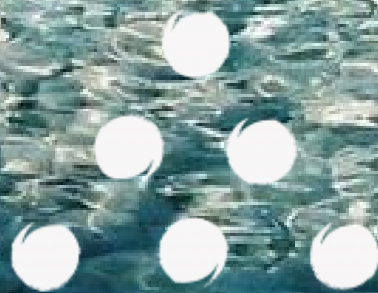




IBIZA

Wellness Retreat

5th - 8th May 2024

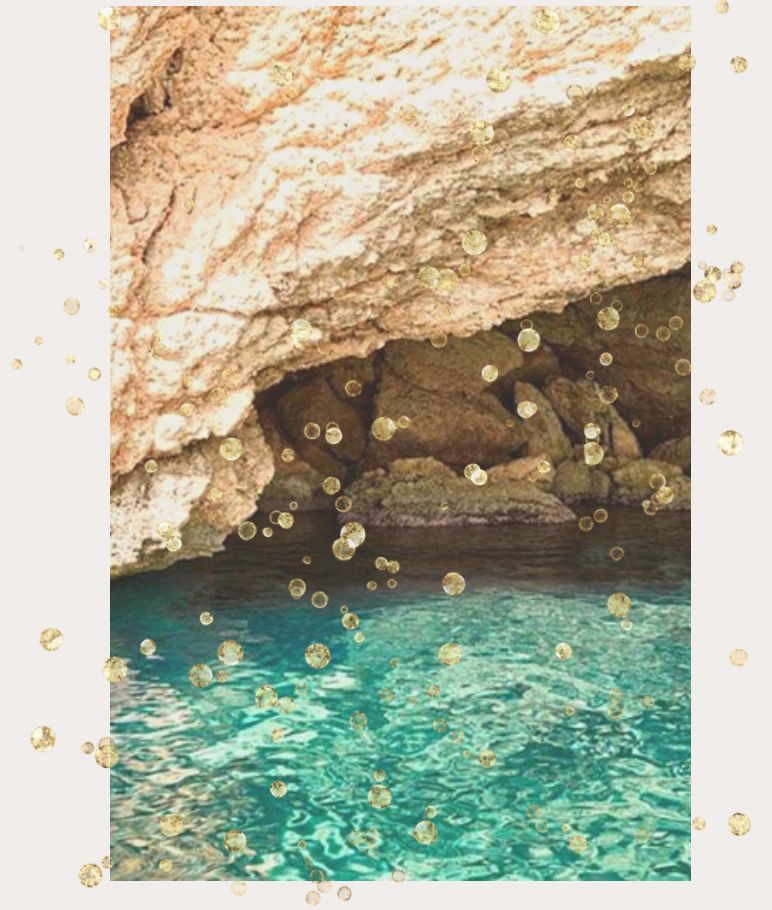


SIX SENSES

Presenting

**Wellness
Senses**

A Symphony of Senses
Retreat



We warmly invite you

to take part in our first premium retreat at the opulently mystical *Six Senses Ibiza*.

Embark on a transcendent journey at our sanctuary of serenity, where we embrace the theme "A Symphony of Senses." Each Wellness session is a meticulously crafted experience, designed to awaken and harmonise your senses. Delve into a profound exploration, engaging each sense individually, to foster a deeper connection with your inner essence and the sublime beauty of our natural surroundings. Our retreat is not just an escape, but a passage to a more enlightened, luxurious, and spiritually attuned way of being.





Inhale Exhale



Itinerary

Sunday

- 3:00 pm *Arrivals*
- 5:00pm *Spiritual Welcoming Ceremony*
- 6:00pm
Calming Breathwork
- 6:30pm
Dinner
- 8:30pm
Fire Circle

Monday

- 08:30am *Morning Movement, & Breathwork*
- 09:30am *Refresh Break*
- 10:00am *Face Yoga*
- 10:30am *Breakfast*
- 12:30pm *Intense Movement Session*
- 2:00pm *Lunch*
- 6:30pm *Golden Hour Ritualistic Shadow Work on the beach*
- 8:00pm *Dinner*
- 9:45pm *Sacred Crystal Energy Meditation*



Tuesday

- 08:30am *Morning Movement, & Breathwork*
- 09:30am *Refresh Break*
- 10:00am *Face Yoga*
- 10:30am *Breakfast*
- 12:30pm *Intense Movement Session*
- 2:00pm *Lunch*
- 6:30pm *Golden Hour Tibetan Sound Healing Session*
- 8:00pm *Dinner*

Your Friday & Saturday before the retreat

Why are we starting on Sunday? Before you come to relax & rejuvenate with us, our suggestion is to dance! Let us be your guaranteed source of grounding and detox.

