



yoga**fit**
RETREATS

IBIZA **APRIL 2022**



YogaFit Retreats are family run, based in the north-east of Ibiza and designed to provide a safe, nurturing and fun environment to experience new ways of moving your body and feeding your mind.

Welcome to Ibiza our magical healing island home.

Our guests and teachers can all feel the healing power of this tiny island in the middle of the Mediterranean Sea.

Here are some of the reasons why, did you know;

The island is largely made of quartz crystal. The air quality is some of the best in the world. The stats show that the sun shines more in Ibiza than any of the other Balearic Islands.

There is an abundance of natural salt here, check out the salt mountains as you fly in or out of the island, offering therapeutic, stress reducing benefits. The underwater reservoirs keep the island green and lush all year round. Some of the nature here is a UNESCO world heritage site. Our pine, olive, carob, fig and almond trees grow in abundance.

Our magnificent rock es Vedra is said to be the third most magnetic spot on the planet, and holds the most masculine energy here on the island.

And in contrast our sacred Tanit cave here in the north, just a few miles from the hotel holds the most feminine energy. These are just some of the reasons that contribute to why this spending time here on this island is pure healing magic. Close your eyes and take a deep breath.. can you feel it too?

Our fabulous host hotel, Invisa Cala Blanca, are up-to-date with the current legislation for Covid and will be following the protocols required. We are grateful for the enormous grounds here, giving us the space to design a program where we can spread out and breathe deeply.

We have a wonderfully varied timetable for you to create your perfect retreat, whether you want to join every class or enjoy a relaxed break. We recommend no more than 3 physical classes a day to avoid burn out.

Extra activities and treatments can be booked at the YogaFit desk.

Meal Times:

Breakfast	08.00 - 10.30
Lunch	13.00 - 14.30
Dinner	18.30 - 21.30

With love,
Antonia, Ken, Lindsay & the whole team

YOGAFIT IBIZA MAP



TEAM



@lindsayjay_loves

Lindsay Jay

Organiser / Host

Lindsay is an international presenter specialising in yoga, dance, meditation and trauma release. Her dreams have come true creating these fabulous retreats with her family.



@kenkenjohnston

Ken Johnston

Organiser / Host

Ken makes everyone feel welcome and happy! He has a strong passion for sports, fitness and also takes care of our media stuff.



@antonia.j.j

Antonia Johnston

Organiser / Host

Antonia's background is in dance and her light-hearted, fun and free spirit shines when she teaches yoga and dance fitness.



@amyloupyoga

Amy Aloia

Amy combines different styles of yoga in her classes, focusing mainly on Vinyasa and Hatha, with an emphasis on physicality and a sense of fun throughout.



@joehouze

Joe Houze

Joe is a yoga teacher, yoga therapist and meditation teacher. At YogaFit, Joe will be teaching power vinyasa classes, yoga for anxiety workshops and meditations. His mission is to provide yoga practices that are grounded in science, full of heart, and help us feel a little more peace and joy.



@lisacuerden

Lisa Cuerden

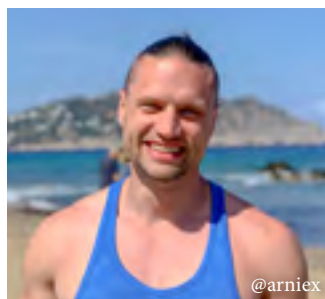
A well-known fitness presenter teaching at many of the big UK fitness events. Lisa says "yoga truly has changed my life for the better and I am loving this journey".



@rachellholmes

Rachel Holmes

Rachel Holmes is an international Fitness Presenter. Creator Of the Kick Start Health and Wellness Franchise, Fitness Pilates and The Brainfit Workout. She is true fitness entrepreneur.



@arniex

Arnie Liaukus

After 18 years in the fitness industry Arnas, aka Arnie started to look at strength training from a new perspective by combining old school training with callisthenics and adding holistic training to make a perfect combination.



