



IBIZA AUTUMN RETREAT

REFLECT AND LET GO

2 OCT - 6 OCT 2024



WELCOME



REFLECT AND LET GO – IBIZA AUTUMN RETREAT

We offer an inclusive, spiritual and sporty experience in a luxury setting, connected to nature and the energy of the beautiful Island of Ibiza.

A tailor-made experience, offering a complete program of activities in the comfort of the peaceful and luxury house, and on beautiful spots around the island.

All activities are optional, we want you to have the freedom to listen to your mind's and your body's needs.

Our in-house professionals will guide you personally and closely at all times, toward achieving your spiritual and physical goals.

A healing environment, using meditation, yoga, sports, massage, rituals, food and care to connect with yourself and those around you.

The start of autumn provides us with the opportunity to reflect on our lives, learn from our experiences and let go of what we no longer need.

This process will be ritualised through our tree, to be filled with your thought leaves. Leaves you want to let go of, and leaves you want to grow. These will be used in a ceremony to set intention and focus: to reflect and let go.







PARADISO RETREATS

WE ARE PARADISO RETREATS

We are Marta and Danielle, two good friends who have embarked on the journey that is Paradiso Retreats to share with the world what we have experienced and are living each day.

Marta's life changed when, at age 30, she found herself feeling empty. she was a successful business woman but somehow living up to society's expectations did not make her feel fulfilled.

She embarked on a spiritual journey, going back to her roots. Abandoning a successful career, she moved to Senegal, became a yoga instructor and started traveling the world.

Now at her 40's, she shares from her own truth. From everything that she is and everything that healed her. Her passion is to share the journey of life with people by connecting through meditation and ritual, yoga, African dance and 'Aguahara' water therapy.

Danielle is a yoga student of Marta's and this is how they met. Yoga (and Marta) came into Danielle's life at a time when, after having spent 9 years raising children, she was ready to focus on herself again.

Marta shared all her knowledge of the physical exercises, the spiritual meditation, mantra singing and more. This opened so many doors for Danielle that she became passionate about sharing her positive experience with the world.

Danielle is an entrepreneur by nature and an innate event organiser. Her love for travel and beautiful places perfectly matches Marta's skills and together they make a great team for organising meaningful retreats.



Our Core Values



Healing

Healing is achieved when we have balance between mind and body, therefore they need to be addressed simultaneously.



Personalised

Every person and every body is unique and needs a personalised approach to work towards healing



Joy and fun

Joy is beneficial to our health and making activities fun increases their positive impact.



Impact

By measuring the positive social and environmental impact of our activities, it can be made insightful and this strengthens the credibility of our project.



Sustained

We believe that for impact to be valuable it needs to be sustained over time, the work is continuous

PARADISO RETREATS

PARADISO RETREATS MEANS WELLBEING

Through Paradiso Retreats we want to explore and define what wellbeing means to us, how it impacts our physical and mental health, and share this with the world.

We believe in a holistic approach to health. We believe that balancing mind and body is imperative to health and healing.

We have a personalised approach, taking time for each participant to set their goals, both physical and spiritual, and then plan how to attain those goals.

When working on oneself, sharing in a group is very powerful, and we foster connection and community through group sessions and by introducing joy and laughter into everything we do.

We want to make the impact that this type of self work has on our health visible and measurable. You will receive questionnaires from us before, during and after the retreat and an analysis of your impact.

But the work doesn't stop here. We will strive to keep you and your retreat group engaged and inspired to continue working on your wellbeing by sending you valuable tips, exercises and meditations at various points in time after your retreat.



[PARADISORETREATS](https://www.paradisoretreats.com)

[WWW.PARADISORETREATS.COM](https://www.paradisoretreats.com)

PROGRAMME

Day 1 WEDNESDAY 2 oct	Day 2 THURSDAY 3 oct	Day 3 FRIDAY 4 oct	Day 4 SATURDAY 5 oct	Day 5 SUNDAY 6 oct
	MEDITATION	MEDITATION	MEDITATION	CHECK OUT & BREAKFAST
	PRANAYAMAS & YOGA BREATH & SURYA NAMASKAR	PRANAYAMAS & YOGA BREATH & SURYA NAMASKAR	PRANAYAMAS & YOGA BREATH & SURYA NAMASKAR	
STARTING THE EXPERIENCE	BREAKFAST	BREAKFAST	BREAKFAST	
PERSONAL INTERVIEWS TO SET THE CONTEXT IN WHICH WE WILL BE WORKING DURING THE RETREAT	AT THE BEACH YOGA ASANAS & WALKING EXPERIENCE (2 GRUPOS)	WATER ELEMENT EXPERIENCE	YOGA ASANAS & WALKING EXPERIENCE (2 GRUPOS)	
LUNCH & CHECK IN & FREE TIME	LUNCH & FREE TIME	LUNCH & FREE TIME	LUNCH & FREE TIME	
WELCOME CIRCLE	ROOTS DANCE	CACAO RITUAL (KIRTAN + CACAO + WRITTING + FIRE)	CREATE YOUR LIFE	
DINNER	DINNER		CELEBRATORY DINNER OUT	
SECLUSION TIME	SECLUSION TIME	DINNER		

IBIZA AUTUMN RETREAT '24 PROGRAMME

This 5 day / 4 night retreat offers a complete programme designed to keep you focused on self-improvement while enjoying the beautiful surroundings, the luxury house and being taken care of by our team. It is an inner experience while sharing with others.

