



IBIZA YOGA GETAWAY

9-16 June 2019

Dive deeper into your Yogic journey

7 day Yoga retreat in Ibiza

A transformational week in Ibiza that will take your yoga to new heights.

Taking residence at Casa Shakti, an enchanting finca in Ibiza's north, we are proud to host Swami Shiva Shankar for the second year running to lead a week of yoga and meditation.

Shiva grew up in an ashram at the foothills of the Himalayas and has dedicated his whole life to following the journey within by walking on the well-trodden ancient path of yogic revolution shown by the Himalayan masters, sages, great yogis and vedic scholars.

This retreat is a great opportunity to study under a teacher that incarnates the authentic teaching of the Himalayas.

We will cover Vedic mantras, asana practise, pranayama, tantra, mudhra, bandha, yoga philosophy and why it's such a valuable practise to have yoga in your life.

This retreat is open to **all levels** and is recommended not only to students but also to yoga teachers looking to take their practice to another level - and not only in the physical sense.

Shiva will be there to answer all the questions of the more experienced yogis whilst beginners will have the opportunity to start their practice with the best possible foundations.

The teacher

SWAMI SHIVA SHANKAR

From a young age Shivaji had a flair for the practice of yogic techniques, meditation, reciting mantras and studying the ancient Holy Scriptures.

At the age of 14, crossing all familial and social boundaries and limitations, he left his home to follow the path to spiritual enlightenment. After successfully completing a three-year course in Vedic Science and Meditation and possessing an impressive knowledge of Yogic tradition, its texts and its practices, he was selected to visit the West to spread the ancient wisdom of yoga and spirituality.

Shiva holds classes, workshops and teacher training courses around the world, returning each winter to his homeland at the foothills of the Himalayas to spend time on the banks of his beloved river Ganges.

Studying under Shiva is a unique chance to practice with a teacher that incarnates the authentic teachings of the Himalayas and can really help take your yoga practice to another level.



The location

The retreat is held in our authentic 17th century farm, Casa Shakti, nestled in the hills behind the town of San Carles de Peralta, surrounded by nature and with wonderful sweeping views over the valley and out to the sea.

There are several terraces for relaxing and enjoying the views and a lovely cobbled courtyard that leads up to the gorgeous swimming pool, with jacuzzi and spectacular views.

Large century-old terraces are devoted to organic cultivation and to housing 4 lovely rescue horses Arachana, Apache, Beauty and Indigo and miniature pony Rocco.

Casa Shakti has a yogi heart of its own - with its yoga deck, pool and terrace, vegetable gardens, horses, cats and chickens and a wonderful energy, it's the perfect place to host this very special retreat.

The closest beach, stunning Cala Nova, is 2km/25min walk away.

The famous hippie market of Las Dalias is only a 10 minute walk in San Carles village.





The food

The food will be made with love, care and attention by our fabulous chef. The menu will be vegetarian and we will provide options that are suitable for vegans too.

If you have any specific food intolerances, please email us in advance to let us know and we will do our best to provide tasty alternatives.

Brunch will be served at 10:00 and dinner at 20:00, both following the yoga and meditation practice.



The Schedule

The retreat will open at 6pm on June 9th 2019 with an opening circle in the evening before the welcome dinner.

Mornings start with an optional sunrise meditation on the rooftop of Casa Shakti followed by our morning yoga class. After brunch, Shivaji will lead a yoga philosophy class, taking us through some of the rich history and teachings behind our asanas and introduces us to the life of an Indian Yogi.

A delicious vegan Brunch will be provided every day, then you can enjoy your free time to sunbathe, go to the beach (just 10 mins walk away), visit the famous Las Dalias market which is also nearby, or just relax and enjoy the beautiful surroundings of Casa Shakti.

Our second daily yoga class takes place early evening and is often followed by a Nidra meditation. A freshly-cooked vegetarian dinner is provided afterwards before we close the evening – ready to enjoy it all over again until the end of our retreat on the June 15th. June 16th is checkout day and we will need to leave Casa Shakti by 11am.

We will go to the beach for one afternoon yoga class and there is also an optional trip to the famous Es Vedra for a chakra meditation.

The daily program

Our schedule will start on Monday morning.

- ★ 06.30-07.30 Meditation from the Vijnana Bhairava Tantra text with 7 main pranayamas, mudras and bandhas.
- ★ 07.30 – 08.00 Herbal drink with sunrise ritual and mantra chanting
- ★ 08.00 – 10.00 Hatha yoga asanas
- ★ 10.00 – 11.00 Brunch
- ★ 11.00 – 12.00 Yoga philosophy
- ★ 12.00 – 17.00 Free time
- ★ 17.00 – 20.00 Asanas with extra focus on alignment adjustment and individual progress.

Healing

pranayama, mudras and yoga Nidra.

★ 20.00 – 21.00 Dinner

What's included:

★ **6 nights' accommodation**

You will be staying in a beautiful, authentic 17th century Ibiza farmhouse nestled in the hills, with sweeping views over green valleys and down to the glistening sea.

★ **Bountiful brunch and dinner**

A plentiful breakfast, lunch and dinner will be prepared fresh for you each day with love by our chef using locally sourced, quality produce.

★ **All classes and workshops**

We offer an intensive program of yoga, meditation and a variety of workshops which will provide you with practices that you can use once you return home.

What's not included:

★ **Flights**

★ **Airport transfers**

The accommodation packages

All prices shown are per person.

★ **Bell Tent** - spend the night close to nature in one of our lovely bell tents. You will be poolside and close to the main house with access to 2 shared bathrooms. Sleeps 2 in single beds
£900

★ **Mongolian yurt** - sleep in a beautiful traditional yurt close to the main house with access to an eco-toilet and 2 shared bathrooms. Sleeps 3 in single beds
£900

★ Ensuite double with separate entrance from the courtyard - single occupancy
£1750

★ Ensuite double with separate entrance from the courtyard - 2 people sharing
£1350

★ Double room in the main house with access to 2 shared bathrooms - single occupancy
£1500

★ Double room in the main house with access to 2 shared bathrooms - 2 people sharing
£1200

★ Shared twin room with access to 2 shared bathrooms
£1200



What should I bring?

If you'd like to bring your own yoga mat, blocks or straps, you're very welcome although we do have all equipment at Casa Shakti. We suggest you pack as you would for any summer holiday as well as packing your yoga clothes.

We highly recommend that you bring along a journal to help you reflect on your development and experiences during the retreat.

What if I'm a beginner?

Everyone is welcome, even first-timers. Shivaji will ensure everyone will have the right attention and direction, no matter your experience, and he will always offer modifications to suit each practitioner.

Shiva will be there to answer all the questions of the more experienced yogis whilst beginners will have the opportunity to start their practice with the best possible foundations.

Airport Transfers

The town of San Carles is 30 minute drive from the airport and easy to get to with one of the many licensed taxis at Ibiza airport. We will ensure each guest receives directions to Casa Shakti before the retreat and we will let guests know if anyone else is arriving around the same time in case you'd like to share the ride.

You can expect to pay approx 40 euros from the airport to Casa Shakti.

Book your space:

If you would like to book a space on our retreat, please email us at :

info@ibizayogagetaway.com

We will send you a booking form to fill out and return to us.

A **50% deposit** will be required at time of booking to **reserve a space** and the **final balance** is to be paid in cash on arrival.

Deposit is non-refundable in case of cancellation.

Get in touch!

If you have any questions at all or would like more info, just get in touch and send us an email:

info@ibizayogagetaway.com

We love to talk and meet fellow yogis and yoginis!