@SomaBreath

Niraj Naik

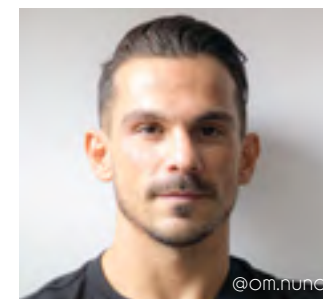
Niraj believes that the stress associated with modern living is the root cause of disease and poor health, and that treatment and prevention begins with self-belief.



@jaynenicholls

Jayne Nicholls

Multi award-winning owner and director of GXT, Jayne commands a unique position in yoga and fitness. Never content to follow conventional methods, her passion for original thinking is the foundation for the Freestyle Yoga brand.



@om.nuno

Nuno Azevedo

Nuno has been involved with dance, fitness and yoga most of his life. In his classes, he combines his passion for anatomy, breath work and meditation bringing humor and lightness for more self-awareness and grounding.



@SallyParkesYoga

Sally Parks

Sally Parks began her teaching career in 1998 and is an international yoga teacher trainer and author of best selling books The Manual of Yoga Anatomy and The Healing Yoga Bible. The Sally Parks Yoga Academy, also hosts Yin Yoga and Fertility Yoga Teacher Training.

TEAM



@sarahjaneperman

Sarah-Jane Perman

A life-long dancer, yoga teacher and shamanic facilitator, Sarah-Jane Perman works as Womb Alchemist and feminine embodiment guide, she supports women to reclaim the wisdom of their bodies and liberate their wild, sensual true nature.



@becks_in_the_city

Becks Hemmings

Rebecca Hemmings (Becks) is the owner of Time to Glow Up Personal Development Consultancy (which features the podcast of the same name), a former TV presenter and a qualified fitness instructor. She has 23 years of experience in business, people development and facilitation.



@omandbass

Rachel Cox

Om & Bass Founder and Creator, Rach, has travelled to India to consult various esteemed yogis to get some invaluable insight whilst developing the set sequence of chakra yoga flows. The chakra dances are a blend of Qi Gong, Mindful Movement, Meditative Dance and Euphoric Conscious Raving.



@lalatigers

Rachel Davis

Founder of LaLa Tigers, TEDx Speaker, NLP Practitioner, Hypnotherapist, Conscious Parent Coach and Creator of the 'Raise a Tiger' Programme. Rachel helps children to live and love to their fullest expression, with music and FUN!



@martynblacklockhealing

Martyn Blacklock

Martyn is very passionate about how challenges presented through yoga and person centred counselling offer such great potential for personal growth and inner peace.



@sharnelleyoga

Sharnelle Guest

Sharnelle wants everyone to be able to feel confident in their bodies and love themselves from the inside out. Through Body & Mindset Coaching, Yoga and Meditation, she will help you to connect to your body, create a happy mind and FEEL amazing.



@leontineboxem

Leontine Boxem

Leontine's mission is to help conscious men and women to become Free and Unstoppable, so they can live their full impact in life, love and leadership.



@libbyhorsley_

Libby Horsley

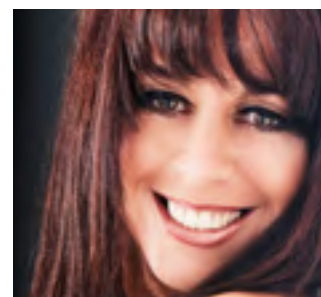
Libby believes in making fitness accessible to all - you don't need to spend hours in a gym to work up a sweat and feel the benefits.



@sara_fakih

Sara Fakih

Sara is a trained PT, dance and qualified yoga instructor in Ashtanga, Rocket, Mandala, Yin and Buti Yoga. She firmly believes in helping people to become more in tune with their bodies.



Rachel Allman

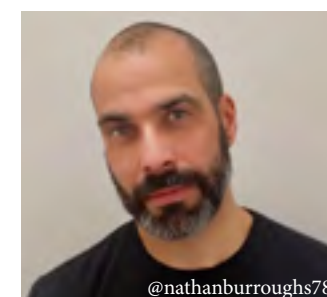
Rachel has been teaching for 10 years & her love for latin music is shared with everyone when she teaches dance fitness & she is thrilled to bring this to YogaFit Retreats this October.