We will host personal interviews to establish everyone's physical and spiritual goals for the week. This will be indicative for our professionals to properly guide you during the retreat.

Every day offers a wealth of activities, that one can choose to participate in or not. Mornings start with meditation, yoga and breakfast. Surya namaskar is a yoga sequence that exercises and stretches the whole body, leaving you ready to face a new day.

Every day there is some free time to relax by the pool, journal or book a massage. Sharing time, a quiet nature walk, primal roots dance, an Aguahara group experience and a cacao ritual are all part of our journey.

We end some days with Seclusion time; depending on the energy of the group we will sing mantras, meditate, or share experiences with each other.

Our chef will prepare three delicious and balanced meals a day, and on the last night we will go out for dinner at one of Ibiza's many beautiful restaurants, to celebrate the amazing work that everyone has put in.



WHAT IS INCLUDED?

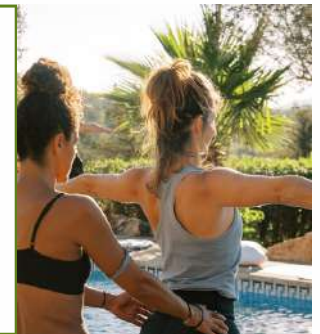
DAILY YOGA AND MEDITATION

Every morning we start with Satyam Yoga. This is a holistic and complete proposal of a spiritual experience seeing our physical body as an entrance to the emotional, mental and spiritual bodies.



PERSONAL GUIDANCE

Our professionals are present during the entire retreat and will guide everyone personally. Different levels will be taken into account and we will work with smaller groups when the activity allows it.



AGUAHARA GROUP EXPERIENCE

Are you ready to experience the power of water? In this group session you will be guided on a floating journey, a dance to experience expansion, a feeling of flight and freedom, joy, emotional release and somatic healing.



ROOTS DANCE

Roots Dance is an ancestral dance connected to Mother Earth. It works through the expression of the body, to release all the tension and emotions, reduce stress and open your mind and senses and will let you have a super fun time!



WHAT IS INCLUDED?

OUTDOOR ACTIVITIES

Exercise in nature, a forest walk and yoga on the beach are all part of the program. We will take you to different spots so you can enjoy the beauty of the island of Ibiza.



PRIVATE CHEF

Our chef will create three beautiful meals a day. The food we offer is mainly vegetarian plus some fish, made to complement the level of physical activity. We cater to your specific needs and can adapt our menus accordingly.



CACAO CEREMONY

On the third day we have a special cacao ritual. Cacao has the potential to be a guide and gateway to help each one of us embrace the compass and depth of our heart as a starting point for profound healing and remembrance.



RITUALS

Autumn brings a special energy of looking inwards and letting go of what we no longer need. We will harness this energy through our Tree ritual, Burning ritual and Sow & Grow ritual. All will be explained in due time.



WHAT CAN I ADD?



THAI MASSAGE

Thai massage is an ancient massage form combining stretches and pressure points. The body is moved in yoga-like positions, while pressure is given to certain (energy) points in the body. This way blockages are removed so the energy can move freely through the body, resulting in a blissful state of deep relaxation in which the body starts healing itself.

This massage is performed on a futon on the floor, and can be received fully clothed (the Traditional way) or with oil (combination of Thai and Swedish classic massage techniques).

60 MINUTES €80

90 MINUTES €120



RELAXATION MASSAGE

Relaxation massage is a truly relaxing and pampering experience. With the application of warm oil, the body is gently massaged with long and slow strokes, light pressure and soft rocking techniques. This helps the body to relax and open up, calms down the nervous system and softens the fascia. Even though the techniques are soft and gentle, the effects of this massage run quite deep, as the body starts healing itself while in deep relaxation, and gets to a state of equilibrium.

60 MINUTES €80

90 MINUTES €120



CLASSIC SWEDISH MASSAGE

The classic Swedish massage might be the most famous massage style in the world. With the use of oil, the body is massaged with long strokes, light to deep pressure, shakings and palpations. This massage is more 'muscle oriented' in the sense that knots and tensions in the muscles are removed, bringing more freedom of motion and a state of deep relaxation. If you have physical complaints like neck, shoulder or back pain, this massage is perfect for you.

60 MINUTES €80

90 MINUTES €120



HOUSING

BEAUTIFUL IBIZAN STYLE COUNTRY HOUSE

This typical ibizan style masia is surrounded by fields and forest, making it the perfect location for an intimate retreat.

