

yogafit
RETREATS

IBIZA OCTOBER 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.

•The 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 the 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 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 specializing in yoga, dance, meditation, soma breathwork and trauma release. She is the Co-creator of Flow dance meditation. Her dreams have come true creating these magical 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".

Lisa is available for 1-1 yoga sessions. Book via whatsapp: +44 7887 533811



@rachellholmes

Rachel Holmes

Rachel Holmes is a creator of the Kick Start Health and Wellness Franchise, Fitness Pilates and The Brainfit Workout. She is a true fitness entrepreneur.



@arniex

Arnie Liaukus

Arnie is a professional fitness coach with 18 years of experience in the fitness industry. He has a diverse approach to fitness and wellbeing journey that combines strength with zen-inspired training methods to help people achieve physical and mental balance. Arnie also offers a Release, Relax, and Re-activate neck and shoulder sports massage.



@mbpts

Mike Bines

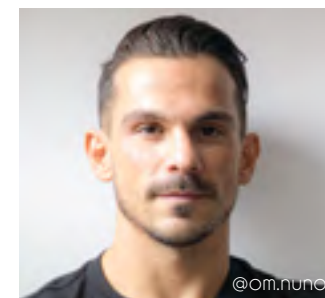
Mike has now been in the health and fitness industry for 20 years plus. He is known for his ability to make classes fun and educational. Mike has been presenting yoga and fitness internationally for over 5 years now and is the founder of MBPTS online home studio. Mike specialises in mental health and exercise and has recently been training to deliver this type of course.



@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, breathwork and meditation bringing humour and lightness for more self-awareness and grounding.



@SallyParkesYoga

Sally Parkes

Sally Parkes 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 Parkes Yoga Academy, also hosts 200hr and Pregnancy Yoga Teacher Trainings.

TEAM



@fitnessmamauk

Alex Sikiniotis

With a wealth of experience and over 20 years in the Health and Fitness industry our 'Fitness Mama', nutritionist and Personal Trainer is passionate about helping empower people through movement, mindfulness and connection to step into the best version of themselves.



@chazelcharlotte

Charlotte Chazel

Charlotte has 16 years experience teaching and choreographing and specialises in everything dance! No need to know how to dance when you come to her class but be willing to expose your inner diva and have a blast! "Dance Yourself Happy" is her motto for life!



@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 parents reclaim their souls & raise wholehearted children who love, trust & believe in themselves with music.



@martynblacklockhealing

Martyn Blacklock

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



@sharnelleyoga

Sharnelle Guest

Sharnelle would love everyone 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.



Cassandra Rix

Fitness instructor, yoga teacher, and entrepreneur, Cass' approach to teaching and coaching aligns with her approach to life, "exploring and allowing the balance between strength and surrender, yang and yin." She brings 100% of her energy and presence to every interaction, creating accessible class experiences for all.



@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.



@axelfabriciusofficial

Axel Fabricius

Axel is passionate about gratitude and breathing rhythms. Creating happy bodies, exciting energy while generating the most valuable quality according to him, a peaceful joyful and open mind. He loves the art of listening and creating spaces for the hearts whispers to come forth and guide us on everyday adventure as human beings.



@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

Co-creator of Flow Dance Meditation. Nathan uses 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 practices different techniques such as deep tissue, Californian and Lomi Lomi. He has created a unique and personal style to help you find a deeper connection.

Contact by whatsapp on:
+34 652 47 16 15



Javi de Gabriel

Javi's caring and nurturing personality makes his bodywork unique. During his classes you can explore the body through functional movement and yoga based on alignment.

Contact by whatsapp on:
+34618607874



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



Naty Botta

Naty is a dancer, specialized in dances of Afro origin. With 15 years of experience as a teacher of African dance, and dundun dance, dance and percussion from Guinea.

Contact by whatsapp on:
+34 638 32 61 39



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



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.

Contact by whatsapp on:
+34 657 47 53 37



Julia Graesser

Julia is an experienced yoga teacher that loves to make yoga accessible to everyone. She will challenge you in just the right way, and give you options to tune it down when needed. She was born and raised in Germany, lives now in Denmark and studied yoga all around the world with more than 1,200h of certified training in different yoga styles and more than 2,200h of teaching experience.



Cateleyne Tettero
Massage & Cupping

Cat's treatments are guided by synchronicity and focused on liberation of our highly natural healing ability by attending and releasing obstructive matter held within the physical system. Fusion of connective tissue and dynamic cupping massage infused with holistic interaction/intervention.

Contact by whatsapp on:
+34618607874



Jessica Christensen

Jessica is an education specialist in holistic training for sports and fitness, with over 12 years in the industry working as a trainer, educator, and consultant. She brings her studies of physiology, functional training, sports science, wellness, human evolution and optimised performance into a unified vision of an inclusive and FUNctional approach to training!



Jade Gooding

Jade guides mothers to a grounded, balanced and centred space within themselves, allowing them to grow alongside their children. She further supports this with an armoury of conscious parenting tools to ease that journey.