@ibizaseaspa

James Kinghorn

James runs a wellness in nature business based in Ibiza. Focusing on sharing the natural gifts from this magical island.



@nathanburroughs78

Nathan Burroughs

Having worked across the music and health and fitness industries throughout his career, Nathan use's his DJing and music to let the mind and body transcend into a state of bliss. His sets use varied tempos, rhythms and melodic moods to support meditation to help you connect to the river of energy flowing within you.

TEAM



Lisandro Maseret
Massage

Lisandro studies and practises techniques, including deep tissue, Thai, and Esalen-Californian, Lomi Lomi massage. He has created a unique and personal style to help you form a deeper connection.

Contact by whatsapp on:
+34 652 47 16 15



Javi de Gabriel
Massage

Javi's caring and nurturing personality makes his bodywork unique. Through conscious touch his massages are pure magic. He holds space for you to go through your own process in order to connect with yourself.

Contact by whatsapp on:
+34 656 70 76 58



Iuri Soham
Massage

Iuri is a deeply intuitive therapist and he specialises in ancient healing arts from Asia. A passionate teacher of yoga, meditation and breathwork. It's not a job but a mission.

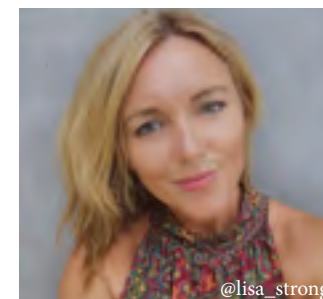
Contact by whatsapp on:
+34 671 81 70 73



Melchior
Quantum healing

Melchior combines his hippy childhood and professional football career with 17 years of studying energy balancing modalities, coaching, numerology and intuition to create a 'quantum metaphysical' re-set.

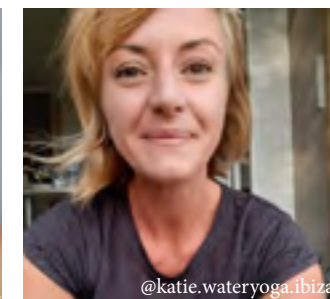
Contact by whatsapp on:
+34 638 32 61 39



Lisa Strong
Nutritionist

Lisa is a qualified life coach, nutritionist and reiki practitioner. She will be sharing her Neuro-Linguistic Programming and wellness tools to help us unlock negative thought patterns and reframe them more positively, and understand ourselves and communicate more effectively.

Contact by whatsapp on:
+34 628 19 11 73



Katie Greaves
Water Therapist

Katie will be joining us to share some Water Therapy magic! She is passionate in sharing her knowledge she has gathered through her studies in Aquatic Body Work, Yoga, Meditation, and Fitness Coaching in order to guide and support others in their healing journeys.

Contact by whatsapp on:
+34 600 23 48 72



Suzanne
Ice therapy

Suzanne is a certified Wim Hof Method instructor. Her passion for ice therapy and Hof's method is born from personal experience. She has a beautiful energy for helping people.

Contact by whatsapp on:
+34 600 74 08 09



Cecilia Simone Huespe

Gestalt and family constellations therapist. Cecilia's vocation is to help people to be better in their body, emotions, thoughts and actions supporting them to flourish into the best way possible and to move towards the best version of themselves.

Contact by whatsapp on:
+34 657 47 53 37



Morgana

Morgana has a background as a dancer womb healer, Holistic & Water & Ovarian Breathing therapist & Doula. As a therapist, she specialises in womb healing, sexual trauma release and everything related to sexual health and pleasure. Creator of Danza Placer.



Momo Loudiyi

Momo Loudiyi is a world performing artist, producer and singer/songwriter whose musical versatility dissolves all boundaries of genre into a multi-dimensional celebration of life.



Nikki Wetherell

Nikki is a PT, yoga teacher and Reiki healer. Serving people to find radical acceptance, expansive pleasure and healing through somatic sexology, pelvic floor health workshops and holistic therapies.

Contact by whatsapp on:
+44 7799 441078



Juan

The Djembe drum originates in West Africa and the original meaning of the word is 'Everyone gather together in peace.' Come have so fun and learn some djembe basics with Juanito.

