

yogafit

RETREATS

IBIZA **APRIL 2024**





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 islands 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

• 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?

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

TEAM

yoga**fit**
RETREATS



@lindsayjay_loves

Lindsay Jay

Organiser | Host

Lindsay is an international presenter specialising 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.



@antoniatj

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 truly believes yoga is for everybody: regardless of whether you're rolling out your mat for the first time, or looking for greater anatomical awareness in an established practice. Her classes work on developing the connection between body and brain, because it's the most important connection there is!



@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

Lisa Cuerden, a highly experienced yoga, breathwork, meditation teacher and massage therapist successfully running her Yoga business 'Lisa Cuerden Yoga' from Brighton, UK. Lisa found her purpose in life - to teach, heal and connect with as many souls as possible to guide them to a happier and more peaceful heart.

TEAM



@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. You will also find Jayne in reception with her beautiful yoga clothing brand iGuru.



@chazelcharlotte

Charlotte Chazel

A Dance Empowerment & Silent Disco facilitator, helping people connect together, feel seen, have fun and unleash their inner child. She is the creator of The Showdance Experience which was born from 15 years of choreographing musicals & shows in France where she lived for 30 years. Dance Yourself Happy is her motto.



@fuzedancefit

Siobhain Archer

Dance fitness and Zumba instructor offering fun, feel-good workouts that are suitable for all & perfect for beginners. Get your groove on and dance yourself fit in this fusion of dance and aerobics, guaranteed to get your heart pumping and put a smile on your face.



@kellyreedfitness

Kelly Reed

Kelly is the head tutor at Choreography To Go delivering Fitness Pilates & Level 3 & 4 Pilates instructor training. Kelly is one of the UK top fitness Presenters, who also is a women's health specialist; helping women across the UK & abroad thrive, not just survive.



@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.



@talkwithwomen

Georgie King

As a Psychosomatic, Behavioural and Nutritional Therapist, Georgie works with women and girls ages 12+ guiding them to understand the unique language of their body and emotions to heal. Her main goal is to instil in you the esteem to know yourself better than any professional could!



@nomumisland

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.



@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.



@sharnelleyoga

Sharnelle Guest

Sharnelle is a life coach, yoga teacher & breathwork facilitator, passionate about helping people to enjoy life more by becoming fully comfortable in their bodies and themselves. Her workshops and classes will help you connect to your body, feel confident and empowered and ultimately come back to yourself.



@magdalenagladstone

Magdalena Gladstone

A Kundalini Yoga, Breathwork and Meditation teacher, as well as a spiritual coach with a background in the corporate world and transformative transition into her authenticity. She shares her passion for movement, breath and awareness to empower people to regain command over their energy, raise their consciousness and tap into their highest, most loving expression.



@sara.fakh

Sara Fakh

Sara is an Embodiment & Empowerment Guide, Medicine Woman, Freedom Explorer. She teaches Yoga, runs courses & cacao ceremonies & facilitates dance & sound journeys. She is the creatrix of Sambaddha Yoga & Soulfull dance and a trainer for Flow Dance Meditation and Buti Yoga. Contact by whatsapp on: +44 7789 794771



@jack.villiers

Jack Villiers

Jack is a Leadership Coach, Guide, Father and Ceremonialist. He focuses on enabling people to develop a deeper understanding of self so that they can heal past trauma, lead authentically and transform the way they relate to others. He is passionate about creating a culture that honours the remembrance of real human connection.

TEAM



@DancefitGrimby

Rachel Allman

Passionate zumba instructor for over 14 years. Reaching out with her love for dance and music and bringing smiles to everyone who dances with her.



@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.



@yuliya.arabuli

Yuliya Arabuli

Holistic health coach, Yuliya unites a broad array of therapeutic modalities to guide her clients towards radiance, inside and out. With an expertise spanning Nutritional Therapy, Human Design, Massage, Embodiment Practices, and Coaching, she offers a uniquely multifaceted approach to wellness.



@bizabodyworks

Vivien Lancellotti Leão

Therapeutic bodywork based primarily on structural osteopathy and TCM energy work
- Humanistic astrological sessions for individuals and couples
- Hatha yoga classes



@justdancefitness

Fiona Leonard

Fiona is founder of Just Dance UK and the Flowetic dance fitness programme. Her classes are centred around dance, movement and epic music.



