



SHAKTI WORLD RETREATS

28 Sep - 05 Oct 2019

From movement to inner silence

7-day Yoga retreat in Ibiza

Deepen your yoga practice and take time out for yourself on this rejuvenating, relaxing and blissful retreat

Join us for a 7-day journey of yoga practices in an enchanting villa in the north 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.

We will practice yoga in the morning and evening on our yoga deck, which offers sweeping views over green pine tree hills and down to the shimmering sea.

Alongside asana practice, we will learn about the chakras and how these energy centers affect the body. We will also practice a number of pranayama techniques (breathing practices) to help us experience a state of spontaneous inner silence.

After a delicious, healthy brunch each day, you will have time for yourself to explore all 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 a short walk away.

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 so you don't need to have experience with yoga, meditation or breathing practices to participate. Everyone is welcome!

Program

We will start each day with a two-hour morning yoga practice on the yoga deck, followed by a delicious, healthy brunch. You will then have time for yourself to explore all 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 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 have our evening yoga class by the pool before enjoying dinner together.

During our asana practice, we will concentrate in particular on working with the chakras. From the root chakra that connects us to the earth, allowing you to become grounded and more conscious of our own body, to the crown chakra that connects us to our higher self and divine energy, everyday we will focus on one of these energy centres to awaken our awareness and learn about the subtle levels on which they operate.

Alongside the physical practice, we will also give importance to a number of pranayama exercises (breathing practices), learning the different techniques in order to understand them deeply and experience a state of spontaneous inner silence.

Physically you will gain strength, flexibility and relaxation, mentally your mind will become clearer and more peaceful and psychologically you will become more aware and gain insight into yourself.

The teachers & 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 trauma.

In Elena's Yoga classes, great importance is given to the preparation of the breath, relaxation techniques and meditation. This will help you to let go of any tension built up after a stressful time and to restart your life calmer, with more energy and with a clearer head.

The physical practice together with relaxation and mediation, help stimulate your creativity, re-balance your emotional state and improve the quality of your sleep.



Some of the morning classes will be taught by our guest teacher and Karma Yogi **Franziska Einsenberg**. Since experiencing her spiritual awakening on a retreat in Morocco, Franziska's life has been shaped by yoga and meditation and passing on its magic to students.

This summer, she was a teacher at Casa Shakti, teaching the morning yoga classes to the guests. Elena connected with Franziska's passion and teaching style and invited her back to Ibiza as a guest teacher on this retreat.



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.

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 yoga deck, pool and terrace, vegetable gardens, horses, cats and chickens and a wonderful energy, 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.



Diet and food

To ensure that this will be a real transformational week, we will observe certain guidelines about the food and diet and we will practice a sattvic diet, according to the 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 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.

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

We look forward to sharing this time with you all!



Inclusions and exclusions

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.
- **12 yoga classes of asanas, pranayama, relaxation techniques and yoga nidra**
- **Brunch and dinner**
A plentiful brunch and dinner will be prepared fresh for you each day with love, using locally sourced, quality produce.
- **Complimentary full body massage with one of our in-house therapists**

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.

Prices

- Shared room with single beds and shared bathroom €990 (price per person)
- Shared Mongolian yurt with 3 beds and shared bathroom €850 (price per person)
- Private room with double bed and shared bathroom €1330 (price per person), €850 (price per person) when sharing the bed.
- En suite private room with double bed €1500 (price per person), €990 (price per person) when sharing the bed.



Reserve your space

To book a place on our retreat please email us at :

info@shaktiworldretreats.com

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

A **30% deposit** will be required at the 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 you can also request:

- Massages and other therapies
- Natural horsemanship sessions