Contact by whatsapp on:
+44 7870 257189



Steve Lovatt

Steve is a clinical hypnotherapist, breathwork coach, Theta healer, dream yoga facilitator, mindfulness practitioner and sound therapist. He has a particular interest in anxiety and trauma release.

Contact by whatsapp on:
+44 7870 257189

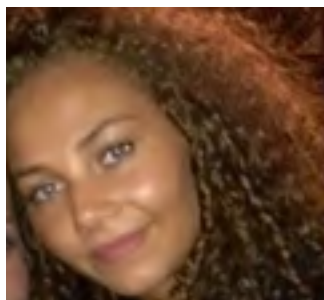


Catherine Monahan

Catherine is a Energist and certified teacher of Intergrative Quantum Medicine. Through this practice she can balance your brain hemispheres to encourage faster manifestation allowing positive change in life, love, business and health.

Contact by whatsapp on:
+44 7578 167776

TEAM



Alesha Chateau

Alesha's kind heart and warmth welcome you in to everything she does, whether she welcomes you on the front desk or you meet her in a presenting a class. Her fun and passion will get you moving and motivated.



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.



Hercules

Hercules has grown up with YogaFit; being a year old at our first retreat. He is Lindsay's son and yoga guru teaching her love, patience and Bhakti yoga.



Rory Oliver-Davis

Co-Founder of K&R Productions and Assistant Photographer. Rory loves being on both sides of the camera and brings his magical energy to everything he does. You'll find Rory helping out and dancing all over the retreat. Get ready to smile!



Mitch Oliver-Davis

Child Mentor. Mitchell has an old soul and, a quick wit and kindness is his superpower. You'll find Mitch on stage and all over the retreat bringing sunshine and love wherever he goes.



Elena Gidoni

Elena brings her beautiful energy to everything she does. With a passion for helping bring out the best version of yourself through her Zumba and yoga classes. We are proud to have had Elena as a part of the YogaFit family from the beginning as a guest and are excited to welcome her to the team.



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.



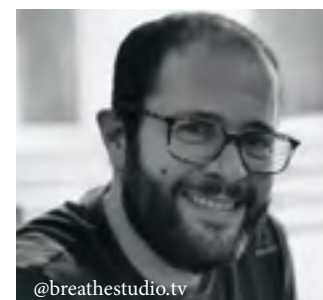
Yvonne Lovatt

Here to help you feel empowered, to truly listen to yourself, to feel and move in a way that nourishes your whole self. Hatha and Yin Yoga woven within Somabreath journeys unleashing your full potential, expect to feel truly amazing.



Reg

Day to day Reg is a production technician making theatre, festivals and events look and sound their best. He is also trained in Reiki and hands on assisting for yoga. Reg will be on hand throughout the retreat providing tech support, percussion and smiles!



Jono Aloia

Founder of BreatheStudio.tv. We all need Jono in our lives. He brings energy to everything he does. He inspires others by his beautiful attitude, facing every challenge with a smile and amazing work ethic. You will find Jono fixing everything at the retreat.



13.00 - 14.30	LUNCH	
14.30 - 15.00	Live Drummers & African Dancing Welcome Show <i>Natty & Juan Main Stage</i>	
15.00 - 16.00	Opening Ceremony <i>Lindsay & Team Main Stage</i>	
16.00 - 17.00	Welcome Gathering & Meet The Team <i>Whole Team Main Stage</i>	
17.30 - 18.30	Yoga Basics <i>Amy Main Stage</i>	Coastal Walk <i>Arnie & Team 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>Martyn Studio 1</i>	



07:30 - 08:30	Sunrise Yoga with Live DJ <i>Lindsay, Sara & Nathan Marina</i>			Morning Circuits <i>Libby & Alisha Beach</i>	
08:00 - 10:30	BREAKFAST				
10:30 - 11:30	Yoga To Music & Morning Gathering <i>Lindsay, Antonia & Team Main Stage</i>				
12:00 - 13:00	DeepWork <i>Arnie Main Stage</i>	Let Go Yoga Flow <i>Sharnelle Buddha Area</i>	Pilates <i>Rachel Holmes Studio 1</i>	The Truth About Sugar & Gut Feelings <i>Alex Terrace</i>	**Mud Bath Experience** <i>James Beach</i>
13:00 - 14:30	LUNCH				
14:30 - 15:30	ShowDance <i>Charlotte Main Stage</i>		Buti Yoga <i>Sara Buddha Area</i>	Cupping Workshop <i>Cat Studio 1</i>	Raise a Tiger Music Workshop <i>Rachel Davis Teatro</i>
16:00 - 17:00	Power Yoga <i>Lisa Main Stage</i>	Water Fitness <i>James The Terrace Pool</i>	**Rope Flow** <i>Jess Beach</i>	Yoga For Trauma Workshop <i>Martyn Studio 1</i>	Trek To Pou des Lleó <i>Arnie, Libby & Rory Beach</i>
17:30 - 18:30	It's A Sin Yoga Flow <i>Mike Main Stage</i>	Body Combat <i>Cass & Alex Teatro</i>	Yoga For Anxiety <i>Joe Houze Marina</i>		
18:30 - 21:30	DINNER				
20:30 - 21:30	Freestyle Yoga Yin <i>Jayne Studio 1</i>			Concious Comedy <i>Rachel Bar</i>	
22:00 - 22:30	Bedtime Meditation <i>Sara Studio 1</i>				

