



# IBIZA YOGA GETAWAY

**5-12 October 2019**

**Chakra Vinyasa Yoga Retreat**

**8 day Yoga retreat in Ibiza**



Immerse yourself in a 8 day Yoga Retreat in the North of magical Ibiza. You will stay in a beautiful authentic Spanish homestead surrounded by nature.

During this retreat we will practice Yoga every morning with a breathtaking view of green hills and the ocean. With the sound of the waves and the birds, we will flow through the chakras. Chakra Vinyasa Yoga is a practice that will open up the energy centers in your body and liberate your system. From the root chakra connecting you with the earth, allowing you to become grounded and more conscious of your own body, to the crown chakra connecting you with your higher self and divine energy. This journey through the chakras has a deep and positive effect on your system. Physically, you gain strength, flexibility and relaxation; mentally, your mind becomes clearer and more peaceful; energetically your system becomes balanced and psychologically you will become more conscious and gain insight into yourself.

Starting your day with a Chakra Vinyasa Practice will make you more mindful and open to experiencing the loving energy of Ibiza for the rest of the day. After a delicious and healthy brunch, you have the opportunity to explore the island.

Casa Shakti is surrounded by idyllic and quiet beaches; hiking trails in nature and the island's most famous hippy market is walking distance.

We organize, 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

Sija is a certified Yoga Teacher (250 hr) and Dance Therapist from the Netherlands. Since 2000 she has been teaching dance in different styles, like jazz, modern and salsa. After receiving her Research Master's degree in Psychology, she was able to combine this knowledge and passion for dance in studying Dance and Movement therapy (DMT). Since 2012 she has had the opportunity to give sessions in DMT. *'It is a great gift to observe how people open up and envelop more and more the person that they truly are by moving in a mindful way'.*

It was during her travels in Costa Rica, first in 2009, that she discovered the transformative power of Yoga. A loving nature, warm people and different teachers gave her the opportunity to grow in love, compassion and acceptance. To her yoga is not only a physical and mental but also a spiritual practice. It allows you to gain strength, flexibility and relaxation, but also gives the possibility to connect to your body, become sensitive to your inner world and to open your heart.

After her Vinyasa Yoga Teacher Training (200hr certified) with Angela Boltz in Costa Rica in the beginning of 2014, she has been teaching yoga in Costa Rica at different studio's, in Amsterdam and finally started her own company in Meppel, the Netherlands. Through the years she specialized in Vinyasa Flow, Prana Flow, Yoga (Trance) Dance (both Teacher Trainings by Shiva Rea), Chakra Yoga and Kundalini Yoga Coaching Level 1. From her trainings and knowledge she developed her own methods in Dance Meditation, Yoga Dance, Chakra Vinyasa Yoga and Essential Yoga Flow to serve the human being holistically; to balance and gain consciousness physically, mentally, emotionally, psychologically and energetically.

During Sija's teaching you will experience a safe environment in which you can explore and have the opportunity to grow personally and spiritually and in which you are invited to be the authentic person you are. She will differentiate in poses, in which you are invited to listen to and have respect for your own body and for yourself.

*'I am deeply grateful to be able to share my Yoga practice with others! Let's Flow!'*



## Chakra Vinyasa Yoga

Each day we will explore Chakra Vinyasa Yoga sequences to balance and liberate your system integrating chakra meditations, pranayama (breathing technique); mantra; mudra and yoga sequences in flow. We will also integrate movement meditations in free flow movement (sahaja yoga) to deepen your body consciousness and release tension in the body.

Every other day we will practice Chakra based meditations; guided meditations to deepen your practice.

## 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 lavender and rosemary.







## Diet and food

Every morning you can enjoy a delicious and healthy brunch after the yoga session. It will be homemade, organic, healthy vegetarian food. We will also serve tea and if you want fresh coffee. Throughout the day tea and freshwater is available.



## Program

### Day 1

- Arrival day: take your time to chill and relax in the villa after your arrival and enjoy a welcome snack & smoothie
- 18:00 opening ceremony

## Day 2

- 9:00 Morning practice: Chakra Vinyasa Yoga
- 11:00 Brunch: homemade organic, healthy vegetarian food

## Day 3

- 9:00 Morning practice: Chakra Vinyasa Yoga
- 11:00 Brunch: homemade organic, healthy vegetarian food
- 16: 30 Chakra Meditation (second chakra)

## Day 4

- 9:00 Morning practice: Chakra Vinyasa Yoga
- 11:00 Brunch: homemade organic, healthy vegetarian food

## Day 5

- 9:00 Morning practice: Chakra Vinyasa Yoga
- 11:00 Brunch: homemade organic, healthy vegetarian food
- 16: 30 Chakra Meditation (fourth chakra)

## Day 6

- 9:00 Morning practice: Chakra Vinyasa Yoga
- 11:00 Brunch: homemade organic, healthy vegetarian food

## Day 7

- 9:00 Morning practice: Chakra Vinyasa Yoga
- 11:00 Brunch: homemade organic, healthy vegetarian food
- 16: 30 Chakra Meditation (seventh chakra)

## Day 8

- 9:00 Breakfast
- 10: 00 closing ceremony

- 10:30 Departure time

## Inclusions and exclusions

What's included:

- 7 nights accommodation
- 6 Chakra Vinyasa Yoga by Sija
- 3 Chakra Meditations by Sija
- Yoga mat usage and blankets
- Healthy brunch
- Usage of the private pool
- Tips to enjoy the island
- Tea throughout the day

What's not included:

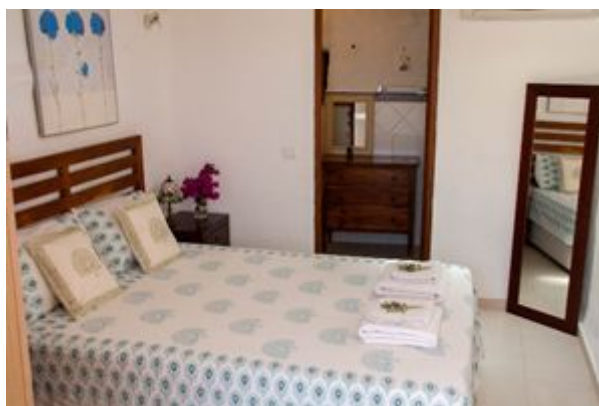
- Flights
- Airport transfers
- Car or scooter rental (if you want to enjoy the island it might be nice to rent a car. You can also share a car. Ask Sija if you would like to do this.
- Dinner

## Prices, dates and how to reserve your space

All prices shown are per person.

- Private room with double bed and private bathroom - single occupancy  
1299€
- Private room with double bed and private bathroom - 2 people sharing  
949€
- Private room with shared bathroom - single occupancy  
1199€
- Private room with shared bathroom - 2 people sharing  
899€
- Shared twin room with shared bathroom  
899€
- Mongolian Yurt (3 beds)  
799€

- Bell tent for 1 person  
999€
- Bell tent for 2 persons  
799€



To book a space at one of our retreats please email us at :

[info@ibizayogagetaway.com](mailto: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**.

The **final balance** to be paid in cash on arrival.

Deposit is non-refundable in case of cancellation.

## Further services

During the retreat it is possible for you to reserve the following services at an added cost:

- Massages and other therapies
- Natural horsemanship sessions