@om.nuno

Faye Edwards

Faye Edwards, celebrity trainer, founder of F.I.T concepts including F.I.T Jam and F.I.T Combat, international fitness presenter and Master Trainer at Johnson Digital. Faye is renowned for her high energy and positive influence in the fitness space.



@rachelholmes

Rachel Holmes

Rachel Holmes is an international fitness educator and presenter. Creator of Fitness Pilates, Menoff™ and many teacher training programmes. Rachel specialises in womens health, fitness and well being programmes.



Jason Kashoumeri

Blending the gap between mindset and movement with holistic workshops & classes to movement, dance, aqua and fitness classes. Jason will also be offering 121 reiki sessions throughout the week.

Contact by whatsapp on:
+44 7842 575025



@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.



@j.a.mproduction

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.



@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.



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.

TEAM



@elenasoundyogaibiza

Elena Teixidor

Elena is a lover of energy and frequencies work. She combines the vibration of sound, yoga, qigong, breath, aromatherapy and cacao.



@embodiment.ibiza

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:
+34 618 60 78 74



@suzanneboersma

Suzanne Boersma

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



@thegigglewatercompany

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



@melchior.amold

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_yonimama

Morgana

Morgana has a background as a dancer, womb healer (holistic and water), Ovarian Breathing therapist and Doula. As a therapist, she specialises in womb healing, sexual trauma release and everything related to sexual health and pleasure.

Contact by whatsapp on:
+34 699 84 31 27



@fouadsabet

Fouad Sabet

Fouad teaches his own style of breath-work called medicinal breath-work and guides meditation from the heart providing clients and participants optimal healing and life transformation.



@ibizaSeaspa

James Kinghorn

Loving life and all gifts from mother nature. James strives to embrace and show gratitude for these gifts.

Outdoors makes him feel alive, motivated and free.

In nature he's connected.



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!



@youoptimumnutrition

Emilia Skrzypek

As a Holistic Nutritional Therapist & Flow Dance Meditation Facilitator, Emilia helps those who are constantly tired, to reclaim their energy and those, who suffer digestive discomfort, to resolve their gut issues.

For 1:1 Nutrition MOT, contact by WhatsApp on +44 7586 673187



Matt Mellor

Sports massage

Matt Mellor, former RAF medic & current level 4 sports massage therapist is passionate about fixing problems. Matt uses focused fascia release techniques & trigger point therapy to get results quickly from even the most chronic injuries.

Contact by whatsapp on:
+447970 532092



Naomi Cosgrave

Chiropractor | sports massage

Naomi is a chiropractor specialising in gentle corrections to ligaments & joints to rebalance the neuromuscular system. She is passionate about helping clients get to the root cause of recurrent injuries.

Contact by whatsapp on:
+44 7716 733072

Sunday 21st



13.00 - 14.30	LUNCH	
14.30 - 15.00	Opening Circle <i>Lindsay & Team Sun Stage</i>	
15.00 - 16.00	Release Me <i>Lindsay & Team Sun Stage</i>	
16.00 - 17.00	Welcome Gathering & Meet The Team <i>Whole Team Sun Stage</i>	
17.30 - 18.30	Yoga Basics <i>Amy Sun Stage</i>	Grounding Coastal Walk <i>Lindsay, Sara, Sharnelle & Team Reception</i>
18.30 - 21.30	DINNER	
20.30 - 21.30	Relax & Restore: Candlelight Yoga <i>Sharnelle & Lisa Moon Stage</i>	The Art Of Play <i>Ken & Antonia The Terrace</i>
22.00 - 22.30	Bedtime Meditation <i>Joe & Nuno Moon Stage</i>	

