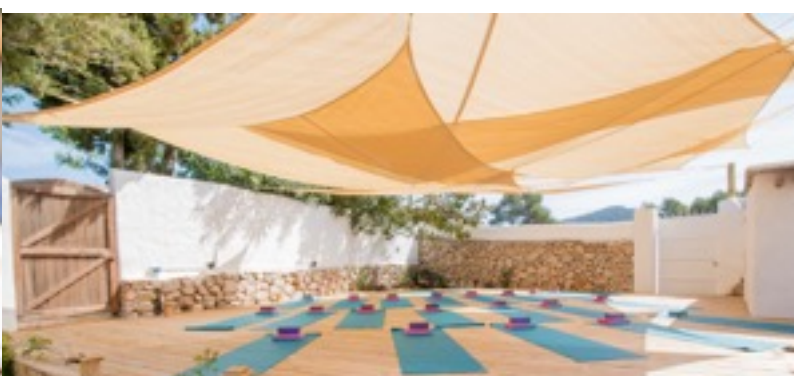
We start the day early with a pranayama and sunrise meditation in the lush garden. The breathing exercises give you immediate clarity of mind and a sense of calmness, a perfect way to start the day!

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 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....

Richelle:

I had a wonderful time!! WAUW! loved everything about it! The food, the yoga, the words that came to me during the practice, I loved it all! I think you two (Laura and Wouter) are doing a great job! It felt so warm and safe being around you, exploring myself! The food was also very delicious! I try to cook more healthy food at home now, just because it makes you feel good! And I also loved the massages! Perfect!!! Thank you so much!! Namasté Richelle

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!