Tuesday 25th

yoga**fit**
RETREATS

****Bookable class from the YogaFit Desk****

07:30 - 08:30	Sunrise Yoga <i>Nuno & Javi Marina</i>		Military Fitness <i>Arnie & Libby 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>Sara & Team Main Stage</i>				
12:00 - 13:00	Ibiza Dance Fit <i>Antonia & Team Main Stage</i>	Muay Thai <i>Rachel Beach</i>	Pilates <i>Mike Buddha Area</i>	**Goddess Cave** <i>Lindsay, Sara & Morgana Reception</i>	
13:00 - 14:30	LUNCH				
14:30 - 15:30	Yoga Flow <i>Sharnelle & Joe Main Stage</i>	Yoga Basics <i>Amy Buddha Area</i>	**Djembe Drum Circle** <i>Juan Studio 1</i>	Conscious Parenting <i>Jade Teatro</i>	Barefoot Trail <i>Jess Beach</i>
16:00 - 17:00	Soca Dance Fitness <i>Becks & Team Main Stage</i>	Body Balance <i>Cass & Alex Beach</i>	SomaYoga <i>Yvonne & Steve Studio 1</i>	Feel: Body & Mindset Be Confident In Your Body <i>Sharnelle Buddha Area</i>	**Kayak Excursion** <i>Beach</i>
17:30 - 18:30	Freestyle Yoga Flow <i>Jayne Main Stage</i>	Mind Body Conditioning <i>Rachel Holmes Main Stage</i>	Alchemy Pleasure Dance <i>Morgana Studio 1</i>	HIIT & Go <i>Libby Teatro</i>	
18:30 - 21:30	DINNER				
20:30 - 21:30	Candlelight Yoga <i>Lisa Studio 1</i>			Shake It Off With T.R.E. <i>Lindsay & Martyn Studio 2</i>	
22:00 - 22:30	Bedtime Meditation Yoga Nidra <i>Julia Studio 1</i>				

Wednesday 26th

yoga**fit**
RETREATS

****Bookable class from the YogaFit Desk****

07:30 - 08:30	Sunrise Yoga <i>Lisa & Julia Marina</i>		Sunrise Beach Walk & Meditation <i>Steve Beach</i>		Sea Dip Cold Challenge <i>(15 mins)</i> <i>Suzanne Beach</i>
08:00 - 10:30	BREAKFAST				
10:30 - 11:30	SomaBreath & Morning Gathering <i>Axel, Lisa, Lindsay & Team Main Stage</i>				
12:00 - 13:00	FLOW Dance Meditation <i>Lindsay & Nathan Marina</i>	Fitness Pilates <i>Rachel Holmes Main Stage</i>	Yoga As Medicine <i>Martyn Studio 1</i>	Asana Clinic <i>Amy & Antonia Buddha Area</i>	Raising Wholehearted Children <i>Rachel Davis Teatro</i>
13:00 - 14:30	LUNCH				
14:30 - 15:30	Shakti Energy Yoga <i>Sally & Morgana Main Stage</i>	Tai Chi <i>Rachel Beach</i>	Water Fitness <i>James The Terrace Pool</i>	Quantam Healing Meditation <i>Melchior & Catherine Buddha Area</i>	**Wim Hoff Method Ice Bath** <i>Suzanne The Churringito</i>
16:00 - 17:00	Playful Slow Vinyasa <i>Nuno Main Stage</i>	Contact Improv <i>Nuno Studio 1</i>	Viking Flow <i>Jess Buddha Area</i>	Hypnotic Release <i>Steve Studio 2</i>	
17:30 - 18:30	House Party Dance Fitness <i>Becks Main Stage</i>		Making Space For You <i>Sally Beach</i>	Clarity In Decision Making <i>Catherine Studio 1</i>	Fitness Pilates Power HIIT <i>Rachel Holmes Buddha Area</i>
18:30 - 21:30	DINNER				
19:00 - 20:00	Yoga Flow <i>Amy Studio 1</i>				
20:30 - 21:30	Candlelight Yoga <i>Elena Studio 1</i>			Cheers To Your Health <i>Rachel Bar</i>	
22.00 - 22.30	Sound Bath Bedtime Meditation <i>Lindsay & Sara Studio 1</i>				