Monday 22nd

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RETREATS

Bookable class from the YogaFit Desk

07:30 - 08:30	Sunrise Yoga with Live DJ <i>Lindsay, Sara & Nathan The View</i>			Sunrise Sweat <i>Libby & Kelly Beach</i>	
08:00 - 10:30	BREAKFAST				
10:30 - 11:30	SOMA Breathwork Morning Gathering <i>Joe & Sharnelle & Team Sun Stage</i>				
12:00 - 13:00	Flow Dance Meditation <i>Lindsay, Nathan & Team The View</i>	Yoga Basics <i>Amy The Terrace</i>	Fitness Pilates <i>Rachel Holmes Moon Stage</i>	Intuitive Eating <i>Yulia Reception Bar</i>	
13:00 - 14:30	LUNCH				
14:30 - 15:30	Releasing Anxiety Beach Meditation <i>Joe Houze Beach</i>	Heal Through Joy <i>Georgie Sun Stage</i>		Healy Frequency Workshop <i>Jade Reception Bar</i>	
16:00 - 17:00	The ShowDance Experience <i>Beyonce - 75 mins Charlotte Sun Stage</i>	F.I.T. HIIT Games <i>Faye & Kelly Beach</i>	All You Need Is Love <i>Melchior The Terrace</i>	Embodiment Flow <i>Lisa Moon Stage</i>	Trek To Pou des Lleo <i>Libby, Siobhain Reception</i>
17:30 - 18:30	Freestyle Yoga Yin <i>Jayne The Terrace</i>	Body Combat <i>Alex Moon Stage</i>	Human Work (90 mins) <i>Jack Villiers The View</i>		
18:30 - 21:30	DINNER				
20:30 - 21:30	Yin Yoga & Sound Healing <i>(Bring blankets & pillows) Sara Moon Stage</i>			Line Dancing <i>Rachel Allman The Terrace</i>	
22:00 - 22:30	Bedtime Meditation & Reiki <i>Jason Moon Stage</i>				

Tuesday 23rd

yoga**fit**

RETREATS

Bookable class from the YogaFit Desk

07:45 - 08:45	Sunrise Yoga <i>Amy & Antonia The View</i>		Flow Dance Meditation: Raise Your Vibration <i>Lindsay Beach</i>		Circuit Training <i>Alex Gym</i>
08:00 - 10:30	BREAKFAST				
10:30 - 11:30	Sambaddha The Practice & Morning Gathering <i>Sara & Team Main Stage</i>				
12:00 - 13:00	Ibiza Dance Fit <i>Antonia, Jason, Siobhain & Dance Team Sun Stage</i>	Flow, Balance & Bind <i>Mike Moon Stage</i>	Fitness Pilates <i>Rachel & Kelly The Terrace</i>	Beach Yoga <i>Sharnelle & Amy Beach</i>	**Mud Bath with Cacao** <i>James Beach</i>
13:00 - 14:30	LUNCH				
14:30 - 15:30	Sit, Breathe, Meditate & Be <i>Lisa & Joe Houze Beach</i>		C.A.R.E For Your Inner Critic <i>Sharnelle Moon Stage</i>	Healy Aura Scan Workshop <i>Jade Reception Bar</i>	**Kayak Excursion** <i>Beach</i>
16:00 - 17:00	**Silent Disco Dance Party** <i>Charlotte Sun Stage</i>	Aqua Zumba Pool Party <i>Jason Swimming Pool</i>	Align & Define <i>Kelly The Terrace</i>	Hatha Yoga Class <i>Vivien Moon Stage</i>	
17:30 - 18:30	Freestyle Yoga Flow <i>Jayne Sun Stage</i>	Body Balance <i>Alex Beach</i>	Community Rest <i>Nuno Moon Stage</i>	Ab Attack <i>Libby The Terrace</i>	Relationship To Your Body <i>Georgie Reception Bar</i>
18:30 - 21:30	DINNER				
19:00 - 20:00	Yoga Flow <i>Sharnelle & Antonia Moon Stage</i>				
20:30 - 21:30	Candlelight Yoga Love <i>Lisa Moon Stage</i>			**Silent Disco Dance Party** <i>Charlotte Sun Stage</i>	
22:00 - 22:30	Bedtime Meditation <i>Lisa Moon Stage</i>				



