



# IBIZA YOGA GETAWAY

**11-18 April 2020**

## From movement to inner silence 7 day Yoga retreat in Ibiza

Join us for a 7 day journey of Yoga practices in a stunning villa on the magical island of Ibiza.

Take a break from your daily routine, connect with nature and like-minded people and take the opportunity to deepen your Yoga practice with uninterrupted time for yourself.

Our aim is to provide you with yoga practices and healthy tips that you can integrate into your daily life.

This is a fully-immersive retreat with a complete yoga program and a variety of workshops that will keep you busy throughout the day.

All meals are included so you can be sure to follow the best eating plan for your practice.

We will keep a journal during the retreat and dedicate time to gather and share our observations throughout the course. The aim is to strengthen and consolidate the results of our practices and go home with a new purpose.

We organise, coordinate and are present at each retreat to make sure everything runs smoothly and you are well taken care of ☺

Our retreats are open to **all levels** and you don't need to have experience with either yoga or meditation to participate.

### **The teacher & the style of Yoga**

**Elena Ravasi** is a Hatha Yoga teacher who has been practicing yoga for the last 18 years. Since November 2009, she has been attending the Himalayan Yoga Teacher Training under the direct supervision of Swami Veda Bharati and joining regular retreats in India.

She has been teaching in Ibiza since she moved there in 2011 and is now settled in her yoga paradise, in the hills with her horses and cats.

She is one of the founders of IbizaYogaGetAway and the manager of beautiful Casa Shakti Ibiza.

She is also a student and practitioner of Natural Horsemanship as a way to rehabilitate horses who have experienced physical and psychological traumas.

In her Yoga classes great importance is given to the preparation of the **breath, relaxation techniques and meditation**, allowing you to relax and let go of stress.

Elena's classes will help you to let go of any tension built after a stressful time and restart your life calmer, with more energy and with a clearer head.

The practices, together with the scenic and peaceful surroundings, will help you to re-energise and improve the quality of your sleep.



### Where it's held

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 the scent of lavender and rosemary.





## Diet and food

To ensure that this week will be really transformational, we will observe certain food and diet guidelines during the retreat and follow a **sattvic diet**, according to traditional yoga practice. We will therefore use all those ingredients that help to maintain a balanced physical, mental and emotional state: fruit, vegetables, pulses, wholemeal cereals, fresh non-packages ingredients, nuts and seeds.

The food we serve at the retreat is largely **vegan** and most people are pleasantly surprised by how delicious and satisfying it can be.

It is also of low gluten content and we experiment with a number of different grains.

When we use eggs and dairy products, they are from local, trusted dairy farms and we try and use as many fruit and veggies as possible from our much-loved vegetable garden and orchards.

We will abstain from coffee and alcohol and instead we will teach you how to prepare alternative hot and cold drinks which are very satisfying.



## Program

### Day 1 - 13th of May - Monday

Arrival Day - Take your time to chill and relax in the villa after your arrival and enjoy a welcome snack & smoothie

18:00-19.30 Opening Ceremony

19.30 Dinner

### Day 2 - 14th of May - Tuesday

8:30-10:00 Morning practice - Hatha Yoga, relaxation techniques, pranayama

10:00 Breakfast – Homemade organic, healthy, vegetarian food

11:00-12:00 Workshop - emotional purification techniques: Internal dialogue and Journaling - what is it and how to use it. Let's see together the practice for the rest of the week

12:00-13:00 - Pranayama & Meditation

13-14.30 - Lunch

14.30 - 15.30 - Digestive breathing - learn the practice

15.30 - 16.30 - Free time

16.30 - 18 - Workshop - learn the properties of herbs and spices and how to make hot drinks, alternative to coffee and tea.

18:19.30 Evening practice- Hatha yoga class, relaxation techniques, pranayama and meditation

19:30-21:00 Evening meal - homemade organic, healthy, vegetarian food

Satsang: how did it go today? ask and share, set intentions for tomorrow

### Day 3 - 15th of May - Wednesday

8.30-10 Morning practice - Hatha Yoga, relaxation techniques, pranayama (breathing practices)

10:00 Breakfast – homemade organic, healthy, vegetarian food

11:00-12:00 Free time for yourself, have a look at the books in our library, write your journal, have a walk in the surroundings

12:00-13:00 - Pranayama and Meditation

13-14.00 - Lunch

14.00 - 15.00 - Digestive breathing

15.00 - 16.00 - Workshop - learn the properties of herbs and spices. Lets prepare together our hot drinks

16.00 - 18.00 - Walk to the beach - Cala Nova

18:00-19.30 Evening practice - Hatha yoga class, relaxation techniques, pranayama and meditation

19:30-21:00 Evening meal - homemade organic, healthy, vegetarian food

### **Day 4 and Day 5 / 16th-17th of May - Thursday-Friday**

8.30-10 Morning practice - Hatha Yoga, relaxation techniques, pranayama (breathing practices)

10:00 Breakfast – homemade organic, healthy, vegetarian food

11:00-12:00 - Philosophy class on Yamas and Niyamas, the ethical precepts of Yoga, and how to apply them to your daily life

12:00-13:00 - Pranayama and Meditation

13-14.00 - Lunch

14.00 - 15.00 - Digestive breathing

15.00 Workshop - Learn the properties of herbs you can easily grow in your garden or terrace. Lets prepare delicious herbal teas together

Free time

18:00-19.30 Evening practice - Hatha yoga class, relaxation techniques, pranayama and meditation

19:30-21:00 Evening meal - homemade organic, healthy, vegetarian food

Yoga Nidra

### **Day 6 - 18th of May - Saturday**

6.00-7.00 Sunrise meditation

Herbal tea break

7.30-9:00 Morning practice - Hatha Yoga

09:00-10:00 Breakfast – homemade organic, healthy, vegetarian food

10:00-12:00 - The daily schedule of a Yogi: how to integrate yoga into your daily life - theory and discussion

12:00-13:00 - Pranayama

13-14.00 - Lunch

14.00 - 15.00 - Digestive breathing

15.00 - Let's prepare our herbal tea together

16:00- Free time

Session of Ecstatic Dance! The power of dancing!

19:30-21:00 Evening meal - homemade organic, healthy, vegetarian food

## Day 7 -19th of May - Sunday

9:00 Breakfast

10:00 Closing ceremony

11:30 Departure time

## Inclusions and exclusions

What's included:

### **6 nights' accommodation**

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

### **All meals**

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.

### **Daily villa clean**

We make sure that our bathrooms and communal areas are always kept clean and tidy so you can feel comfortable throughout your stay with us.

### **Airport transfers**

We will be there to meet you when you arrive and wave you off at the end of your stay.

What's not included:

**Only your flights**

Airport transfers are included and there are places to visit at walking distance from Casa Shakti so we don't think it will be necessary for you to rent a car during your stay. The closest beach, Cala Nova, is 2km/25min walk away and the famous hippie market, Las Dalias, is only a 10 minute walk. There will be options for you to visit both during your free time.

## Prices, dates and how to reserve your space

All prices shown are per person.

Private room with double bed and private bathroom - single occupancy  
1950€

Private room with double bed and private bathroom - 2 people sharing  
1500€

Private room with shared bathroom - single occupancy  
1810€

Private room with shared bathroom - 2 people sharing  
1300€

Shared twin room with private bathroom  
1500€

Shared Mongolian Yurt (3 beds)  
1350€

Bell tent for 1 person  
1450€

Bell tent for 2 persons  
1200€