07:30 - 08:30	Sunrise Frēestyle Yoga <i>Jayne & Mike Marina</i>		HIIT The Court <i>Libby & Arnie Tennis Courts</i>		Sea Dip Cold Challenge <i>(15 mins)</i> <i>Suzanne Beach</i>
08:00 - 10:30	BREAKFAST				
10:30 - 11:30	Body Balance & Morning Gathering <i>Alex & Team Main Stage</i>				
12:00 - 13:00	Zumba <i>Alisha & Elena Main Stage</i>	Yoga Basics <i>Sharnelle Marina</i>	Pilates <i>Mike Studio 1</i>	Managing The Menopuse <i>Sally & Morgana Studio 1</i>	Tennis <i>Ken Tennis Courts</i>
13:00 - 14:30	LUNCH				
14:30 - 15:30	Buti Yoga <i>Sara Main Stage</i>		Meditation In Movement <i>Jayne Buddha Area</i>	Positive Affirmations <i>Rachel & Mitch The Terrace</i>	**Djembe Drum Circle** <i>Juan Studio 1</i>
16:00 - 17:00	Stong & Stable Glutes <i>Amy Main Stage</i>	Core Fusion <i>Rachel Holmes Buddha Area</i>	The Art Of Listening <i>Axel Studio 2</i>	**Long & Strong: Functional Flexibility Workshop** <i>Jessica Studio 1</i> <i>(25 pax)</i>	Acro Yoga & Connection <i>Lindsay & Javi Marina</i>
17:30 - 18:30	Dance Like No One Is Watching <i>Rory & Antonia Marina</i>	Face Yoga <i>Julia Studio 1</i>	Inversions <i>Lisa & Sara Teatro</i>		Coastal Walk <i>Arnie Beach</i>
18:30 - 21:30	DINNER				
19:00 - 20:00	Body Balance <i>Alex Studio 1</i>				
20:30 - 21:30	Candlelight Yoga <i>Mike Studio 1</i>			Kaula Tantra Yoga <i>Julia Studio 2</i>	
22:00 - 22.30	SomaBreath Bedtime Meditation <i>Axel & Steve Studio 1</i>				

Friday 28th

yoga**fit**
RETREATS

****Bookable class from the YogaFit Desk****

07:30 - 08:30	Sunrise Yoga <i>Antonia & Amy 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	Heart Opening Yoga & Morning Gathering <i>Lisa & Team Main Stage</i>				
12:00 - 13:00	FLOW Dance Meditation <i>Lindsay & Nathan Marina</i>	Yin Yang <i>Amy Main Stage</i>	Pilates <i>Rachel Buddha</i>	Body Combat <i>Cass Teatro</i>	How To Reprogramme The Subconscious Mind <i>Rachel Davis Studio 1</i>
13:00 - 14:30	LUNCH				
14:30 - 15:30	Kirtan Music Meditation <i>Lindsay, Reg & Musicians Marina</i>	Lyrical Dance <i>Antonia Buddha Area</i>	**Rope Flow** <i>Jess Beach</i>	Feel: Body & Mindset I'll Be Happier When... <i>Sharnelle The Terrace</i>	**Wim Hoff Method Ice Bath** <i>Suzanne The Churringito</i>
16:00 - 17:00	African Dance with Live Drummers <i>Naty Main Stage</i>		Playful Slow Yoga <i>Nuno Buddha Area</i>	Water Fitness <i>James The Terrace Pool</i>	
17:30 - 18:30	Free The Mind Yoga <i>Sharnelle Buddha Area</i>	DeepWork <i>Arnie Main Stage</i>	Barre Fitness <i>Jayne Marina</i>	Overian BreathWork <i>Morgana Studio 1</i>	
18:30 - 21:30	DINNER				
19:00 - 20:00	Yoga For Anxiety <i>Joe Houze Buddha Area</i>				
20:30 - 21:30	Yin Yoga & Sound Healing <i>(Bring blankets & pillows)</i> <i>Sara Studio 1</i>			Shake It Off With T.R.E. <i>Lindsay & Martyn Studio 2</i>	
22.00 - 22.30	Bedtime Meditation <i>Nuno Studio 1</i>				



07:30 - 08:30	Sunrise Yoga <i>Martyn & Joe Houze Marina</i>		Tabata <i>Antonia & Ken Studio 1</i>	
08:00 - 10:30	BREAKFAST			
10:30 - 11:30	Art Of Play & Morning Gathering <i>Antonia, Ken & Team Main Stage</i>			
12:00 - 13:00	Fitness Pilates Masterclass <i>Rachel Main Stage</i>	Conscious Parenting <i>Jade Studio 1</i>	Yoga Basics <i>Joe Buddha Area</i>	**Djembe Drum Circle** <i>Juan Marina</i>
13:00 - 14:30	LUNCH			
14:30 - 15:30	POOL PARTY	LINDSAY'S 40th BIRTHDAY PARTY <i>Adult Pool</i> 14:30 - **Silent Disco Tour** 16:00 - **Cacao Ceremony** 17:30 - Exstatic Dance & Singing	Activate Your Super Conscious <i>Melchior Marina</i>	**Mud Bath Experience** <i>James Beach</i>
16:00 - 17:00			Listening Circle <i>Martyn Studio 1</i>	
17:30 - 18:30			Ladder Power Flow <i>Amy Main Stage</i>	
18:30 - 21:30	DINNER			
20:30 - 21:30	Candlelight Yoga <i>Jayne Studio 1</i>			
22:00 - 22:30	Bedtime Meditation <i>Axel Studio 1</i>			



07.30 - 08.30	Sunrise Yoga <i>Sharnelle & Sally Marina</i>	
08:00 - 10.30	BREAKFAST	
09.00 - 10.00	Team Mate <i>Antonia & Ken Main Stage</i>	Power Yoga <i>Joe Houze Buddha Area</i>
10.30 - 11.30	Release, Relax & Let Go - Closing Class <i>Lindsay Main Stage</i>	
12.00 - 14.00	Trek To Pou des Lleó <i>Arnie & Rory Beach</i>	
13.00 - 14.30	LUNCH	
17.30	Sunset After Party Benirrás Beach Drums <i>Reg, James, Jade, Lisandro, Alisha, Juan, Natty & Lindsay Beach</i>	



TogetherNESS

Is the theme we are exploring on this retreat.