07:45 - 08:45	Sunrise Yoga with Hands on Assists <i>Lisa, Sharnelle & Yoga Team The View</i>		F.I.T The Beach <i>Faye & Kelly Beach</i>		
08:00 - 10:30	BREAKFAST				
10:30 - 11:30	Ibiza Anthems Shake Down with Live DJ & Morning Gathering <i>Lindsay, Nathan & Team Sun Stage</i>				
12:00 - 13:00	Fitness Pilates <i>Mike, Kelly & Rachel Sun Stage</i>	Barefoot Functional <i>Alex Moon Stage</i>	Human Design Workshop <i>Yulia The View</i> 🎧	Discover Tantra <i>James The Terrace</i>	Healy Chakra Scan Workshop <i>Jade Reception Bar</i>
13:00 - 14:30	LUNCH				
14:30 - 15:30	Beach Meditation <i>Joe Houze Beach</i> 🎧		Reclamation <i>Sara Terrace</i>	How to Find your Life Path <i>Catherine Sun Stage</i>	**Wim Hoff Method Ice Bath** <i>Suzanne Reception Bar</i> 2pm Start Time
16:00 - 17:00	ShowDance: Austin Powers <i>Charlotte Sun Stage</i>	Quantum Healing Meditation <i>Melchior Moon Stage</i>	Fitness Pilates Power HIIT <i>Rachel Holmes The Terrace</i>	Aqua Zumba <i>Jason Swimming Pool</i>	
17:30 - 18:30	Latin Vibes <i>Rachel Sun Stage</i>	Let Go Yoga Flow <i>Sharnelle The Terrace</i>	F.I.T. Combat <i>Faye Edwards Moon Stage</i>	Astrology As A Tool For Self Knowledge <i>Vivian Reception Bar</i>	Meditation In Movement <i>Jayne The View</i> 🎧
18:30 - 21:30	DINNER				
19:00 - 20:00	Yoga For Anxiety <i>Joe Houze Moon Stage</i>			**Cacao Ceremony** <i>Elena & Sara The Terrace</i>	
20:30 - 21:30	Candlelight Yoga <i>Amy Moon Stage</i>			Flow Dance Meditation Party <i>Lindsay, Nathan & Team The Terrace</i>	
22:00 - 22:30	Bedtime Meditation <i>Amy Moon Stage</i>				

Thursday 25th

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RETREATS

Bookable class from the YogaFit Desk

07:45 - 08:45	Sunrise Yoga <i>Joe Houze & Nuno The View</i>		Flow Dance Meditation: Dance With Your Ancestors <i>Lindsay Beach</i>		F.I.T Bands <i>Faye Moon Stage</i>
08:00 - 10:30	BREAKFAST				
10:30 - 11:30	Heart Opening Flow & Morning Gathering <i>Lisa & Team Main Stage</i>				
12:00 - 13:00	Flowetic <i>Fiona, Amy & Antonia Sun Stage</i>	Yoga Basics <i>Mike The Terrace</i>	Fitness Pilates Flow <i>Kelly Moon Stage</i>	**Mud Bath with Cacao** <i>James Beach</i>	**Goddess Cave** <i>Lindsay, Sara & Morgana Reception</i>
13:00 - 14:30	LUNCH				
14:30 - 15:30	Yoga, Pranayama & Meditation <i>Joe Houze Moon Stage</i>		How To Change A Habit <i>Georgie The Terrace</i>		
16:00 - 17:00	Brain Body Asana <i>Amy Sun Stage</i>	Barefoot Functional Conditioning <i>Rachel Holmes Beach</i>	Kundalini Yoga for Wholeness <i>Magdalena Moon Stage</i>	Acro Yoga <i>Lindsay, Nuno & Alex The Terrace</i>	
17:30 - 18:30	Swagalicious <i>Charlotte Sun Stage</i>	Social Tennis <i>Ken Tennis Courts</i>	Sambaddha Workshop <i>Sara The Terrace</i>	Moving With The Menopause <i>Morgana, Alex & Rachel Moon Stage</i>	
18:30 - 21:30	DINNER				
19:00 - 20:00	Breathe, Meditate and Flow <i>Lisa The Terrace</i>			T.R.E. <i>Lindsay & Emilia Moon Stage</i>	
20:30 - 21:30	Kirtan Yoga <i>Nuno & Reg Moon Stage</i>			Soulsa® <i>Charlotte & Rachel Sun Stage</i>	
22:00 - 22:30	Bedtime Meditation <i>Lindsay & Nathan Moon Stage</i>				