Release Me
with Lindsay & Team

yoga**fit**
RETREATS

Sunday 17th

Highlighted in green for family friendly sessions

13.00 - 14.30	LUNCH	
15.00 - 16.00	Opening Ceremony <i>Lindsay & Team / Main Stage</i>	
16.00 - 17.00	Welcome Gathering & Meet The Team <i>Team / Main Stage</i>	
17.30 - 18.30	Yoga Basics <i>Amy / Marina</i>	Coastal Walk <i>Lindsay & Arnie / Beach</i>
18.30 - 21.30	DINNER	
20.30 - 21.30	Relax & Restore: Candlelight Yoga <i>Sharnelle & Joe / Studio 1</i>	The Art Of Play <i>Ken & Antonia / Teatro</i>
22.00 - 22.30	Bedtime Meditation <i>Sharnelle & Joe / Studio 1</i>	

Beach Yoga
with Lisa

Monday 18th

yoga**fit**
RETREATS

Highlighted in green for family friendly sessions

Bookable class from the YogaFit Desk

07:30 - 08:30	Sunrise Yoga with Live DJ <i>Lindsay, Sara & Nathan Marina</i>		Hot Yoga <i>Nuno Studio 2</i>		Sea Dip Cold Challenge <i>(15 mins)</i> <i>Suzanne Beach</i>
08:00 - 10:30	BREAKFAST				
10:30 - 11:30	Yoga To Music & Morning Gathering <i>Main Stage Lindsay & Team</i>				
12:00 - 13:00	OM & Bass <i>Rachel Main Stage</i>	Yoga Basics <i>Amy Buddha Area</i>	HIIT & Go <i>Libby The Terrace</i>	No Mum Is An Island <i>Jade Buddha Area</i>	**Mud Bath Experience** <i>James Beach</i>
13:00 - 14:30	LUNCH				
14:30 - 15:30	Ibiza Dance Fit <i>Antonia & Team Main Stage</i>	Pilates <i>Rachel Holmes Buddha Area</i>	Let Go Yoga Flow <i>Sharnelle Marina</i>	Beach Walk & Meditation <i>Iuri Beach</i>	Raise a Tiger Music Workshop <i>Rachel Davis Teatro</i>
16:00 - 17:00	Buti Yoga <i>Sara Main Stage</i>	Acro Yoga & Massage Workshop <i>Lindsay, Lisa, Javi & Lisandro Marina</i>	Water Fitness <i>James The Terrace Pool</i>	Feminine Flow: Honouring Our Inner Shakti <i>Sally Studio 1</i>	Trek To Pou des Lleó <i>Arnie Beach</i>
17:30 - 18:30	Power Yoga <i>Lisa Main Stage</i>		Team Mate <i>Antonia & Ken The Terrace</i>		
18:30 - 21:30	DINNER				
20:00 - 21:00	FLOW Dance Meditation <i>Lindsay & Nathan Marina</i>		Sharing Circle <i>Nikki & Martyn Studio 1</i>		
22:00 - 22:30	Bedtime Meditation <i>Sara Studio 1</i>				



07:30 - 08:30	Sunrise Yoga <i>Martyn & Joe Houze Marina</i>		Ab Fab <i>Libby The Terrace</i>	Sunrise Beach Walk <i>Lindsay Beach</i>	Sea Dip Cold Challenge <i>(15 mins)</i> <i>Suzanne Beach</i>
08:00 - 10:30	BREAKFAST				
10:30 - 11:30	Sambaddha Yoga & Morning Gathering <i>Main Stage Sara & Team</i>				
12:00 - 13:00	Alchemy Pleasure Dance <i>Morgana Marina</i>	GRIT <i>Arnie The Terrace</i>	Pilates <i>Rachel Holmes Buddha Area</i>	How To Create A Balanced Life In A Bonkers World <i>Lisa Strong Teatro</i>	
13:00 - 14:30	LUNCH				
14:30 - 15:30	Freestyle Yoga Strong <i>Jayne Main Stage</i>	Yoga Basics <i>Amy Buddha Area</i>	Yoga Flow <i>Sharnelle & Joe Beach</i>	Contact Improv <i>Nuno Studio 1</i>	Why Meditation <i>Iuri Beach</i>
16:00 - 17:00	African Dance Class <i>Natty Botta, Lindsay & Sara Main Stage</i>	Playful Slow Vinyasa <i>Nuno Buddha Area</i>	Ab Fab <i>Libby The Terrace</i>	Soma Breathwork Workshop <i>Niraj Maki Studio 1</i>	**Kayak Excursion** <i>Beach</i>
17:30 - 18:30	Mind Body Conditioning <i>Rachel Holmes Main Stage</i>	Yoga For Anxiety <i>Joe Houze Buddha Area</i>	**Djembe Drum Circle** <i>Juan Marina</i>		
18:30 - 21:30	DINNER				
20:30 - 21:30	Candlelight Yoga <i>Amy & Sharnelle Studio 1</i>		Shake It Off With T.R.E. <i>Lindsay & Martyn Studio 2</i>	**Water Journeys** <i>Katie Inside Pool</i>	
22.00 - 22.30	Bedtime Meditation <i>Lindsay & Nathan Studio 1</i>				