The More Beautiful World Our Hearts Know Is Possible

Exerts from Charles Eisenstein's latest book...

**"The more beautiful world my heart knows is possible is a world with a lot more pleasure: a lot more touch, a lot more lovemaking, a lot more hugging, a lot more deep gazing into each other's eyes, a lot more fresh-ground tortillas and just-harvested tomatoes still warm from the sun, a lot more singing, a lot more dancing, a lot more timelessness, a lot more beauty in the built environment, a lot more pristine views, a lot more water fresh from the spring. Have you ever tasted real water, springing from the earth after a twenty-year journey through the mountain? None of these pleasures is very far away."*

**"Ultimately, unless one has stepped at least partway into the Story of Interbeing, it will not only be impossible to change isolated derivative beliefs, it will also*

be impossible to create anything but the image of Separation in the world."

** "We are following an invisible path, learning from each other how to follow it. As we do that, and as we learn to see its subtle markings, the path becomes visible. Absent a map, and in the very early stages of a new story, we can only follow our intuition at each choice point, guided by our heart-compass, not knowing how our turnings will add up to the destination."*

**"The mystics have been offering us an answer for thousands of years—two answers. On the one hand, strip away everything that connects you to the world, your money, your relationships, your arms and legs, your language, and still something that is "you" is left. I am not this. I am not that. Something minus everything is nothing; hence the first answer: you are nothing. But when we go there, we find that nothing is not nothing, it is everything: all things spring from the void, and a speck of quantum vacuum has the energy of a billion suns. And so the second answer: you are everything. Take away even the tiniest relationship and you are diminished as well; add one and you are increased; change any being in this cosmos, and you are altered as well. You are, therefore, everything: a web of relationship, each containing all. That is the self of interbeing."*

CLASS DESCRIPTIONS

Morning Gathering

Join the whole team for a daily catch-up, and to welcome our new guests. Each class has a different wellness theme and is designed to be inclusive and accessible to everyone. Our intention is to make this class feel like a warm hug every day, we recommend that you join them all.

YOGA

Acro Yoga

Combining partner acrobatics with the holistic philosophy of yoga; building trust, friendship & communication in a really fun way.

Buti Yoga

A fusion of power yoga, tribal dance & plyometrics. This freedom of movement & breath allows you to let go by flowing to the music & releasing your inner warrior.

Candlelight Yoga

Complete your day with a calming & serene yoga & meditation session. You'll feel utterly relaxed & ready for deep slumber.

Core Energy Flow

In this class we will explore how to engage and stretch the core area by moving in a fluid way through different planes of movement whilst using our own body weight to fire up the abdominal area. We will also incorporate some elements of Pilates.

Face Yoga

A holistic approach to the face, it works from the inside out- toning the muscles, relaxing tension and boosting blood flow.

FUNDamentals Of Balance

A fun & playful, slightly challenging class which introduces balancing postures on feet & hands.

Free The Mind

Be guided through a journey of Yoga & Movement Meditation. Let your body move to the music, lift your energy, connect to your body & let go. Have fun & FEEL amazing in your body!

Freestyle Yoga Strong

Both challenging & exhilarating, this method of yoga is designed to improve your practice, allowing you to achieve your potential.

Hot Yoga

For this practice our yoga room is heated to allow for a deeper release and to avoid injury. Experience the therapeutic effect of postures of hatha yoga to improve balance, stability and flexibility. The practice will start and finish with pranayama techniques.

Inversions

Change your perspective, challenge your balance & get inverted with a smile.

Kaula Tanta Yoga

A meditative and balancing form of yoga that teaches every cell in your body to relax and meditate.

Kirtan Yoga

Kirtans are all about coming together and community. We sing mantras, to transcend the mind and bring us home to the joy in our hearts. Kirtan Yoga is for all people. In this type of yoga, there are no masters, as the practice itself is the teacher, guiding us home to ourselves.

Ladder Power Flow

Prepare to work hard, laugh & maybe wobble a little! This fun class takes a strong sequence & layers it, culminating in one breath, one movement.

Let Go Yoga Flow

Nothing in life is permanent, this yoga practice sets an intention of helping us to move with the ever changing world we live in & to let go of what doesn't serve us.

Making Space For You

Flow with Sally and join her on this flowing journey of breath linked with yoga asana. Placing an emphasis on making physical space via a selection of lying, seated and standing yoga postures, which will help to lengthen the spine, open the hips and free up the shoulder area. Our sole aim will be to lighten the body and therefore the mind.

