



Luxury Ibiza Soulshine Retreat with Soulla

Relax, breathe, restore, move, heal, unwind, laugh, explore, stretch, workout, tone, rejuvenate, invigorate, refresh, revive, energise, live life, love life and shine bright on this Ibiza Soulshine Retreat with Soulla.

Thursday 25 September – Wednesday 1 October 2014

Retreat package prices from £925 per person

Roca Llisa, Ibiza

Ibiza Soulshine Retreat with Soulla

Join me this September for a six-night Soulshine Retreat on the magical island of Ibiza and find yourself relaxed, renewed and inspired in mind, body and spirit. This yoga retreat will truly provide the ultimate opportunity to pause from the relentless pace of modern day life. To rediscover and reconnect with your true nature and let your soul shine.

Set within the luxurious tranquillity of my beautiful private family home, the retreat will offer two daily yoga classes, extra workshops throughout the week and a 30-minute massage.

Deliciously healthy organic and local vegetarian food will be served daily to support your restorative retreat experience. And if the plentiful yoga, massage and allure of simple relaxation by the pool or one of the many stunning beaches that Ibiza offers isn't quite enough for you, then there are plenty of opportunities to explore the island and all it's treats: from hippy markets to horse-riding, the traditional 'chiringuito' fishermen restaurants to sunset drumming sessions with the local hippies and even perhaps island-hopping to the ridiculously beautiful neighbouring island of Formentera.

The retreat will be very small, with numbers limited so I can give each and every one of you plenty of personal attention and help to develop your yoga practice on an individual level.

Ibiza Soulshine Retreat Package

IN ORDER TO PROVIDE THE PERFECT IBIZA SOULSHINE RETREAT EXPERIENCE FOR YOU, I'VE CREATED AN AMAZING PACKAGE THAT INCLUDES ALL OF THE FOLLOWING...

- 6 nights accommodation
- 3-4 hours daily of yoga, meditation and workshops
- A 30-minute massage or facial treatment
- A delicious daily breakfast feast
- 4 wholesome, organic & healthy vegetarian lunches and dinners (and two free evenings to explore the island)
- Daily fruit, snacks, teas, unlimited water and wine with dinner
- All food prepared by professional private chef
- Complimentary transfer to and from Ibiza airport

Twin room with two double beds, ensuite and sea-views: £995 per person

Double room, ensuite and sea views: £995 per person for two people / £1,493 for one person

Double room with ensuite: £925 per person for two people / £1,388 for one person

On a budget? Why not bring a friend? Then you can also share a large double bed in the very large and spacious twin rooms with another guest. If you would like to simply attend the yoga you can also stay off-site. Get in touch to find out more.



SO, THE ONLY EXTRA COSTS THAT YOU'LL HAVE TO THINK ABOUT ARE...

- Flights and travel insurance
- Lunch and dinner on your free days (where there will be optional group activities)
- Yoga mats (props are provided)
- Any additional excursions, day trips, extra treats and activities
- Taxis or car hire if you'd like to explore the island

Our Villa



Nestled into the hillside on the luxury Ibizan development of Roca Llista and with endless panoramic views over the Mediterranean, Casa Elia is our beautiful and very loved luxury private family home. Built in the traditional cubist style of the White Isle of Ibiza, it is a modern home with floor to ceiling windows throughout the villa and plenty of outdoor space to maximise on the incredible views in every moment.

This typically Ibizan style villa, exudes elegance and serenity and will ensure a week of pure rest and relaxation on this Ibiza Soulshine Retreat. It is a home rather than a hotel, so a place where you can really get comfortable and relax in informal and friendly surroundings.

At Casa Elia you will find...

- Four spacious ensuite bedrooms for guests – all with views out to sea
- A yoga terrace with endless views out to sea
- An infinity style swimming pool with uninterrupted views out to the sea (you get the picture!)
- Multiple terraces for relaxing
- A sauna and gym
- A private beach a ten minute drive away and many more beaches close by



The Rooms



There are four incredibly spacious bedrooms offering shared accommodation. Two of the rooms have two double beds in them and the third and fourth room has one double bed. All rooms are spacious ensembles and all have breathtaking views out to sea.

As with all Soulshine Retreats, Casa Elia provides the perfect space to unwind and relax away from the hubbub of the world, allowing you to take the time to truly engage with your surroundings and nature. My aim is to provide you with the time and space to totally relax so that you can let go of any worries and stresses and have both a relaxing, restorative and fabulously fun break, whilst being totally spoilt by our dedicated team.