***Ibiza is the harmonious land of contrast.** One group soberly practice yoga to the background of waves, whilst their pupil-magnified counterparts drain their glasses to heavy basses. Tune in...ZONE OUT.*



Restaurants *La Paloma, Laylah, Macao Café Sta Gertrudis, Cotton Club, Zitya*

Clubs
DC10, Pacha, Amnesia, Ushuaia

Beaches
Platja de s'Aigua Blanca, Cala Gracioneta, Cala d'Hort, Benirràs

Hippy Markets

*Friday:
Sunset Market Punta Arabi, Santa Gertrudis Artisan Market,
Ibiza Town Harbour, Mercat Vell, Mercat Nou, Playa d'en
Bossa Hippy Market, Santa Eulalia*

*Saturday:
Ibiza Town Harbour, Playa d'en Bossa Hippy Market, Santa
Eulalia, Organic food & Craft Market San José, Mercadillo
Sant Jordi (car boot)*

How it goes...

Away from planned activities, enjoy the spa, chill by the pool or head off to the beach after lunch...on this retreat we'll be a community, but you have a good dose of DIY time.

We wake up slowly, encourage a tech-free evenings to encourage good sleep. We're here for clinking a glass or two, taking it easy, but also vibing with our bodies in a beneficial way - movement, sound, breathing, ground, BEING.

This retreat is for those who needs some space to let-go of seriousness & re-connect with the JOY and playfulness of life.



Testimonials



“A dream team! I already enjoyed the company of Boo & Svetlana independently, but together they are the ultimate duo of joy. It is like going back in time to the excitement/naughtiness of being a teenager. They are unconventional in their approach to spirituality in the best way possible. Thank you for a wonderful day retreat girls!”

Hannah, London



“An unforgettable experience in Lebanon with the expert guidance from Boo and Svetlana. The retreat itinerary was a perfect blend of yoga and sound healing and cultural visits (and wine drinking!). I returned home with new friendships and a bigger enthusiasm for life in general. Thank you so much for crafting such a great experience.”

Isla, Spain



“Nothing more than perfection”

Abi, London



Six Senses

Six Senses hotels and resorts are renowned for their luxurious, eco-friendly accommodations, blending seamlessly with natural surroundings. They are celebrated for exceptional wellness offerings, sustainable practices, and culturally immersive experiences in exotic locations.



The north of Ibiza has always attracted free spirits, drawn by the beauty, the light, and the natural rhythm. The vision of Six Senses Ibiza is to capture this authentic experience of community, spirituality, and celebration. Located just 30 minutes from the airport, the resort is tucked away on the peaceful and private northern tip of the island.


Around our curated Wellness Program, enjoy lazy afternoons exploring the coves via electric boat, snorkeling, and even sailing, or chill by the pool.

If you fancy more momentum, you can dance the night away down at The Beach Caves.

(Not much) further afield, paddle around the point to the sun-bleached fishermen's huts at Cala Xuclar, shop the local Sunday craft market at bohemian San Juan, lunch at La Paloma (a northern institution), feel the magnetism of the mystical Es Vedra and soak up the sunset while drumming at the horseshoe shaped Benirras bay.



EXTRAS

-  Free Wi-Fi
-  Swimming Pool
-  Walk-in Shower

THE ROOMS

Every room has a touch of luxury with vaulted high-beamed ceilings, beautiful oak flooring, marble bathrooms with rainfall showers, bathtub and underfloor heating.

With unrivalled views across the Tuscan hills, you wake up to peaceful views every morning.

Your room is in the same building as our indoor yoga studio and a short stroll to the main pool, making easy living even easier.



-  Coffee & Tea in Room
-  Pillow Menu
-  Hair Dryer
-  Bathrobe
-  Sustainable bathroom amenities
-  Bath and swimming pool towels
-  Yoga Mat
-  Ensuite Rooms





Included

- Private room with ensuite bathroom
- Breakfast, lunch and dinner
- **All** Activities on the itinerary
- Use of the Spa Facilities: Tropical rain shower, Steam room, Sauna, Cascade shower, Relaxation room

Not included

- Flights & insurance
- Alcohol or soft drinks
- Airport Transfers (Available via the hotel at €120 one way per participant)
- Car rentals
- Boat Rides, Spa Treatments/ Longevity treatments at Rosebar*

**20% discount if booked ahead via Boo or Svetlana*





PRICE

Full board & all itinerary activities

● Residence Villa

Single Occupancy

£1641

Double Occupancy

£2365

*This price is for 2 people sharing the room

● Resort Room

Single Occupancy

£2025

Double Occupancy

£2749

*This price is for 2 people sharing the room

Your Guides

BOO KARTAWICK



Boo is a Yoga Teacher trained in Hatha, Power, Vinyasa, Restorative, Elemental Flow & Yin Yoga, an Advanced Mat Pilates Teacher with Pre & Post-natal certification, a Sound Healing Practitioner, and a RSPH Nutrition Advisor. Boo has worked with clients including Adidas, South Kensington Club, ASOS and Soho House.

Boo runs a boutique corporate wellness company: *Wellness B Corporate*, and the new South-Kensington Studio: *Cat n Cow*.

SVETLANA CHEBYSHEVA

Svetlana Chebysheva has successfully completed the Course SOUND ENERGY Therapy, Vibroacoustic Massage with Singing Bowls @ Sound Energy Medicine Practitioners Association (SEMPA).

Certified in: Sound Therapy, Vibroacoustic Massage, Lhamo Sound Energy Massage
Sound Therapy Sound Bath 7 Chakras Balance
Sound Therapy Sound Bath 5 Elements Balance





SECURE YOUR PLACE

To confirm your place a non-refundable deposit of £600/£800 is required.