Playful Slow Vinyasa

Integrating breath and movement through a slow flow of postures. Expect challenging and fun transitions witnessing some resistance to discomfort to and for growth and lifting off into some arm balances. An expansive, heart-clearing and strengthening flow.

Power Yoga

A powerful vinyasa flow class. Get ready to feel energised & sweaty.

Sambaddha Yoga

A practice of yin, mandala vinyasa, dance, breathwork & affirmation. Sanskrit for connection.

Shakti Yoga

Shakti yoga is a dynamic style which seeks to promote confidence & improve vitality through dance-like movements that flow powerfully & energetically.

Soma Yoga

A fusion of traditional Hatha and Yin yoga combined with SOMA Breathwork, hypnotic language and somatic release leading you to a state of bliss. Accompanied by amazing music - a totally unique experience.

Strong & Stable Glutes

This Vinyasa class looks at the biggest stabilisers in the body...the glutes! From stabilising the pelvis to powering our balancing poses, these are the biggest muscles in the body for a reason. Get ready to feel the burn!

Sunrise Yoga

Wake up & flow in our beautiful outdoor studio overlooking the sea, as the sun rises over the horizon.

Yin Yoga

A slow paced style of yoga. Holding asanas for longer periods of time than other styles, targeting the deepest tissues of the body. (Bring blankets and pillows to support the body)

Yin/Yang Yoga

Starting off by warming up the body through some gentle backbends before heating things up in a dynamic yang flow.

Yoga As Medicine

Let's breathe deeply & feel fully during this yoga practice and consider how to take these good medicine tools into daily life. From there, your journey can change radically as you unleash the power of self healing.

Yoga Basics

We'll work on breath control, yoga poses and meditation. All levels welcome.

Yoga For Anxiety

In this workshop Joe will introduce you to the very best yoga, breathwork and mindfulness techniques proven to calm anxiety, stress and panic.

Yoga To Music

A simple practice accessible to everybody with vinyasa sequences that focus on synchronising our movement with our breath to hits we love.

HOLISTIC

Barre Fitness

A fusion of ballet, functional fitness and yoga which tones and sculpts muscles while focusing on alignment, form, flexibility and posture.

Pilates

A modern progressive and functional class that addresses the weakest areas of the body creating balance and harmony.

Opening Ceremony - Release Me

This class is led by the whole team, with simple dance, yoga, meditation. Let go and release all your tensions and stresses, preparing you physically and mentally for the retreat ahead.

Closing class - Release, Relax & Let Go

Exactly as it sounds, the perfect end to the retreat. Our signature sign-off closing class.

CLASS DESCRIPTIONS

****Rope Flow**** *Limited Spaces*

Enjoy a new concept of movement and experience the outdoors with a unique approach: learn to move seamlessly with low-impact rope training and get lost in your flow. Move, juggle & find your flow immersed in nature and music.

Sea Dip | Cold Challenge

Start your morning with a refreshing, energising yet calming dip in the ocean as we learn a little bit about the Wim Hof Method.

SomaBreath

The Awakening Breathwork Journey SOMA Awakening journeys combine the Ancient wisdom of Pranayama with modern day science. It is a multi-sensory meditation experience that can awaken dormant parts of your brain, improve circulation, promote physical and emotional healing, and help to manifest your intentions by raising your emotional state and connecting with your higher self.

Tai Chi

A series of movements performed in a slow, focused manner and accompanied by deep breathing.

FITNESS

Ab Fab

Feel fab with Libby in this abtastic workout.

Core Fusion

Your abs will thank you later.

deepWORK®

The meeting point of traditional far eastern techniques and western European science. It's unique, powerful and very positive.

HIIT The Court

A fast-paced class for all abilities. Aimed to increase your metabolism to help your body burn fat all day.

Mind Body Conditioning

This fitness will help us clear our minds as we work up a sweat to a fab playlist.

Muay Thai

This high-paced class will include punching, kneeling, kicking and elbows—also known as the 8 deadly limbs. It will be light-hearted, high-paced and a phenomenal workout!

Fitness Pilates Power HIIT

A combination of High Intensity Interval Training (HIIT) and Fitness Pilates. The combination of switching from HIIT to low intensity makes for a dynamic workout that will ensure we work our body to its maximum potential!

Team Mate

Body conditioning with a buddy; fitness with a friend is twice the fun!

Tabata

This high intensity interval training class will have us burning calories for hours after the class. Be prepared to sweat!

Tennis

A fun & family friendly session of tennis. Suitable for all levels where we get involved in some fun practice games to improve our skill & understanding of court position.

Viking Flow

A deeply grounding class that blends natural movement, functional conditioning, mobility and stretching focused on the hips, shoulders and core strength. A playful exchange of FIRE and WATER to balance your strength and fluidity to an empowering Nordic soundtrack.

Water fitness

This class is in the pool. We use the resistance from the water to our advantage.

DANCE

African Dance with Live Drummers

The traditional dances and songs that are inherent in the culture of the West African people. A high energy class accompanied by live drumming.

Alchemy Pleasure Dance.

A journey back to the inner source of pleasure that sojourns naturally within our bodies. With techniques among others taken from one of the most sensual and ancient of dances, Belly Dance, sacred worship to honour and heal the female body. Connect Feel Breathe Move And invoke a state of bliss.