Breakfast, Lunch and Dinner

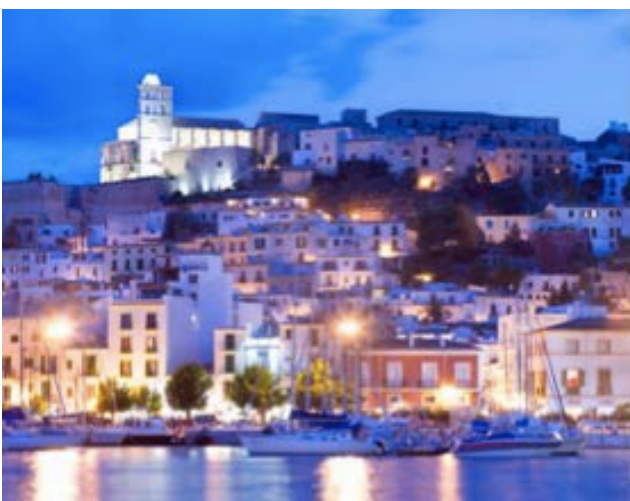


As you would expect on a well-organised Yoga retreat, we will be providing deliciously filling and freshly prepared meals for breakfast, lunch and dinner - **all included in the price of your holiday.**

Superb locally grown ingredients are sourced every day from the local markets and all food is organic - providing an opportunity for your body to cleanse, renew and restore in this healing environment. To provide a truly nurturing, nourishing and healing experience, food will be gluten free and dairy-free and predominantly vegetarian (with some fish options). Never fear if you need your steak and cheese fix though, as there will be also be free time when you can venture out to sample the allure & delight of the many superb restaurants in Ibiza for lunch or dinner!

If you have any special dietary requirements please let us know in advance. We are happy to accommodate you.

A bit about Ibiza



Known as the 'White Isle' due to the prevalence of bougainvillea-clad white architecture across the island, Ibiza has long attracted those seeking healing, relaxation and rejuvenation – all in stunning island surroundings. For many, the word Ibiza conjures up images of all night parties & hangovers to match them! For those in the know however, Ibiza is so much more than these super clubs.

It is a small island, scattered in endless pine trees, with gentle mountains and surrounded by a calm and crystal clear turquoise sea. There are a multitude of small hidden bays that you can visit, as well as the stunning ramparts of Ibiza old town, traditional rural Ibicencan villages, artisan markets and an incredible array of local and international restaurants. From hippies to high-flyers – Ibiza has it all, and this is why people journey back to the magical White Isle again and again.



If you fancy a little more action than simply lounging by the pool during your time in Ibiza, then there are plenty of things to explore and experiences to be had on the White Isle. You can try out horse-riding, explore the local hippy markets, head to the water for sailing, waterskiing, wakeboarding, jet skiing and stand-up paddle boarding. Why not check out the sunset drumming sessions of the local hippies, wander the bustling and winding streets of Ibiza old town or even head scuba diving! I will be happy to help you organize any activities during your stay.

Optional Sailing Adventure to Formentera



Experience a sailing adventure and the delights of stunning neighbouring island Formentera from a luxury private yacht on this Ibiza Soulshine adventure.

Our day will start from the beautiful Salinas beach where we'll set sail to Formentera. Sailing time will be just one hour before we arrive at the famous Illetes beach where we'll have time to swim and snorkel in the crystal clear waters, as well as indulge in serious sunbathing and relaxation from the comfort of the Catamaran sun decks.

Once at Formentera, we'll enjoy a picnic onboard our luxury yacht prepared by our Soulshine Chef. After a delicious lunch and more relaxation, time permitting we'll sail on to the tiny and uninhibited island of Es Palmador. Accessible only by boat, they'll be time for some more frolicking on pure and unspoilt white beaches, in fabulously clear waters. We might even be able to experience the mud baths provided directly by Mother Nature!

We'll then head back to Ibiza, enjoying the comforting lull of the waves in the warmth of the Mediterranean sun as we cruise our way home. There really is no better way to create that holiday feeling than getting close to nature and the elements with a day of sailing. Simply blissful!

Price for Optional Catamaran Adventure 130 euros per person.

Your Yoga Teacher and Host



Soulla's goal is to inspire people to embrace their full potential and find the happiness and freedom that exists within us all and with this goal in sight, she created Soulshine Retreats – offering the perfect opportunity to explore, develop and deepen your yoga and meditation practice, all within exceptional and inspiring environments around the world.

Since discovering yoga on a South American adventure, Soulla has been fascinated by the powerful physiological, psychological and spiritual effects a regular practice can offer. It was the incredible impact that yoga had on her own life that led her to give up a career in marketing and surrender fully to this beautiful journey.

Soulla has over 700-hours of Yoga Alliance teacher training experience, having had the privilege to study with teachers around the world. She has spent the last three years travelling and teaching yoga both in her hometown of London and internationally around the world in Asia, the Americas, Europe and North Africa.

