



SHAKTI WORLD RETREATS

The Divine Flame 7-day yoga retreat in Ibiza 10-17 September 2020

A unique opportunity to learn from an Indian yogi that incarnates the authentic teachings of the Himalayas.

We are extremely happy to be hosting **Shri Shiva Shankar** at Casa Shakti for the third year running to lead a week of intense **yoga and meditation practices**. Taking residence in an **enchanted finca** in the north of Ibiza, this retreat is a chance to learn from a **fascinating Indian yogi** with vast teaching experience and **profound knowledge of walking the yoga path**.

Shiva grew up at the foothills of the Himalayas, raised by his spiritual masters in the ancient cave-monasteries of the great yogis. He has been holding classes, workshops and teacher training courses around the world for over 20 years and learning from him is a really uplifting and unique experience.

This will be an **all-encompassing retreat**, covering a mixture of **Hatha yoga principles, asanas, mantras, pranayama, mudras, bandhas, meditation and yoga philosophy** - all taught by Shiva with his signature laugh, lively teaching approach and unmistakable Indian accent.

Shiva will also teach us about the traditional daily routines of a yogi and offer us guidelines and practical tips so that we can apply some of these to our daily lives.

The 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 the questions of more experienced yogis whilst beginners will have the opportunity to start their practice with the best possible foundations.

The Program

In order to experience the traditional schedule of a yogi's daily routine, mornings will start with a **sunrise meditation** and **mantra chanting** on the rooftop of Casa Shakti. Accompanied by chirping birds, the changing colours of the sky and the sounds of the countryside coming to life, this is a really **special and magical experience** that allows us to start our day in connection with the rhythms of nature.

After the meditation, we will enjoy an aromatic tea before our two-hour yoga practice on the **poolside yoga deck**, which offers **sweeping views** over green pine tree hills and down to the shimmering sea.

Shiva's teaching style incorporates **breathing techniques** and **meditation** with **active classes**, always giving importance to **gentle realignments** and **adjustments** and to bringing **the breath in sync with the movement**.

His teachings come from many years of extensive personal experience, practice and study allowing him to provide safe and supportive guidance whilst always addressing the individual needs of each student.

Whilst challenging you physically, Shiva's classes also gently push you to go a little beyond what you think what you can do, with **incredible results!** It's about acknowledging the limits and learning to break down those limits.

We will also practice daily with a number of different **pranayama techniques** (breathing exercises), experiencing first hand their wonderful benefits and why we consider them an integral part of our yoga practice.

After the yoga we will be served a delicious, **healthy brunch** of both sweet and savoury dishes before we sit down with Shivaji as he leads the **yoga philosophy class**. He will take us through some of the rich history behind our asanas and talk us through the practices and rituals found in the daily life of a yogi. You will learn about how to bring more yoga into your daily life whilst away from the mat and how to gain greater inner strength for your own practice.

During this time, you will have the chance to take notes and ask Shiva questions.

Following the yoga philosophy class, you will have **time for yourself** to sunbathe by the pool or explore some of the wonders that the island has to offer. Casa Shakti is surrounded by idyllic **beaches**, **hiking trails** in nature and Las Dalias, the island's most famous **hippy market**, is just a short walk away. We know the island inside out and will be happy to suggest places for you to visit and things for you to do during your stay with us.

As the day starts to wind down, we will have our **evening yoga class** by the pool before **enjoying dinner together**.

We have been on retreats with Shiva for the past 3 years and have also joined him for a month in India, and we can honestly say that he is an **incredible teacher**. In his classes, you get a real sense that you are learning from someone with a **vast wealth of yoga knowledge** that comes from learning in an authentic environment, yet at the same time he is humble and fun to be around.

We can't wait for this retreat to start and to share this journey with you!

The Teacher

SHRI SHIVA SHANKAR

Shiva **grew up in India**, at the foothills of the Himalayas, and has dedicated his whole life to following the journey within by following in **the footsteps of the great Himalayan masters, sages and great yogis of the past**.

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

At the age of 12 he felt a calling and, crossing the limitations imposed by family and social boundaries, 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 Team

Elena and Rosie, the founders of Shakti World Retreats and managers of our venue Casa Shakti, will be organising and coordinating this event.

They will be on-site to make sure that **everything runs smoothly** during the retreat, that all our guests are **well taken care of** and that all the little details are in place to make this the most **memorable retreat** for our guests.

We can't wait to meet you all and welcome you on this retreat!!!



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 the scent of lavender and rosemary.

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 sweeping** views over the valley and out to the sea.

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

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

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

The famous **hippie market** of Las Dalia, in Sant Carles village, is only a 10-minute walk away.



The Wholesome Food

To ensure that this will be a real transformative week, will observe certain food guidelines by following a sattvic diet, according to traditional yoga practices.

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 will be **vegetarian** (100% vegan on request) and most people are pleasantly surprised by how delicious and satisfying it can be. It is also of **low gluten content** as we experiment with flour other than wheat.

When we use eggs and dairy products, they are from a **local, trusted dairy farm**.

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.

Mealtimes are always a great opportunity for us all to get to know each other and to share stories and experiences together.

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

We look forward to sharing this time with you all!



What's Included:

- **7 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.
- **2 daily yoga classes** covering Hatha yoga principles, asanas, mantras, pranayama, mudras, bandhas, meditation
- **Daily yoga philosophy classes** with note-taking and question time
- **Brunch and dinner**
A plentiful brunch and dinner will be prepared fresh for you each day with love, using locally sourced, quality produce.
- Herbal tea, aromatic water and fresh fruit available throughout the day
- A surprise arrival gift for you

What's not Included:

- **Flights and transfers**

We thoroughly recommend renting a car for all or part of your stay to explore and discover the island. Public services are poor and fairly limited and a large number of beaches and towns cannot be reached by bus.

Retreat Prices

- En Suite private room with double bed
Single person €1840
Couple €2600
- Private room with double bed and shared bathroom
Single person €1680
Couple €2520
- Shared twin room with shared bathroom
Single person (shared) €1260
Couple €2520
- Shared Mongolian yurt with 3 beds and shared bathroom €1176
- Bell tent with twin room and shared bathroom
Single person (shared) €1090
Single person €1260
Couple €2180

*Single person: you will have the whole room to yourself

*Couple: share the room with your travelling companion

*Single person (shared): for those travelling solo who are happy to share the room with a same-sex companion.





Further Services

During the retreat you can also request:

- Massages and other therapies
- Natural horsemanship sessions

Book your space

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

info@shaktiworldretreats.com or visit our website: www.shaktiworldretreats.com

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

A **50% deposit** will be required at the 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.

Full terms and conditions can be found on our website www.shaktiworldretreats.com

What should I bring?

If you would like to bring your own yoga mat, blocks or straps, you're very welcome although we do have all this equipment at Casa Shakti. We suggest that you pack as you would for any summer holiday and include yoga clothes and something warm for the evenings. Towels and organic toiletries like shampoo, conditioner and shower gel will be provided and we also have hairdryers, if needed.

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.

Special dietary requirements:

The food served during the retreat will be vegetarian and can be easily adapted to vegans too. We only use nut milk and gluten-free bread is available if required.

If you have any specific food intolerances or dietary requirements, please email us in advance to let us know and we will do our best to adapt our menus to suit your needs.

Airport transfers

The town of San Carles is a 40-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.

*We can also arrange an airport pick up on request, please let us know if you would like further details.

Get in touch

If you have any questions at all or would like more info, please get in touch via email at:

info@shaktiworldretreats.com

We would love to hear from you!