FLOW: Dance Meditation

Explore meditation in a dynamic fun new way. We invite you to let our music & words guide you on a journey that can CONNECT you more deeply with yourself. MOVE & shift your energy, so you can RELEASE what isn't serving you & find your own unique FLOW.

Ibiza Dance Fitness / Zumba

A fun, fresh & exhilarating Ibiza dance party in the sunshine; feel the music & love your body.

****Silent Disco Fun Tour****

A fully immersive and interactive tour around the resort! Super social, playful, and euphoric! Laughter and singing highly encouraged!

ShowDance

Let the fun begin as Charlotte teaches us an easy to learn dance choreography to some of our favourite show numbers.

Soca Dance Fitness

This high intensity soca fitness class will leave you ready for the summer Caribbean carnivals.

SO Dancehall Fitness

Whine & juk your way through this yaad-style Jamaican dance fitness class.

Soul-full Dance

Dancehall inspired dance class; learning a basic repetitive choreo to really feel & get out of your head, using dance as a healing modality to shift through our emotions & our confidence blocks.

WALKS

Barefoot Walk

Experience a sensory barefoot trail to awaken your proprioceptive senses and explore your natural gait. The trail will teach you all about the benefits of barefoot training and unleash the natural powers of your feet! A truly eye-opening and grounding experience.

Beach Walk Meditation

This guided walking meditation teaches, empowers & energises.

Sunrise Beach Walk | Coastal Walk

A relaxing walk along the beach is one of the best ways to start your day. Soak up the sounds as the island begins to awaken.

Trek to Pou des Lleo

This trek through the Ibicencan countryside & along red cliffs takes you to one of our favourite spots on the island.

CLASS DESCRIPTIONS

EXCURSIONS

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 visit to Tanit's cave is a popular choice on our retreats, with so many feeling an almost inexplicable connection to the island and her femininity, so, should you wish to discover more about Tanit, and unleash your inner warrior woman, then visit YogaFit desk to reserve your space.

Kayaking

A kayaking trip with Kayak Ibiza, exploring & seeing the Ibiza shoreline from another perspective.

WORKSHOPS

Asana Clinic

Refine your practice & take time to look at some of the asanas in this interactive workshop. We'll focus on breaking down each asana & assisting each other. Guaranteed 'ah ha' moments.

Contact Improv

Contact Improvisation explores the interaction of people moving responsively through a point or points of physical contact. This contact forms the nexus through which weight, force, support, information and communication flows. Subtle touch, awareness of movement, listening and following group's energy and movements. A playful encounter to create a mindful meditation through creativity and freedom.

Djembe drum circle

The Djembe drum originates in West Africa and the original meaning of the word is 'Everyone gather together in peace.' Come have some fun and learn some djembe basics with Juanito. This class is paid extra and will cost you 10 euros to join. Please book at the YogaFit desk.

Hypnotic Release

A session of hypnotically induced deep meditation, designed to facilitate the release of the pain of trauma and long held anxiety. We will briefly discuss the causes of somatically held trauma and through a combination of hypnosis and visualisation allow you to set yourself free and live the life you'll love.

LONG & STRONG: Functional Flexibility Workshop

What makes us flexible or stiff? Stable or shaky? Accurate or clumsy? In this introductory workshop to the BBS LONG & STRONG™ education program, we explore our functional physiology for flexibility, stability and movement by putting theory into practice. An insightful and stimulating exploration of the concepts that make us move more functionally: either to relieve aches and pains or achieve the skills you're working towards. The workshop uses a playful approach to discover the properties of your myofascial structures, contractions, the nervous system, breathing patterns and safe stretching techniques to unlock your functional flexibility potential for your training.

Mud Bath Experience

Utilizing the minerals stored from hundreds of years this earth is sourced from several spots in Ibiza. Be amazed by the natural conditioner and feel the exfoliating, skin detox qualities.

Positive Affirmations

Rachel and Mitch lead us through creating positive affirmations to help us create the life we want to live and teach us that our words have power.

Somabreath Awakening

The simple technique of rhythmic breathing can become the most efficient & effective way to connect with your inner pharmacy and cultivate states of peace & presence.

Shake It Off With T.R.E.

(Trauma Release Exercises)

An innovative series of exercises that help the body release deep muscular patterns of stress, tension & trauma.

Listening Circle

A traditional Native American way to solve problems & be heard. It is a very effective way to remove barriers & to allow people to express themselves with complete freedom.

The Art Of Play

A set of games to warm our spirits, lighten our moods & encourage connection.

Ovarian BreathWork

A prayer to create new realities. Is an ancient and powerful technique of alchemy, breathing and meditation to make us aware that we are a miracle incarnate and that a sacred marriage dwells within us. For her spiritual development the woman must enter through the door of her vagina.

Wim Hof Method Ice Bath

Discover each of the three pillars underlying the Wim Hof method & the benefits it can offer your health & mental wellbeing. Start your journey with Suzanne.

Yoga For Trauma Workshop

A yoga workshop focusing on how to use yoga, body & breath to help heal stress & trauma.

