



BIZARETREATS

Tailormade Wellness Escape

Boutique Yoga & Detox



A total experience for body and mind – dust off the cobwebs and...

Find a *little magic* again here in Ibiza.

This retreat is very special. Words fail to exactly describe the magic here, or why the experience is so unique and touching... A feeling that stays with you long after you leave this little paradise on the south west corner of Ibiza. There is magic at work here where small miracles often take place.

The transformations that our guests experience in just four days make it one of the most powerful retreats on offer. Our guests leave different people, or rather they discover who they really are again, for many it is a feeling of 'coming home to themselves'.

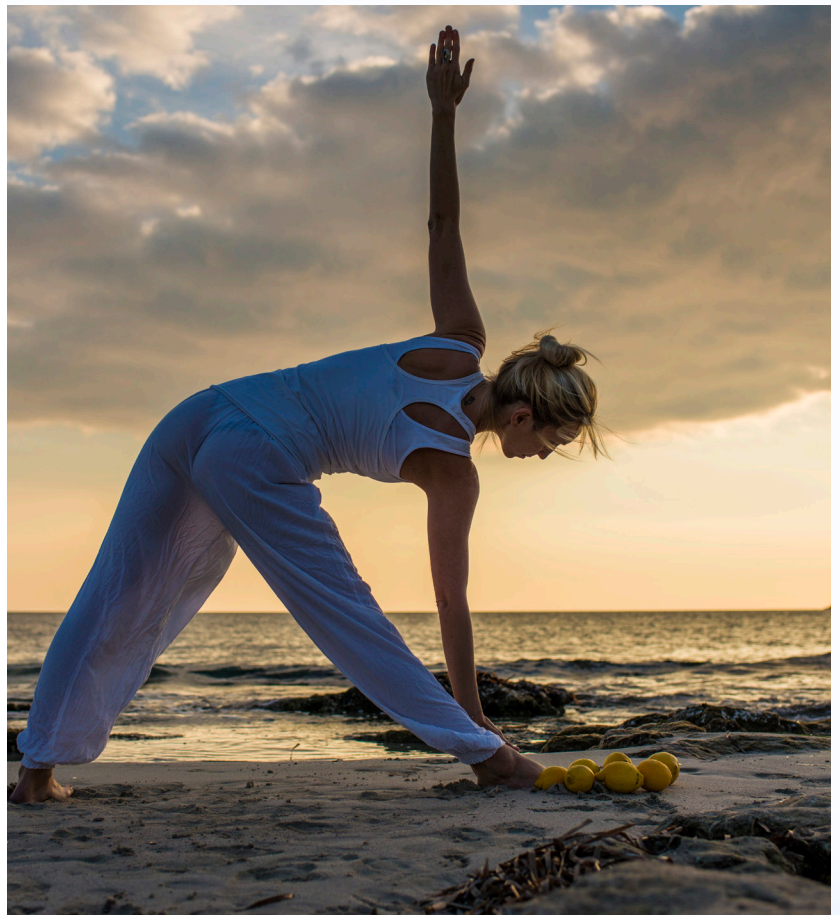
About the retreat: Find yourself in a nourishing sanctuary to give the body and mind a break. Switch-off, de-stress and detox negativity. Let Ibiza work its magic on you - this incredible island, a place of enchanting natural beauty where we can all return to the breath. Sometimes we get so caught up in life, we can forget to actually enjoy it!

Led by *Susie Howell*,
co-Director of Ibiza Retreats.

Daily Vinyasa flow yoga allows you to let go of tension and stress in the body. The flow is deep and strong and yet nurturing for the body and can be adapted to all levels of experience. We focus on breath and establishing a daily yoga practice (that we can use both on and off the mat!). Life is in a constant flux and to be able to live it to the fullest we must respond to the changes by letting go and allowing.



And...co-leading your journey you will find Faye providing magical and deeply transformative energy treatments. Faye works at aligning the body mind and soul through a hands on healing approach and intuitive connection. The sessions empower clients to find their alignment, clarity and inner strength and guided meditation, relaxation techniques and one to one advice.





What's included

- Accommodation in luxury Can Bikini - in a beautiful room with en-suite.
- 2 hr Daily morning yoga with Susie - invigorating, empowering & heart-opening.
- Post yoga juices, fresh, organic brunches and 2 dinners cooked by a private chef.
- A wellness consultation to ensure you get the best from your time with us.
- 1 body treatment with Faye - tailored to your individual needs.
- A 1-day supported juice detox (5 fresh juices).
- Supper out at a restaurant on the final night - drinks extra (for all 2017 retreats).
- Full Ibiza Retreats concierge to take care of your every need - and plenty of treats along the way...

Price

€1,495 for shared twin room.

€2,095 single occupancy.

DATES 2017

27 April - 1 May

18 - 22 May

22 - 26 June

14 - 18 September

12 - 16 October





About Retreat *Villa Can Bikini*

Don't let the name deceive you, Villa Can Bikini is a sanctuary of pure luxurious bliss. Nestled high in the pine scented mountains of Santa Agnes, where the breathtaking scenery and spectacular cliff-top sunsets set fire to the sky.

The main house is light, spacious and airy and has the 3 main bedrooms. 2 further bedrooms are nestled secretly in the pine forest. Every corner has a hidden space to rest, relax and explore this beautiful corner of the island.

Fully supporting you on your journey are guest teachers from our close family like Carina - a passionate Vinyasa flow and Yin Yoga ambassador, who loves to share her teaching with humour and guitar-led mantras!

And Anna - an inspiring, kind-hearted and hugely hands-on teacher of many practises and styles of yoga.

As well as the infamous cooking and house keeping team at Can Bikini. Bal and his son Francis will nourish and make us feel truly pampered with their care and attention to detail.



Your Hosts & Teachers



Faye Reason... has studied esoterics, ancient wisdom and healing for many years and knew that mysteries and dreams were worth following. Faye was blessed and honoured to have worked with incredible shamans in South America and indigenous peoples from the Great Lakes in Canada who taught her about heart medicine and opened her mind to new dimensions. She does very special energy work, helping people to connect with their inner truth. Faye loves people, giving treatments, creativity, cooking, writing stories, star-gazing on Ibiza rooftops and dancing. However her biggest passion is raw nature. Faye offers meditation, reiki and holistic massage, developed from her humble understanding of the natural world.



Susie Howell... left the world of advertising and the bright lights of London in search of a different way of life. She was uninspired and found solace and peace on the yoga mat. Yoga became a bigger and bigger part of her life as she studied techniques in London and then India. She is inspired by many teachers and her yoga is an eclectic mix of Vinyasa, Hatha, Scaravelli and Ashtanga. She finally jumped and landed in Ibiza (where she now lives) and runs retreats for those also looking for answers. Her passion lies in showing people the beauty of the nature she is surrounded with. Feeling the body moving and opening through meditations and deep Vinyasa yoga. Seeing the changes in people after their experience and they are fully present is her reward.



Carina... 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

It's actually very hard to put into words how fantastic this retreat really is. The place is not only luxurious and beautiful, but the combination of the supportive and safe environment the team provide, allows you to let down your defences and begin to really feel, instead of just think! This was a very transformative stay for me and I feel very grateful for the help and practical guidance I was given from the team and therapists. If you embrace it, are open-minded and want to make positive changes, you can really use this retreat as a way of making steps to achieve your dreams and goals.

Zoe - 36 - London

I don't know how to put into words how special and astounding last weekend was for me. I must thank you so much for the experience and the chance to discover so many feelings and truths in the company of so many lovely souls. I look forward to the day I will return.

Kate - 43 - UK.