07:30 - 08:30	Sunrise Fræstyle Yoga <i>Mike & Jayne The View</i>		Flow Dance Meditation: Gratitude For Your Future <i>Lindsay Beach</i>		
08:00 - 10:30	BREAKFAST				
10:30 - 11:30	Shiva/Shakti Flow & Morning Gathering <i>Nuno, Lisa & Team Sun Stage</i>				
12:00 - 13:00	Buti Yoga <i>Sara Sun Stage</i>	Fitness Pilates Intervals <i>Rachel & Mike Moon Stage</i>	Healing Breathwork <i>Fouad The Terrace</i>		
13:00 - 14:30	LUNCH				
14:30 - 15:30	Alive & Aligned - A Journey Into The Chakra Sysytem <i>Magdalena Sun Stage</i>		Mindful Mobility <i>Rachel Holmes Moon Stage</i>	Yoga Therapy for Mental Health Workshop <i>Joe Houze The Terrace</i>	
16:00 - 17:00	F.I.T. Jam Dance Movement <i>Faye Edwards Sun Stage</i>	You Are Not What You Eat, But What You Can Digest <i>Emilia Reception Bar</i>	Acro Yoga <i>Lindsay, Alex & Nuno Moon Stage</i>		
17:30 - 18:30	Just Dance Fit <i>Fiona Sun Stage</i>	Functional Conditioning <i>Alex & Mike The Terrace</i>	Non-Linear <i>Yulia Moon Stage</i>	Coastal Walk <i>Ken, Reg & Jono Reception</i>	
18:30 - 21:30	DINNER				
20:30 - 21:30	Candlelight Kundalini for Emotional Detox <i>Magdalena Moon Stage</i>				
22:00 - 22:30	Bedtime Meditation <i>Nuno & Reg Moon Stage</i>				



Saturday 27th

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RETREATS

Bookable class from the YogaFit Desk

07:30 - 08:30	Sunrise Yoga With Hands on Assists <i>Lindsay, Lisa & Yoga Team The View</i>	Sunrise Sweat <i>Mike & Alex Beach</i>
08:00 - 10:30	BREAKFAST	
10:30 - 11:30	Freestyle Yoga & Morning Gathering <i>Jayne, Mike & Team Sun Stage</i>	
12:00 - 13:00	The ShowDance Experience: Come Alive <i>Charlotte Sun Stage</i>	Power Yoga <i>Joe Houze Moon Stage</i>
13:00 - 14:30	LUNCH	
14:30 - 15:30	Creative Vinyasa Flow <i>Amy Sun Stage</i>	Harness Your Energy Through Breath <i>Magdalena Moon Stage</i>
16:00 - 17:00	**Cacao Ceremony** <i>Antonia & Sharnelle The Terrace</i>	F.I.T. Stretch <i>Faye Edwards Moon Stage</i>
17:30 - 18:30	Soulful Dance <i>Sara Sun Stage</i>	Calling In <i>Yulia Moon Stage</i>
18:30 - 21:30	DINNER	
20:30 - 21:30	Ovarian Breathwork <i>Morgana Moon Stage</i>	The Art Of Play <i>Ken & Antonia The Terrace</i>
22:00 - 22:30	Bedtime Meditation <i>Morgana & Cat Moon Stage</i>	



07.30 - 08.30	<p>Sunrise Yoga <i>Sharnelle & Antonia Sun Stage</i></p>	<p>Sunrise Run <i>Jono & Ken Reception</i></p>
08:00 - 10.30	BREAKFAST	
09.00 - 10.00	<p>Belly Dance <i>Morgana Sun Stage</i></p>	<p>Power Yoga <i>Joe Houze Moon Stage</i></p>
10.30 - 11.30	<p>Release, Relax & Let Go - Closing Class <i>Lindsay Sun Stage</i></p>	
12.00 - 14.00	<p>Trek To Pou des Lleo <i>Lindsay, Morgana, Sharnelle & Cat Beach</i></p>	
13.00 - 14.30	LUNCH	



BE THE CHANGE THAT YOU WISH TO SEE IN THE WORLD

Mahatma Gandhi

What does this sentence mean to you?