We close bookings on April 1st

You can pay in full immediatly, or here is a payment plan *suggestion*:

Residence Villa

Single/ Double

Deposit £600/ £800

March £521/ £783

April £520/ £782

Resort Room

Single Occupancy

Deposit £600/ £800

March £713/ £975

April £712/ £974



T&C

full terms and conditions sent upon booking with deposit.

A non-refundable deposit of £600/£800 is required upfront to confirm your room on the retreat.

50% of full payment is required by 1st March.

Full payment is required by the 1st of April 2024.

Dropping out of the retreat after the 1st of March will result in the loss of your 50% payment. Dropouts after the 1st of April will result in the loss of your full payment.

The above also applies to those who pay the full retreat price upfront. If you drop out before the 1st March, you will be refunded for everything you have paid except for your deposit.

We close bookings in May.

questions, assistance & booking



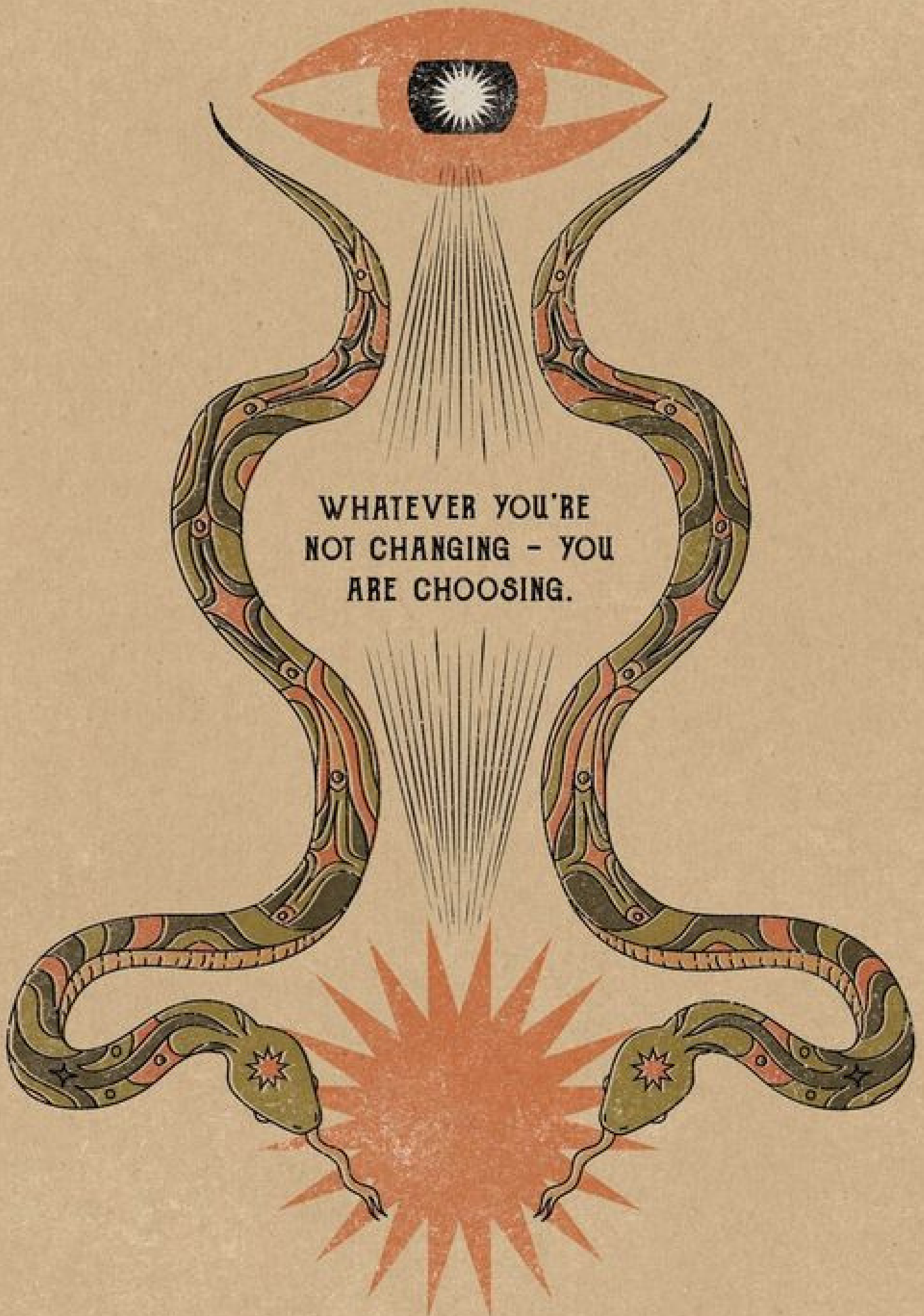
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svetlanachebysheva@gmail.com



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Svetlana: (+44) 07740 879357



Please contact us, we will be thrilled to help you



WHATEVER YOU'RE
NOT CHANGING - YOU
ARE CHOOSING.