Sunrise Yoga
with Lisa & Sharnelle

Wednesday 20th

yoga**fit**
RETREATS

Highlighted in green for family friendly sessions

Bookable class from the YogaFit Desk

07:30 - 08:30	Sunrise Yoga <i>Lisa & Iuri Marina</i>		OM & Bass <i>Rachel Beach</i>		Sea Dip Cold Challenge <i>(15 mins)</i> <i>Suzanne Beach</i>
08:00 - 10:30	BREAKFAST				
10:30 - 11:30	Kirtan & Morning Gathering <i>Main Stage Momo, Lindsay Team</i>				
12:00 - 13:00	Soca Dance Fitness <i>Becks Main Stage</i>	Fitness Pilates <i>Rachel Holmes Buddha Area</i>	Yoga As Medicine <i>Martyn Buddha Area</i>	Feel: Body & Mindset Be Confident In Your Body <i>Sharnelle The Terrace</i>	Raising Wholehearted Children <i>Rachel Davis Teatro</i>
13:00 - 14:30	LUNCH				
14:30 - 15:30	Yoga To Music <i>Lindsay & Antonia Main Stage</i>	Core Energy Flow <i>Sally The Terrace</i>	Finding Your Magic <i>Melchior Studio 1</i>	Strategising Your Glow Up <i>Becks Buddha Area</i>	Wim Hoff Method Ice Bath <i>Suzanne The Churringito</i>
16:00 - 17:00	Buti Yoga <i>Sara Main Stage</i>		Water Fitness <i>James The Terrace Pool</i>	Asana Clinic <i>Amy & Antonia Buddha Area</i>	**Goddess Cave** <i>Lindsay, Yasmina, Sara, Sarah-Jane & Nikki Reception</i>
17:30 - 18:30	Zumba <i>Rachel Blood & Team Main Stage</i>	Core Fusion <i>Rachel Holmes The Terrace</i>	Releasing Your Inner Sasha Fierce <i>Becks Studio 1</i>		
18:30 - 21:30	DINNER				
19:00 - 20:00	Intuitive Flow <i>Lisa Marina</i>	DeepWork <i>Arnie Main Stage</i>		**Water Journeys** <i>Katie Inside Pool</i>	
20:30 - 21:30	Sound Bath Yin Yoga <i>Iuri & Lindsay Studio 1</i>				
22:00 - 22:30	Bedtime Meditation <i>Sally Studio 1</i>				