Soulla offers both dynamic and flowing and healing and restorative Yin based yoga. Her dynamic flow classes fuse breath and sequences of postures in a powerful practice, developing strength, flexibility and awareness, as well as detoxifying the system. Her Yin and Restorative classes focus on providing a pause in life to create a deeply healing and relaxing space. Her classes always integrate breath work and meditation to explore and quieten the mind. She also offers Yoga techniques to manage the mood and alleviate the symptoms of Anxiety and Depression.

The Yoga (suitable for all levels)



Our morning practice to greet the day will be incorporate Meditation, Pranayama (breathing techniques) and dynamic Vinyasa Flow Yoga to awaken us in body, mind and spirit. The evening practice will focus on incorporating healing Yin and Restorative poses and sessions of deeply relaxing Yoga Nidra guided meditation. **All classes will have breath-taking uninterrupted views out to sea – it's a truly special place to practice.**

Throughout the week I will also be running extra workshops on Meditation and Yoga Techniques for Beginners and the Improvers to ensure that everyone has the opportunity to experience a safe and satisfying progression in their practice. I will also be available for any 1:1 private sessions if desired.

The retreat will be small, with numbers limited so I can give each and every one of you plenty of personal attention and help to develop your yoga practice on an individual level.



Sample Retreat Schedule

The following is a guide to our schedule during the 6-night retreat:

7:30	Meditation practice
8:00-9:30	Dynamic Vinyasa Flow Practice to greet the day
9:30	Delicious homemade breakfast
13:00-14:00	Lunch at the Villa
16:15-17:15	Workshops
17:30-19:00	Evening Lunar Yin Yoga practice and Yoga Nidra
19:30	Pre-dinner lounging & drinks
20:00	Dinner at the Villa

YOUR 30 MINUTE MASSAGE SESSION

Guests have a FREE 30-minute massage, facial, manicure or pedicure included in their holiday with options to upgrade their treatment to 60 minutes. Pampertastic!

What previous Soulshine Retreat clients had to say...

"Soulla, I'd like to say thank you, thank you, thank you for what you have released in me in this retreat. I haven't had time or taken the time to look into myself and reconnect with my spirit for some time. I came to the retreat with an open mind and what I have taken away – thanks to you – is beyond my expectations."

Tanya, Financial Advisor, Ibiza Soulshine Retreat guest

"You are an AMAZING teacher, your soul, your heart and your warmth shine through all of your practices, The practices were very educational, inspiring, energetic and relaxing through and through and so very well organized!! I can't say enough about how much I've enjoyed my stay here. I feel totally relaxed, de-stressed, inspired, engaged, connected to my spiritual self and ready to change my life for the better. You're a lovely special person with a gift that you need to share with the world."

Laura, Marketing Executive, previous Ibiza Soulshine Retreat guest

"Soulla is a beautiful, loving, giving soul! She makes you feel so comfortable and at ease. Her guided imagery, yoga Nidra and asana guidance is spot on and so engaging. Soulla went above and beyond to make sure we had everything that we needed" **Amanda, Yoga Studio Owner, Soulshine Moroccan Adventure guest**

"Soulla's classes feel like one beautiful, long poem. She weaves words and movements so eloquently together and proves that teaching yoga is an art." **Sigrid, Community Worker, Soulshine Moroccan Adventure guest**

"If I could practice yoga every day with Soulla, I would. Her fun and unique approach to classes combined with her deep knowledge of Yoga and Ayurveda create a truly wonderful experience. I came on the retreat with no particular expectations or things to 'fix' but through her classes, what Soulla's love and compassion has given me is quite remarkable; a renewed love of yoga and some very fond memories of belly-laughing on the mountain. Thank you, thank you, thank you." **Emma, Lawyer, Soulshine Snow Yoga Adventure guest**

Why not [visit Facebook here](#) to view photos of previous Ibiza Soulshine Retreats and other Soulshine Retreats.



Next steps – how to book

- STEP ONE** Please confirm your interest in booking and any questions you may have by emailing me at: info@withsoulla.com
- STEP TWO** Once I have received your booking request, I will reply by return email supplying details for you to pay a 50% deposit to secure your place on the retreat. I will also send the retreat Terms and Conditions. Once this deposit has been paid and you have returned your signed Terms & Conditions, your place will be guaranteed on the retreat (hurray!). Full payment will be required 7 weeks ahead of the retreat.
- STEP THREE** Once we have guaranteed enough students to progress with the retreat you will be informed via email. **Please wait to book flights until this moment.** If we do not receive sufficient students for the retreat to proceed, your deposit will be refunded in full.
- STEP FOUR** Book flights to Ibiza, pack your bags and sunglasses and have an amazing Ibiza Soulshine Retreat!

I look forward to hopefully seeing you for more blissful yoga in the sunshine very soon. If you have any questions please don't hesitate to get in touch as I am so happy to help. You can email me at info@withsoulla.com and I will get back to you as soon as possible.

With love
Soulla