Here are some questions to support your process of self-enquiry & setting personal intentions for your time here at this Yogafit Retreat:

What are my motivations and desires for coming to this retreat?

What areas of my life do I feel are imbalanced or out of harmony?

Are there any patterns of overindulgence or addictive behaviours that I would like to bring awareness to during this retreat?

What underlying emotions or experiences might be driving my tendencies towards overindulgence or rigidity?

How does control manifest in my life, particularly in relation to my choices around food, alcohol, screen time, exercise, and nutrition practices?

What inner work do I feel called to do during this retreat?

How can I embrace the opportunity to celebrate life fully during this retreat and integrate the experiences into my daily life beyond the retreat setting?

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

A Journey Through The Chakras

A soft relaxed yoga class to go on a journey to learn more about the chakra system and understand ourselves on a deeper level

Acro Yoga & Connection

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

Alive & Aligned - A Journey Into The Chakra System

We will discuss the function of each chakra and build your awareness of how to work with chakras to bring you back into alignment. Expect deep yoga, breathwork and meditation.

Brain Body Asana

A workshop style class where we look at the ways we can use our BRAIN to power our yoga practice. Find more space, more strength, and more stability - just by understanding the brain better!

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.

Community Rest

Deeply relaxing class with an introduction to acupuncture and TCM. With a generic Qi circulating treatment to allow stagnant energy to flow again in the body.

Creative Power Flow

Expect twists and turns, and the chance to explore some demanding asana's in this challenging and creative power flow practice.

Creative Vinyasa Flow

A creative and fun flow focusing on unexpected transitions and new ways to move!

Em-power Vinyasa

Empower means "give power or authority to." We can use our yoga practice to feel powerful and take control of how we feel. This vinyasa class combines elements of challenge with moments of gentleness, reaffirming that we can be strong and soft.

Free Your Flow

This practice explores options and customisations for you as an individual through a workshop style class. Struggle with finding the right option for you during a flow class? This class looks at ways to develop your practice in a safe and inquisitive environment!

Freestyle Yoga Flow

Focusing on the stability of your postures and the ease with which you flow from one to the other. If you are looking to advance your yoga practice, you will be amazed at what you can achieve in one session.

Freestyle Yoga

The focus of this dynamic class concept is strength, flexibility, balance & control.

Inversions

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

JoGa Beats

The class is more about how things feel and moving into sensation and what feels good than form or traditional "asana". It's a music infused flow yoga session matched to balearic beats.

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.

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

Explore the art of letting go through yoga postures and breathwork techniques. Feel free as you let go of expectations of yourself and 'the perfect' posture. "Letting go gives us freedom, and freedom is the only condition for happiness.

Meditate, Breathe & Flow

A combination of meditation, breathwork and vinyasa yoga

Move, Breathe, Meditate, Elevate

Reset your energy, calm the mind and raise your vibration through this series of three classes including Kundalini yoga, breathwork and meditation designed to leave you feeling connected, present, and full of life.

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.

Power Yoga Conditioning

A mix of power yoga and conditioning to strengthen the body and mind.

Sambaddha The Practice

Sambaddha means connection in Sanskrit. This is the first structured somatic and embodiment practice using different tools that work with nervous system and emotional regulation. This practice takes you on a journey through the elements. It contains Yin Yoga, Breath-work, Free Movement & Shaking, Mandala Vinyasa, & Meditation, all to beautiful deeply connected soul-full music that helps to assist you to feel all of the elements on that journey. (It has been carefully curated to truly take them on a journey.) We are all of the elements.

Shiva/Shakti Flow

A heart opening flow connecting the masculine and feminine.

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.

Yin Yoga, Meridians & Acupressure

A slow & restorative practice integrating the meridian theory system from Traditional Chinese medicine. A functional approach to holding postures for longer periods of time, stretching muscles, moving fascia (connective tissue) and massage some acupressure points. (Bring blankets and pillows to support the body)

Yoga Basics

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

Yoga, Pranayama & Meditation

Joe's yoga, pranayama and meditation classes combine slow mindful movement, traditional breath practices, and meditation to support you in uncovering the presence, joy and ease that naturally resides within.

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.

