



BIZARETREATS

Tailormade Wellness Escape



Yoga & Horse riding

Enjoy a revitalising immersion into the 8-limbs of Hatha yoga, open-your heart and feel your inner-smile spread wide as you ride Spanish horses through Ibiza's magical countryside.

Revitalise with morning yoga & meditation practices to strengthen your body, increase your prana (life-force), release stress and tension and develop greater inner-calm.

Deepen your connection to yourself, to nature and to the horses you are riding, with a combination of schooling to develop confidence and relaxing "paseos" through fields, forests and beautiful terrain.

On sweet-natured Spanish horses, enjoy new sensations of transformation as you connect to your breath and the magical nature all around you. Experience greater balance in body, heart and mind.

Intelligent Yoga for all levels

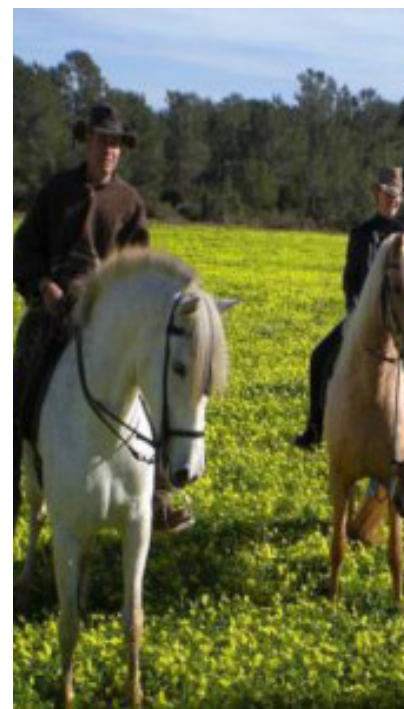
- Dive deeper into your yoga practice and become more balanced and centred, in body, heart and mind.
- Explore meditation, pranayama and yogic philosophy in greater depth with plenty of personalised support from our team of teachers who draw from over 80 years of experience. Nourish your whole system with delicious conscious cuisine. Revitalise with restorative and find sweet relief as you open deeply with yin yoga. Discover new methods of meditation with mantras and guided visualisations.
- Enjoy the wisdom, alignment support and integral approach of some of Ibiza's leading teachers and yoga teacher trainers, who have studied with some of the greatest masters of the modern age. Chillax by the long emerald lap-pool in our relaxed, yet carefully held, glam "ashram" ambience and soak up the feel good energy.

We encourage you to listen to your inner-yoga-master. Relax into the rhythm of riding cross-country and find new confidence in yourself, in your body, in your connection to your steed. Learn to trust your "Atman" or inner-teacher

DATES 2017

23 - 28 March

13 - 18 April





About the retreat

- Unravel the ancient mysteries of the art and science of yoga, discover how to enjoy a practice that rejuvenates and rebalances your whole system, offering practical coping techniques to dance with the many challenges of modern life. Inspired by the free-spirit of Ibiza, this is an organic flowing experience, embedded in precision alignment work – combining strength of movement with surrender.
- Fusing hatha yoga, vinyasa flow yoga and restorative yoga techniques withinin integral yoga classes that invite you to honour your individual needs.
- Drawing from the teachings of Sivananda and the therapeutic yoga lineage of Sri Krishnamacharya, you will learn alignment principles for a safe and expansive practice plus breath work techniques to create greater mindfulness. With 2 teachers in every class to offer extra support and personalised adjustments plus therapeutic yoga details that enable you to heal and grow.
- Explore Ibiza on horse-back, with horses who have been carefully nurtured and lovingly handled, who are ready to welcome you to relax into the rhythm of Ibiza's slower pace.
- Enjoy new perspectives as your mind unwinds and opens and feel your heart expanding.



About Retreat

Villa Can Amonita

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.



What's included

- Yoga Wellness 1:1 – to set your own wellbeing goals for your retreat so we can support your physical and emotional needs.
- Welcome full-body holistic massage to relax and rebalance in body and soul.
- 5 nights accommodation in beautiful Can Amonita retreat.
- Full board, delicious, nutritious seasonal cuisine – organic and purifying soul-food.
- Herbal Teas, Fruit & Water on tap throughout the day. Afternoon refreshments and happy-healthy snack.
- Supper out at a restaurant on your final evening – drinks are extra – (for 2017 retreats).
- Welcome Ceremony and island introduction.
- 2.5 hours daily yoga and meditation – morning practice with 2 x teachers to ensure plenty of personalised attention and optional afternoon workshops*.
- 2 x afternoon horse-riding sessions of 1.5 hours inc. transfers – including out-rides in the beautiful Ibizan countryside and schooling sessions to improve your technique.
- Back-to-reality Yoga Plan for daily life-practice – tailored to your needs.
- Mind Body Spirit concierge service from Ibiza Retreats for all your Ibiza needs.
- Optional further horse-rides can be booked at your request!

Daily sample itinerary

08.00 – pre-yoga ayurvedic balancing herbal teas & chia pots, light-fruit bites

09.00 – 11.00 – yoga

11.00 – post-yoga super-smoothie

11.30 – 13.00 brunch, you time, therapies, siestas, chillax, beaches and Ibiza exploration

16.00 – refreshing pick-me-up thirst quencher and light healthy bites

16.30 – depart for the stables horse-riding 2 evenings / plus restorative yoga evening and final evening we go for a sunset hike and cliff top meditation on our own two lovely legs

17.00 – 18.30 – horse-riding through the countryside

19.00 – depart stables

19.30 – supper under the stars

Departure day: **check out 11am**

Your Hosts & Teachers

Nora Belton has over 30 years of yoga training and is a yoga teacher trainer, bodyworker, yoga therapist and is passionate about sharing this ancient “medicine” for modern life!

Marrejan Oepkes has been a dedicated yogi for many decades, has spent the winter specialising in restorative yogic techniques to nourish the nervous system - and just loves to give hugs and share her 40 years + of Ibizan expertise so that you can enjoy the hidden gems and most private, secret beaches.

Carina Bogner trained with Ibiza Retreats’s Director Susie Howell and is a passionate yin-flow teacher, whose sparkling guidance will inspire you on and off the mat.

Add on complementary Ayurvedic treatments (yoga’s sister science) from Ibiza’s most loved Ayurvedic specialists *Liilamaya Galvis*, and *Elke Scior*, to enhance your experience with their ancient knowledge and healing hands.

Our Holistic Therapists are part of a world-class team, who come especially to the retreat to offer an A-Z of complementary therapies during your yoga holiday.

We work with “*The Horse Country Club*” a warm and welcoming riding stables loved by the Ibizan community.



What our Clients say

This retreat is perfect for all levels and for me it was much more than just Yoga... The People you meet, the Yoga you practice, the House you live in, the Food you eat, the YOU time you get etc... are the perfect Equation for Happiness and Peace. And it's something you will bring back home with you. Thank you & Namaste

Yannika