Activate Your Super Conscious

Our subconscious mind is more powerful than we realise. It can control many things in our life. Understanding more about our subconscious and learning ways to nurture it can help us improve our lives and make it more fulfilling. But to do that you need to know what the subconscious mind is all about, how you can utilise its latent powers, and most importantly how you can activate it.

MEDITATION

Bedtime | Soundbath Meditation

Let us help you get some serious shut-eye with this soothing guided meditation.

Moving Energy Meditation

A blend of breath, tai chi, Qi gong and visualisation. Energising yet relaxing. Profound without exertion. All abilities.

Meditation In Movement

The synchronisation of breath, focus & physical practice can bring you meditative results.

TALKS

Body & Mindset

Be Confident In Your Body
Sharnelle shares her experience of living the never ending battle for the perfect body. Learn to love & find peace in yourself.

Conscious Comedy

Laughter is literally the best medicine. Rach has a very "colourful" back story, filled with saucy sin, weary spirituality and scintillating synchronicity.... Get those faces and bellies aching, hearts singing and auras bedazzling.

Good Nutrition

This talk will help you understand what holistic nutrition looks like & how it can help to heal your body & mind.

Conscious Parenting

Jade gives guided support to mothers, she shares her wisdom and gives practical advice to help you become the most empowered parent possible, because our children are watching!

Raising Wholehearted Children

Conscious parenting talk based around Rachel's TEDx Talk and covers how beliefs form during the first 7 years and the science behind the use of music to parent with your child's wellbeing at heart.

Clarity In Decision Making

How to reach perfect clarity on tough decisions now. Clarity State is the state of being; physically relaxed, emotionally positive, happy, released from fear and anxiety, charged with power, success, self-confidence, and energy while being present and mentally focused on the task at hand.

Managing The Menopause

Symptoms, triggers, and misconceptions. Coping tools and strategies while at work and home life.

The Truth About Sugar & Gut Feelings

Alex draws on her naturopathic training to help you understand what holistic nutrition looks like & how it can help to heal your body & mind.



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, as 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.

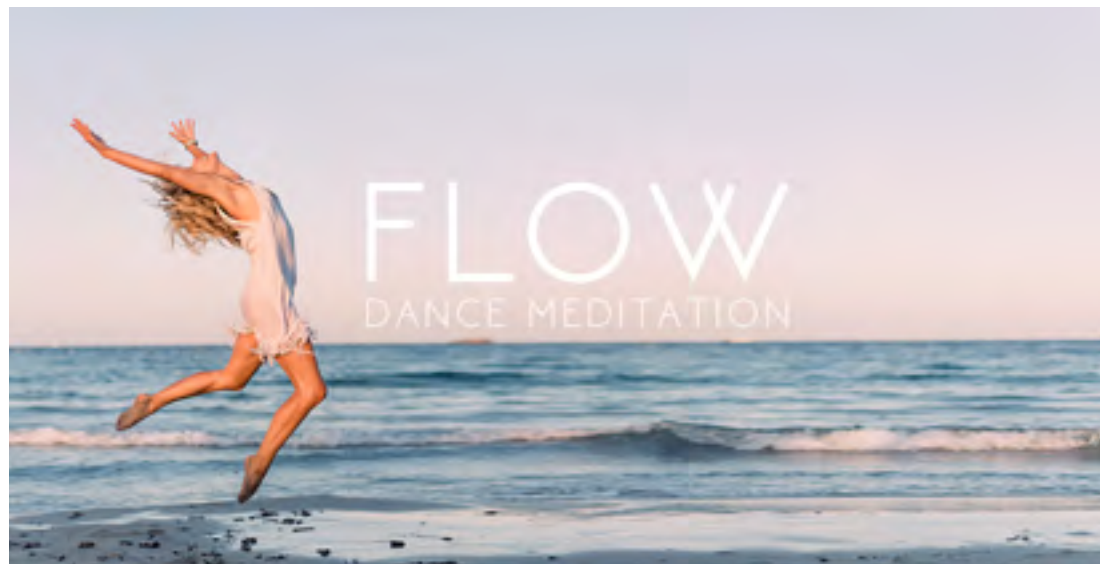
A visit to Tanit's cave is a popular choice on our retreats, with so many women feeling an almost inexplicable connection to the island and her femininity.



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.

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Set Yourself Free

When meditation meets the dance floor...

Flow dance meditation is an unchoreographed, free-moving meditation practice, which encourages self-expression and discovery. It allows you to explore and express how you feel through movement. You don't have to learn any steps and there's no pressure to perform, which makes it easier to relax and for your body and mind to get into a state of flow.

This therapeutic practice has been proven to:

- Increase happiness
- Improve emotional regulation
- Be grounded in the body
- Release anxiety and depression
- Heighten intrinsic motivation
- Boost creativity
- Boost feelings of gratitude
- Improve levels of confidence

Become a Flow Dance Meditation instructor!

Instructor training launching this October!

19-21 October 2022

Invisa Hotel Cala Blanca, Ibiza

For more information and to book please visit: FlowDanceMeditation.com



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? May-3 June 2023



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30 April-6 May 2023

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