

MINDFULNESS RETREAT IBIZA WITH MEDITATION, YOGA & DANCE

May 21 – May 28, 2011

Join us on a journey of the senses on the magical island of Ibiza ...

See - hear – smell – feel and taste the beautiful sights, sounds, scents and flavors of mother nature and connect to your inner nature with relaxing mindfulness meditation, re-energizing yoga and joyful dance!



Magical Ibiza

The magical island of Ibiza with its crystal clear waters, lovely beaches and amazing energy attracts artists, nature lovers and spiritual seekers from all over the world. This beautiful island is the perfect place to let go, feel free and enjoy the moment.

Program

During our retreat we invite you to let go, feel free and enjoy the moment! We will practice the art of mindfulness – living in the present moment. We often think about yesterday or tomorrow and forget to enjoy the here and now. Being present in the moment allows us to connect to our true selves and fills our life with love and light.

Sample of program

After a delicious breakfast, we will start our day with a mindfulness meditation and yoga session in nature. Mindfulness meditation allows you to observe your body, thoughts and emotions with gentle awareness, creating space to relax and simply BE. Yoga is a mixture of postures (asanas), breathing (pranayama) and meditation. Yoga re-energizes and unites body, mind and soul. Mindfulness meditation and yoga helps you release your thoughts, relax and enjoy the moment. A great way to wake up and start your day! After lunch, you can explore beautiful Ibiza, enjoy a massage and reiki healing, whatever feels right for you. After dinner, you are free to express yourself during our Go with the Flow dance workshop with Shaman dance, 5 rhythm dance, yoga trance dance and more! You will mindfully connect to yourself, others and your environment. Feel free, dance together or alone and follow your natural flow. We will end our day with a relaxing meditation. We also invite you to be open to nice surprises during the retreat!



Location

Our retreat location in the North of Ibiza is near the village of San Mateu. The natural tranquility and beauty of the North of Ibiza is the perfect place to relax and enjoy the moment. Our retreat location has a cozy ambiance, where you will feel right at home, with a Zen garden to enjoy a cup of tea and a beautiful sunset. Our host Eshwari creates delicious – organic - vegetarian meals that nourish your soul. The 2-3 persons rooms are comfortable and cozy.



Price: € 995,- p.p.

EARLY BIRD DISCOUNT! Book and pay before March 1st = € 925,- p.p.

Including:

- Accommodation (based on a shared 2-3 persons room)
- All delicious, organic & vegetarian meals, tea and coffee
- All mindfulness meditation, yoga and dance workshops (suitable for all levels)

Extras:

- flight
- transfers
- optional car rental
- travel and cancellation insurance
- optional activities (excursions, full-body massage or Reiki healing, life coaching session)

Ibiza is not a very big island, but a car is a necessity if you want to discover this beautiful island. Please send us an e-mail if you would like more information on budget car rental or transfer options. It is also possible to share a car with other retreat participants. If you book before March 1st, you must pay a deposit of € 195,- (we will send you an invoice by e-mail). Once we have received your deposit, your registration is final and a place is reserved for you. The remaining amount of € 730,- must be paid before March 1st. If you book after March 1st you must pay the full retreat price of € 995,- p.p. in one time (we will send you an invoice by e-mail). We remain the right to cancel the retreat if we do not have sufficient participants (min. of 8 participants). In this case we will refund the total retreat fee. We do not refund your travel expenses and recommend you take a travel and cancellation insurance.

Flights

Arrival date is Saturday March 21st. Departure date is Saturday March 28th. From Germany, Ryanair has direct and cheap flights to Ibiza from airport Dusseldorf (Weeze). The airport is only 40 min. from Nijmegen. Bus services run to and from the airport from Amsterdam, Utrecht, Eindhoven and Nijmegen, www.ryanair.com. From Holland, Transavia and KLM also have direct flights to Ibiza from Amsterdam, www.transavia.com and www.klm.com. Sometimes it's more economical to fly to Ibiza via Barcelona, Madrid or Palma de Mallorca: Iberia flies from Amsterdam to Ibiza (via Madrid) www.iberia.com. Transavia, Iberia and Vueling (www.vueling.com) fly to Barcelona. From Barcelona you can fly to Ibiza with Spanair (www.spanair.com). Ryanair also has flights to Palma de Mallorca. From Palma you can fly to Ibiza with Iberia. Other budget tickets from Holland to Ibiza can be found on www.cheaptickets.nl and www.supersaver.nl.

Your retreat hosts and Ibiza lovers: Coco Bliss and Cindy Ritmeester



Coco is very passionate about yoga, dance and Ibiza! Yoga helps us relax, re-energize and harmonizes body, mind and soul. Coco is a certified Sivananda Vedanta yoga teacher - she completed her teacher training in India- which is the oldest and internationally certified hatha yoga teacher training. She teaches classes in classic hatha yoga, chakra yoga, partner yoga and pregnancy yoga. She also completed an Ayurveda massage training in India. Coco has been dancing all her life. Dance boosts your self-confidence, helps you relax and enjoy the moment. Her dance style can be defined as a fusion of dance styles, including Middle Eastern (belly) dance, trance dance, Shaman dance, Spanish & Latin dance (flamenco, salsa and tango), Indian dance and bio-energetic dance. Coco also studied Psychology, Business and Philosophy and works as a freelance consultant and coach. She has her own studio in Amsterdam and teaches workshops and retreats in the Netherlands and abroad.



Cindy is an experienced and passionate mindfulness teacher. She teaches mindfulness workshops, weekends and retreats in the Netherlands and on the magical island of Ibiza, where she lived in 2009. Cindy completed the certified 8 week mindfulness training MBSR and the Mindfulness in Nature course from the Swedish Get Wild Academy. She also completed other courses and training in the area of self-awareness and personal growth, including Hatha yoga, Iyengar yoga, Zen meditation, chakra meditation and Reiki1. But for Cindy, mindfulness is most of all a way of life: lovingly connecting to yourself, others, mother nature and enjoying the moment!

For more information and registration, please visit
www.soul-food.name and www.cocobliss.nl



WE LOOK FORWARD TO WELCOMING YOU IN IBIZA!