07:30 - 08:30	Sunrise Freestyle Yoga <i>Jayne & Arnie Marina</i>		Hot Yoga <i>Nuno Studio 2</i>	FLOW Dance Meditation <i>Lindsay & Nathan Studio 1</i>	Sea Dip Cold Challenge <i>(15 mins)</i> <i>Suzanne Beach</i>
08:00 - 10:30	BREAKFAST				
10:30 - 11:30	Release Me & Morning Gathering <i>Main Stage Lisa & Team</i>				
12:00 - 13:00	Ibiza Dance Fit <i>Antonia & Team Main Stage</i>	Yoga Basics <i>Sharnelle Buddha Area</i>	Pilates <i>Rachel Holmes Marina</i>	Connection Workshop <i>Javi & Lindsay Studio 1</i>	Tennis <i>Ken Tennis Courts</i>
13:00 - 14:30	LUNCH				
14:30 - 15:30	Making Space For You <i>Sally Main Stage</i>	Beach Yoga <i>Lisa Beach</i>	The Shakti Prayer <i>Morgana Buddha Area</i>	Family Constellation Workshop <i>Cecilia Studio 1</i>	POOL PARTY with DJ <i>The Terrace Pool Area</i>
16:00 - 17:00	Stong & Stable Glutes <i>Amy Main Stage</i>	Yoga For Trauma Workshop <i>Martyn Beach</i>	Shakti Yoga <i>Sarah-Jane Buddha Area</i>		
17:30 - 18:30	**Djembe Drum Circle** <i>Juan Marina</i>	Coastal Walk <i>Arnie Beach</i>	Inversions <i>Lisa & Sara Teatro</i>		
18:30 - 21:30	DINNER				
19:00 - 20:00	Yin Yoga & Sound Healing <i>(Bring blankets & pillows)</i> <i>Sara Marina</i>		Heard: Story Telling <i>Caroline & Collette Teatro</i>		DJ In The Bar
20:30 - 21:30	Inresonance <i>Iuri Studio 1</i>		Meditation In Movement <i>Jayne Studio 2</i>		
22:00 - 22:30	Bedtime Meditation <i>Nuno Studio 1</i>				

SUNRISE YOGA
with Antonia & Amy

Friday 22nd

yoga**fit**
RETREATS

Highlighted in green for family friendly sessions

Bookable class from the YogaFit Desk

07:30 - 08:30	Sunrise Yoga <i>Antonia & Amy Marina</i>		HIIT & Go <i>Arnie & Ken Studio 1</i>		Sea Dip Cold Challenge <i>(15 mins)</i> <i>Suzanne Beach</i>
08:00 - 10:30	BREAKFAST				
10:30 - 11:30	Heart Opening Yoga & Morning Gathering <i>Main Stage Lisa & Team</i>				
12:00 - 13:00	Fitness Pilates Masterclass <i>Rachel Main Stage</i>	Yin / Yang <i>Amy The Terrace</i>	HIIT The Court <i>Libby & Arnie Tennis Courts</i>	Somatic Sexology <i>Nikki Studio 1</i>	The Journey Of The Soul with Tarrot Cards <i>Iuri Studio 1</i>
13:00 - 14:30	LUNCH				
14:30 - 15:30	Kirtan Music Meditation <i>Momo & Musicans Marina</i>	Yoga Basics <i>Sara Buddha Area</i>	Barre Fitness <i>Jayne Marina</i>	Feel: Body & Mindset I'll Be Happier When <i>Sharnelle The Terrace</i>	Quantum Healing Workshop <i>Melchior Studio 2</i>
16:00 - 17:00	SO Dancehall Fitness <i>Becks Main Stage</i>	Playful Slow Yoga <i>Nuno Buddha Area</i>	Water Fitness <i>James The Terrace Pool</i>	Positive Affirmations <i>Rachel, Rory & Mitch The Terrace</i>	
17:30 - 18:30	DeepWork <i>Arnie Main Stage</i>	Yoga For Anxiety <i>Joe Houze Buddha Area</i>	The Art Of Play <i>Ken & Antonia Teatro</i>	**Water Journeys** <i>Katie Inside Pool</i>	
18:30 - 21:30	DINNER				
20:30 - 21:30	Candlelight Yoga <i>Lisa Studio 1</i>		OM & Bass Party <i>Rachel Main Stage</i>		
22.00 - 22.30	Bedtime Meditation <i>Lisa Studio 1</i>				

