

Ibiza Retreat Programme

18 – 24 August 2018

Can Amonita

Saturday

- From 4pm Arrive
- 7pm Light yoga and meditation
- 8.30pm Welcome evening meal

Sunday to Thursday

- 7am Ginger tea available on the terrace
- 7.15am Optional walking meditation in the Pine forest
- 8.00am Fresh fruit and light snacks
- 8.15am Morning meditation
- Warm-up using the natural energetics of the body
- Sukhita Yoga session
- Closing relaxation
- Loving Kindness meditation
- 11.15 Fresh juice or smoothie
- 12.15 Brunch
- 1.15 – 6.30 Your time to explore the island or simply relax
- 6.30 Evening Buddhist / yoga philosophy talk (except Monday and Wednesday)
- 7.15 Evening guided meditation (except Monday and Wednesday)
- 8.00 Your choice for dinner (own expense) except Thursday, group dinner @ Passion (transport at own expense). Local restaurants within walking distance include: [Lamuella](#) and [Bar Torres](#).

Friday

- 7am Ginger tea available on the terrace
- 7.15am Optional walking meditation in the Pine forest

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8.00am Fresh Fruit and light snacks
8.15am Morning meditation
Warm up using the natural energetics of the body
Sukhita Yoga session
Closing relaxation
End of retreat meditation

11.15 Fresh juice or smoothie

12.15 Brunch

Depart any time up to 10pm (special arrangements can be made to depart later if required).

What's included:

6 night's accommodation

3 hour yoga class * 6 days

3 evening meditations

3 evening Buddhist / yoga philosophy talks

Silent walk (optional each day)

Singing bowl relaxation meditation

Healthy juices, 6 brunches, welcome evening meal and one group evening meal at Passion (or similar) in St Eularia

Snacks, teas and water available throughout the day

What's not included

Evening dinner (4 nights)

Flights, transfer from / to airport, travel insurance, personal car hire

Location:

The famous Benirras beach is only 10 mins drive away. Most of the island's north and east coast beaches are only a short drive from the venue. The villa is also conveniently located in close proximity to some of the best restaurants including La Paloma on the island (be sure to book this one before arriving to be sure of a reservation).

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www.yogaunlimited.co.uk

hugh@yogaunlimited.co.uk

07896 198162