



SHAKTI WORLD RETREATS

The Sacred Sounds 7-day yoga retreat in Ibiza 02-09 October 2020

Experience the incredible healing effects of Tibetan singing bowls through the sacred sounds of this ancient energy medicine

Join us for a 7-day journey of yoga practices in an **enchanted 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 under the guidance of our dedicated teachers, Elena and Lorna.

The retreat will comprise a mix of **Hatha, Yin and Restorative yoga** coupled with **sound-healing** and **pranayamas techniques**.

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.

After a delicious, **healthy brunch** each day, 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 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!

The Program

The retreat will open at 6 pm on October 2nd 2020 with an opening circle in the evening before the welcome dinner. We will say our goodbyes on October 9th after brunch.

We will start each day with a two-hour yoga practice on the **yoga deck** followed by a delicious, **healthy brunch** served on our dining terrace.

You will then have time for yourself to discover what makes Ibiza such a special destination - from **gorgeous beaches** and **lush evergreen forests** to year-round blue skies and **towns steeped in history**. 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.

As part of our daily practice, we will explore different styles of yoga - **Hatha, Yin and Restorative** which, whilst being gentle on the body, also bring deep, long-lasting effects.

These styles are indicated for those looking to let go of deep-rooted stress and experience a sense of relaxation and harmony. Their pace also allows you time to listen to and observe the effects that the practise has on the body.

Alongside the daily asana practice, you will also get to experience the **incredible healing effects of Tibetan singing bowls** - an effective and proven modality that uses vibrational sound to help clear the mind, reduce stress and create a deep sense of peace and wellbeing.

Sound has been used for centuries by indigenous cultures as a type of energy medicine used for healing and meditation purposes. More recently, it has also been shown to be a vital part of the healing process for cancer patients undergoing chemotherapy, especially for pain relief management.

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.

Our aim for this retreat is to help awaken the magic in you and take your yoga practice to the next level. Physically you will gain strength, flexibility and relaxation, mentally your mind will become clearer and more peaceful and psychologically you will become more aware whilst gaining insight into yourself.

We can't wait to share this journey with you!

To complement the experience we have included a **complimentary full body massage** by one of Casa Shakti's wonderful, in-house therapists. We're sure you will love it!

The Teachers

ELENA RAVASI

Elena is one of the founders of Ibiza Yoga Get Away and Shakti World Retreats and the manager of beautiful Casa Shakti Ibiza.

She is a **Hatha Yoga teacher** who has been practising 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.

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**.

She also brings a **spiritual element** to her teaching and encourages you to expand your awareness both individually and collectively.

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

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 also a student and practitioner of Natural Horsemanship as a way to rehabilitate horses who have experienced physical and psychological trauma.



LORNA O'SHEA

Lorna has been teaching for the last 10 years in studios and workshops in Hong Kong, Europe and the Ivory Coast.

Her practise and teaching are influenced by different schools of yoga, such as Iyengar for alignment, Ashtanga Vinyasa for strength of will and tenacity, Hatha for balance, Yin and Restorative for complete surrender.

Her approach to yoga is one that places **importance on breath and empathy towards ourselves**. Over the years, it has convinced her that most of our fundamental attitudes to life have their physical counterparts in the body. This is what she shares in her class - control and integration of body through **asanas**, mind through **pranayama** and relaxation, and spirit through **meditation**. This, coupled with her **sense of humour**, will put you right at ease.

Lorna's teaching style incorporates **active classes with restorative and mindfulness practice**, always giving importance to **gentle realignments and adjustments** and to bringing the **breath in sync with the movement**.

Whilst challenging you physically, Lorna's classes also gently encourage you to go a little beyond what you think you can do!

Lorna is also a **Certified Sound Therapist** specialising in the use of **Tibetan singing bowls**.



Our Yogi Support

ROSIE RANDISI

Rosie is the other half of Shakti World Retreats' founding duo and our **all-round amazing Yogi Support** – taking care of anything from our website and social media content to guest relations and retreat logistics; all with her **trademark positive vibes**. Alongside Elena, she will be making 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.

Rosie discovered yoga quite late in her life and felt an instant and powerful connection to it that continues to grow. From trips to India to study with the masters to taking part in and co-hosting many retreats, yoga is now a central part of her life and she looks forward to sharing its many benefits with you on the retreats!

She is also a **professional photographer** and has been documenting life at Casa Shakti and on our retreats for many years.

Rosie moved to the island with her husband in 2012 and they have never looked back, fully embracing the island's energy, nature and outdoor lifestyle. You will often find her **exploring the island** with her walking group friends and her beloved camera.



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 with asanas and pranayama techniques**
- **Daily sound healing sessions with Tibetan singing bowls**
- **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**
- 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

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| ● En Suite private room with double bed | |
| Single person | €1600 |
| Couple | €2360 |
| ● Private room with double bed and shared bathroom | |
| Single person | €1440 |
| Couple | €2080 |
| ● Shared twin room with shared bathroom | |
| Single person (shared) | €1140 |
| Couple | €2280 |
| ● Shared Mongolian yurt with 3 beds and shared bathroom | €1060 |
| ● Bell tent with twin room and shared bathroom | |
| Single person (shared) | €990 |
| Single person | €1100 |
| Couple | €1980 |

*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. Elena and Lorna will ensure everyone will have the right attention and direction, no matter your experience, and they will always offer modifications to suit each practitioner.

Elena and Lorna 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!