

RETREAT SCHEDULE EXAMPLE – 4 DAY RETREAT -

The package is just an example of 4 days retreat – we offer a fully customizable retreat package where you can build your own retreat experience from our menu of services. If you wish to avail of this offer, please email us in order to receive personal assistance.

Day 1

Check in at 3 pm (early check in is available – just ask)

Get settled in accommodations and explore the house

Orientation meeting – open circle – information about the retreat and therapies, open debate and above all expectations

Life coaching session: “empowering, self-confidence and tools, how to focus and reach your goals”

Dinner

Day 2

Meditation Anapanasati A traditional method given by the Buddha of “mindfulness of breathing”, in other words breath meditation

Little restorative break for tea and dry fruits (15 / 20 minutes)

Yoga Class (meditation, pranayama, kryas, asanas, final “How Yoga practice helps you focus and reach your goals in life and your job”

Lunch and free time to go for a walk, explore Ibiza/ enjoy the house and swimming pool/ relax (packed lunch for the explorers)

Breakfast

Boat experience: Sail or motor boat. Time to swim, relax, enjoy the lunch with the best view from the sea or from a restaurant in Formentera. In case of choosing the sailing boat we have available an ancient vessel to host till 38 people - there is the **possibility to have food and holistic experiences onboard**

Free time to enjoy the house and swimming pool, in other words, RELAX!

Dinner out or at the Villa

Day 3

Tea and dry fruits

Shamanic and kundalini breath-works + Shamanic Yoga: “How to connect with our Creativity”. Learn how to create a state of super consciousness, experience freshness and clearness to develop creativity self-confidence, and intuition

Breakfast and relax

Hiking experience: in cooperation with one of the best companies that organise hiking in Ibiza, we will guide you for a breath-taking hike on one of the most picturesque coastal roads in Ibiza. You can choose your hike zone. First, we prepare the crew with breath work and hike from the top of the hill to the sea where we will do a meditation and then we can swim and relax

Lunch (packed lunch)

Free Time to go for a walk, explore Ibiza/ enjoy the house and swimming pool/ relax

You cannot miss a sunset experience at the end of our adventure: **we will organize an unforgettable outdoor sunset experience for you**

Dinner out or at home

Day 4

Meditation: **Contemplation of the corporeal object in the corporeal object” - Buddhist Meditation**

Little restorative break for tea and dry fruits (15 / 20 minutes)

Shamanic Yoga Practice: **“Overcoming of hesitations”** Asanas, Breath-works, Kundalini awakening (see above) and meditation with the aim of produce self-confidence, release fears and above all believe in your own instinct. This practice helps people to “dare” in a conscious way, focusing on their own capability, skills and instinct

Closing circle to synthesise what you have learned and experienced on your retreat so you can maintain your new sense of strength and clarity at home

Breakfast

Check out at 10am (late check out is available – just ask)