CLASS DESCRIPTIONS

HOLISTIC

Embodiment

Subtle touch, awareness of movement, listening and following group's energy and movements: this workshop explores the interaction of people moving responsively through a point or points of physical contact. A playful encounter to create a mindful meditation through creativity and freedom.

Fitness Pilates

A functional approach to Pilates using Pilates principals and ideology delivered in modern group exercise format.

Mindful Mobility

Lets focus on the joints and increasing joint range of motion, Do you joints feel stiff? Then experience drills and mobility exercises to free key joints.

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.

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.

FITNESS

Ab attack

A mat based fitness class which is low impact and a burner for the core.

Core Control

Focus on innovative core training exercises using progressive sequences that improve posture, glute and core strength.

Core Fusion

Your abs will thank you later.

HIIT The Beach

Join us on the beach for a fun and sandy HIIT class.

Mind Body Conditioning

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

Fitness Pilates Flow

Find your flow with Kelly and enjoy this sequenced fitness Pilates class designed to enhance your strength and mobility.

Mindful HIIT

A full body slow strength interval workout set to bespoke mind body interval music. Strengthen the major muscles in a slow and controlled way.

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.

Wake Up & Go

A HIIT workout that gets your heart rate up, a full body workout that uses plyometrics, strength and agility to build fitness.

DANCE

Belly Dance

Learn belly dance and connect with your sensual side in this fun and light hearted class.

EXPRESS YOUR INNER DIVA

An empowering dance class where we express ourselves through movement and attitude! Let your Divine Feminine shine in this judgment free and simple to follow class!

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.

Flowetic

Flowetic is a music based class that combines dance, toning and strengthening exercises alongside stretching and relaxation. Fitness and wellbeing for the body and mind.

Ibiza Dance Fitness / Zumba

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

Silent Disco Fun Party

A fully immersive social dance experience, impacting mood, energy and connection. Quite the "feel good show", where we let go and connect to our inner child. It's mainly about the dance and movement but singing is encouraged!

The ShowDance Experience

A unique, playful, theatrical and fun experience that breaks through barriers and creates connection and infectious joy. Easy-to follow; you'll learn the basics of staging and direction before it's time for the favourite part - performing it together!

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.

Soulsa

An award winning high energy, low impact workout with led lit tambourines! Suitable for everyone and easy to follow. Dancing to carnival, soca, 80's, chart hits and more!

Swagacious

Badass, Theatrical Fitness. The workout that gives you permission to be a show off. A fusion of dance, storytelling and fitness. A dance fitness class that makes you feel like a (sweaty) star - attitude and theatrical flamboyance!

WALKS

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 Lleó

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

EXCURSIONS

Bike Excursion

We have teamed up with a local bike company so you can explore a little of the island on an e-bike.

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. 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.

Kayaking

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

CLASS DESCRIPTIONS

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.

Cupping Workshop

Cat introduces us to cupping. Guided by synchronicity and focused on liberation of our highly natural healing ability by attending and releasing obstructive matter held within the physical system.

Harness Your Energy Through Breath

A 1h30 workshop including theory and breathwork practice. Expect a wealth of knowledge on subtle anatomy and energy, as well as simple transformative tools to implement in your day to day.

Quantum Healing Meditation

Our bodies ultimately are fields of information, intelligence & energy. Come along & find out more as Mechior leads a quantum therapy lead meditation incorporating, alchemy & our personal power to modify & change our reality instantly.

Sambaddha Workshop

Working with understanding the energetics behind this practice. How and why we connect the elements to our physical practice, working with ujjayi breath and Nadi shodana, the reasoning behind shaking, free dance and active primal breath and sounding and the intention behind using mandala vinyasa. You will learn a lot in this session that you can apply to your own practice or understanding.

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.

T.R.E. - Trauma Release Exercises

An innovative series of exercises that help the body release deep muscular patterns of stress, tension & trauma. Followed by the opportunity to share and listen as community.

The Art Of Play

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

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 therapy for Mental Health Workshop

Yoga therapy combines yoga postures, breath practices and meditation and, when delivered in a scientifically intelligent and compassion focused way, it can absolutely transform an individual's mental health. In this workshop, you will learn practices to: calm the mind and nervous system; gently build resilience; and uncover the presence, joy and ease that naturally resides within.