Sea Dip | Cold Challenge

with Suzanne

Saturday 23rd

yoga**fit**
RETREATS

Highlighted in green for family friendly sessions

Bookable class from the YogaFit Desk

07:30 - 08:30	Sunrise Yoga Nuno & Javi Marina		Tabata Libby Studio 1	Sea Dip Cold Challenge (15 mins) Suzanne Beach
08:00 - 10:30	BREAKFAST			
10:30 - 11:30	Art Of Play & Morning Gathering Main Stage Antonia, Ken & Team			
12:00 - 13:00	Fitness Pilates Power HIIT Rachel Holmes Main Stage	Yoga Basics Joe Buddha Area	FUNDamentals Of Balance Amy Buddha Area	Sharing Circle Nikki Studio 1
13:00 - 14:30	LUNCH			
14:30 - 15:30	Yoga To Music Antonia, Lindsay & Hercules Main Stage	Free The Mind Sharnelle Buddha Area	Why Meditation Luri Beach	**Djembe Drum Circle** Juan Marina
16:00 - 17:00	GRIT Arnie Main Stage	Quantum Magic Melchior Buddha Area	Concious Parenting Jade Studio 1	**Mud Bath Experience** James Beach
17:30 - 18:30	Soul-full Dance Sara Main Stage	Ladder Power Flow Amy The Terrace	FLOW Dance Meditation Lindsay Marina	**Water Journeys** Katie Inside Pool
18:30 - 21:30	DINNER			
20:30 - 21:30	Candle Light Yoga Lisa Studio 1		TRE Lindsay & Martyn Studio 1	
22.00 - 22.30	Bedtime Meditation Lindsay Studio 1			

Closing Class - Release, Relax & Let Go
with Lindsay

yoga**fit**
RETREATS

Sunday 24th

Highlighted in green for family friendly sessions

07.30 - 08.30	<p>Sunrise Yoga Sharnelle & Sally Marina</p>	
08.00 - 10.30	<p>BREAKFAST</p>	
09.00 - 10.00	<p>Team Mate Antonia & Ken Main Stage</p>	<p>Power Yoga Joe Houze Buddha Area</p>
10.30 - 11.30	<p>Release, Relax & Let Go - Closing Class Lindsay Main Stage</p>	
12.00 - 13.00	<p>Trek To Pou des Lleó Antonia & Simon Beach</p>	
13.00 - 14.30	<p>LUNCH</p>	



GODDESS CAVE

Ibiza is an island steeped in myths, magic and legends, and perhaps none so prevalent as the ancient tale of the Goddess Tanit, who, for centuries has been celebrated as the Goddess of Ibiza, a warrior woman who represents fertility, dance & creation of life. Also known as a guardian of womankind and all things feminine, her presence is felt by many women who travel here to seek solace, soothe troubled souls and find peace and guidance on this magical island, whom so many before them have done.

Tanit's image can be found in many places across the island, from private pieces of art adorning the walls of hotels and villas, to ancient carvings to be discovered in mystical places such as Atlantis, Es Vedra and most of all, in the historical cave hidden deep into the rocks on the road to the beautiful bay of Cala San Vicente, where settlers created a temple for their Goddess Tanit many thousands of years ago.

This spectacular cave, to be found nestled high above the picturesque village, is some 150 metres high and was discovered in 1907, by the Archaeological Society of Ibiza, who unearthed over 600 carvings, statues and other commemorations to this empowering Goddess. The official name of the cave is the Cova d'es Cuieram, and legend has it that this sacred space has been inhabited since many thousands of years ago, when much of the island's tiny population worshipped the goddess Tanit as their deity.

A visit to Tanit's cave is a popular choice on our retreats, with so many women feeling an almost inexplicable connection to the island and her femininity.



breathe
studio

WHAT IS BREATHE STUDIO?

BreatheStudio.tv is an online yoga, fitness and wellness platform. The website is a hub for On-Demand and LIVE classes, aiming to support you on your wellness journey through our expanding library of classes, tutorials, workshops and more. We think yoga, fitness and wellness practices should be accessible to all, and have brought together a fab team of highly experienced and passionate teachers, who most importantly live and love what they do. Sign up and start your FREE trial today. Use **YogaFitBreathe** for 10% off your subscription.

breathestudio.tv



yoga**fit** IBIZA
RETREATS

17-24 April 2022

yoga**fit** *Greece*
RETREATS

20-27 May 2022

team@yogafitretreats.com | @yogafit.retreats
www.yogafitretreats.com