

12 TO 18 MAY 2024

IBIZA

A JOURNEY THROUGH THE SENSES



Nicole Gibbard & Daniel Sonic Rojas



A COOPERATION OF ALLIYANA MOVEMENT AND YOGACTIVITY

This glorious retreat held in our private villa in the Atzaro Valley in the North of Ibiza, delivers a creative and inspirational week of Alliyana Movement and YOGACTIVITY and a unique opportunity to:

Immerse Yourself in a Journey of the Senses!

This offering is for all levels of participants and is designed to cultivate joy in the way you relate to yourself and leave a permanent smile on your face!

Energizing and inspiring movement practices each morning and early evening, offer simple and creative ways to enhance mind/body awareness and increase mobility, strength, and flexibility, whilst indulging in the incredible surroundings of this beautiful sanctuary.

Daniel's unique healing art form, nourishing your body and mind with a renewed connection to the breath, organic movements and sustainable energy practices, combined with Nicole's ability to subtly fuse yoga and nature through the elements, ensure everyone will be met with expert attention and care.

For Details & Reservation
www.yogactivity.ch



ACTIVITIES & HEALTHY FOOD

Our private chef will prepare a delicious vegetarian brunch after the morning sessions to re-energize and rejuvenate the whole body, with a wonderful dinner of fresh local produce after the last session of each day, to introduce you to the incredible tastes of Ibiza.

To complete your journey, we will guide you on several afternoons to some of the most stunning and scenic spots on this magical island, with its hidden beaches, secret caves, energetic landmarks, and breathtaking views. This will leave you with a week of unforgettable experiences, beautiful memories, and a chance to reboot and recreate new lifestyle patterns back home.

PRICE DETAILS

- ◆ From € 2'795 per Suite Single Occupancy
 - ◆ From € 2'195 per Suite Double Occupancy
- Inclusive: All classes, hiking/beach activities, daily brunch and dinner, and the room of your choice.

TRAVEL LOGISTICS

- ◆ Arrival is from 14.00h on 12 May
- ◆ Departure is by 10.30h on 18 May
- ◆ Flights & transfer to/from the villa not included.

A TYPICAL DAY

08.00-09.00	Practice
09.00-09.30	Tea & Fruits
09.30-10.45	Practice
11.00-12.30	Brunch
13.00-17.00	Guided Hike or Free Time
17.30-18.30	Practice
19.30	Dinner



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