



SPIRIT OF IBIZA RETREAT SCHEDULE

12TH to 17TH May 2024

Sunday 12th

Arrival from 3pm

Welcome drink and snack

Breathwork and Somatic Movement with Sheena on the Yoga Deck

Dinner at the villa

Monday 13th

From 8am Light Breakfast

9am Short and Sweet Hike to Punta Galera

Coffee with a view stop on way home to villa at Hostal La Torre

12.30pm Lunch

Chill Time at the Villa

4pm Afternoon Snack

Yin Yoga and Sound Journey with Vanessa and Camilla

7.30pm Dinner at the Villa

Tuesday 14th

From 8am Light Breakfast

9am Stretch and Flow Pilates with Sheena

12pm Brunch

Chill Time at the Villa

(option to visit Santa Gertrudis)

4pm Afternoon Snack

6pm Trip to Benirras beach for swim and sunset drummers

8pm Dinner at the villa

Wednesday 15th

From 8am Light Breakfast

9am Port des Torrent to Cala Conta Walk with sea swims and beach time

Picnic lunch

4pm Afternoon snack at the villa

6pm Vinyasa Flow and sunset self love mediation with Vanessa

8pm Dinner at the Villa

Thursday 16th

From 8am Light Breakfast

9am Dynamic Pilates with Sheena

12pm Brunch

Chill Time/Massage/ Visit to Terra Masia

4pm Afternoon Snack

5pm Trip to Old Ibiza Town, Walk to the Cathedral in Dalt Villa

7pm Dinner in Dalt Villa

Friday 17th

From 8am Light Breakfast

Heart opening Practice, Goodbyes and Gratitude with Sheena

Checkout from 11am

There is no rush on checkout so if you would like to stay a while please do!