MEDITATION

Bedtime | Soundbath Meditation

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

Bedtime Meditation Yoga Nidra

A guided meditation that will help you release physical, emotional and mental tension. Yoga Nidra promotes a more restful and deeply recharging good night sleep.

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

All You Need Is Love

Find out how much you really love yourself by connecting your thinking mind to your feeling body. Raise your love level instantly in this fun and heartfelt interactive class!

Astrology As A Tool For Self Knowledge

Harbouring a healthy communication between different aspects of ourselves and others with astrology as a tool for comprehension

Calling In

A time to express and imprint your desires and dreams with movement. Embody your vision.

C.A.R.E For Your Inner Critic

Sharnelle will guide you through a life coaching exercise where you will dive deep into your emotional needs and discover how knowing yourself can change your life.

Intuitive Eating

An interactive workshop to reconnect you with the intuitive wisdom of your body, and to honor your personal needs for nourishment through food

Heal Through Joy

Learn how to become disciplined with disappointment and allow your body to heal through joyful eating, connecting.

How To Change A Habit

Creating a beautiful life can be a choice made in moment to moment but our subconscious addiction to our behaviours, patterns and disappointment can mean that we are unknowingly relinquishing control of our own outcomes.

How to Find Your Life Path

Catherine will take you on a journey to look at the different influences affecting your mind body soul. Within these lies a topic or theme that will resonate with you to develop for your souls purpose and our life path.

Human Design

Unearth your Energetic Blueprint, a collective talk introducing the system, covering Aura types and why Human Design is useful & practical.

Reclamation

The intention of this talk is to reclaim our most liberated authentic expression, our sensuality & true essence. To liberate & empower us back to our authentic selves through a discussion of specific techniques, teachings, practices & methods.

Relationship To Your Body

We are in an endemic of disconnection and your relationship to others, your work, your phone is all indicative of your relationship to yourself and therefore your health. Your symptoms are signs of disconnect, come and learn to interpret those signs and what your body is telling you about every area of your life.

You Are Not What You Eat, But What You Can Digest

Explore the connection between digestion and the nervous system, and discover actionable strategies to promote mutual support through both nutrition and mindfulness practices.

FREE THINKING - These are the classes we would love you to try, they may expand your comfort zone.

Discover Tantra

An exploration into the self, allowing you to connect to your own energy for both individuals and couples. Based on the premise that we must gain awareness of our true selves before we can be in union with others.

You will learn about the history of tantra followed by dynamic movement exercises.

Totally inclusive, fully-clothed and safe.

Ovarian BreathWork

A prayer to create new realities. This 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.



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.

FLOW

DANCE MEDITATION

EXPLORE MEDITATION IN A DYNAMIC, FUN & NEW WAY



Flow Dance Meditation (FDM) is a conscious dance program designed to be accessible for all

The music allows you to connect more deeply with yourself, move and shift your energy, and release what isn't serving you, so you can find your own unique flow.

Flow Dance Meditation is a vehicle for embodiment and raising consciousness, inviting you to get present, so you can feel it and heal it, in a judgment free space. Through somatic techniques you will become more deeply connected with yourself, especially your inner world.

We all have the ability to heal ourselves and music and dance is such a joyful way to do this.

FDM offers live classes, online meditation practices and facilitator training.

Be ahead of the curve and be one of the first to share this exciting new practice.

This course is for anyone with a passion for dance meditation and helping others live a more heart centered life in this transitioning time in the world.

FDM's next facilitator training is in Ibiza before the autumn retreat, from **16-19 October 2024** at the beautiful beach side resort of Invisa Cala Blanca, Ibiza.

Practice FDM online!

FDM's first online video series is now live, giving you the opportunity to take this practice home with you.

www.flowdancemeditation.com

A person with their hair in a ponytail, wearing a pink t-shirt and blue leggings, is sitting on a light-colored rock in the foreground. They are looking out over a vast, shimmering blue sea. In the distance, a large, rugged island with a prominent peak rises from the water. The sky is a pale, clear blue. The overall scene is serene and scenic.

yogafit
RETREATS IBIZA
20-27 October 2024

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