It consists of two buildings, each with a kitchen and sitting area, and all bedrooms have an en-suite bathroom. There is ample space to provide privacy to all.

There is a beautiful pool to relax by and many spots from where you can enjoy the views. Big outside tables where we will enjoy the lovely meals prepared by our chef.

It is located in the middle of the island, in a tranquil environment perfect for a retreat. It takes around 15 minutes to get to the nearest beach.



HOUSING

6 EN-SUITE ROOMS WITH THE POSSIBILITY TO SEPARATE BEDS



TESTIMONIALS



WE WERE RATED 4,9 OUT OF 5 STARS BY PARTICIPANTS



FELICIA OTOLORIN

The Paradiso Autumn retreat was a transformative get-away. The entire 5 days felt like one tender, warm and fuzzy hug for the mind, body and spirit. The authenticity / vulnerability of the participants and facilitators, the enjoyable activities which were all centred on wellness, the community and love, the beautiful settings and delicious meals...

Every experience was to be treasured.

NADINE MUIJRES

We experienced whole-day programmes and everything was organised to perfection. Our cook was extraordinary, the yoga instructor beyond compare, the masseuse fantastic, the bootcamps exactly what they needed to be. The sporting activities were the perfect balance with our meditation sessions, yoga workouts and spiritual moments. It was a wonderful trip that we were privileged to undertake with a group of unique, lovely women.
I look forward to the next novel experience.



MIRANDA KRUTHOF

In one word amazing. I will never forget this. I will take home that i am stronger than i think. Always go back to your soul. The door was shut but now it has opened again, thanks to Marta, thanks to Danielle, thanks to the great ladies who organise this retreat.
That is the greatest gift.

MELISSA BAARS

Had a wonderful experience during my Ibiza Retreat which was fantastically organised by Paradiso Retreats. Not only the professional staff but also the location, the food and the variation of the program was amazing. Sharing life experiences, emotions, fun and sportmanship with a group of beautiful souls made me feel a very grateful and happy woman.



LET'S TALK!

DO YOU WANT TO HEAR MORE ABOUT OUR EXPERIENCES? GIVE US A CALL!
FEEL FREE TO ASK FOR A CONVERSATION WITH ONE OF OUR PAST PARTICIPANTS TO GET A BETTER IDEA OF WHAT TO EXPECT.

[SEND EMAIL TO REQUEST A CALL](#)

SEE MORE ON INSTAGRAM

[YOU CAN WATCH VIDEO TESTIMONIALS ON OUR INSTAGRAM PAGE](#)



[PARADISORETREATS](#)



WWW.PARADISORETREATS.COM

PRICING

THE DATES OF YOUR RETREAT

- 1 OCTOBER TO 5 OCTOBER 2024



1-PERSON MASTER BEDROOM

5 DAYS / 4 NIGHTS RETREAT IN THE PRIVATE MASTER BEDROOM, THE BIGGEST DOUBLE ROOM OF THE HOUSE WITH EN-SUITE BATHROOM AND SMALL BALCONY

PRICE €2700 Per person



1-PERSON BEDROOM

5 DAYS / 4 NIGHTS RETREAT IN A PRIVATE DOUBLE ROOM WITH EN-SUITE BATHROOM

PRICE €2600 Per person



2-PERSON BEDROOM

5 DAYS / 4 NIGHTS RETREAT IN A BEAUTIFUL SHARED DOUBLE ROOM WITH EN-SUITE BATHROOM

PRICE €2000 Per person

WHAT IS INCLUDED?

- HOUSING, FOOD AND ACTIVITIES
- AIRPORT TRANSFERS
- TRANSPORT TO AND FROM THE ACTIVITIES
- ALL MATERIALS FOR ACTIVITIES
- COMPLEMENTARY GIFT

WHAT IS NOT INCLUDED?

- FLIGHTS
- LAST EVENING DINNER OUT





RESERVATION POLICY

PLEASE CONTACT DANIELLE@PARADISOEVENTS.COM TO CHECK AVAILABILITY BEFORE BOOKING.

50% RESERVATION FEE
REST 1 MONTH BEFORE RETREAT

1-PERSON MASTER BEDROOM RESERVATION FEE	€1350
1-PERSON BEDROOM RESERVATION FEE	€1300
2-PERSON SHARED BEDROOM RESERVATION FEE	€1000

BANK DETAILS:

IBAN: ES82 2100 9522 4022 0023 0463.
SWIFT: CAIX ES BB XXX
NAME: D. A. PELLIKAN

PAYMENT REFERENCE: IBIZA RETREAT '1-PERSON ROOM / 2-PERSON ROOM / MASTER BEDROOM', 'YOUR NAME'

UPON RECEIPT OF RESERVATION FEE YOU WILL RECEIVE A CONFIRMATION OF YOUR BOOKING

CANCELATION POLICY

50% OF TOTAL COST UP UNTIL 1 MONTH BEFORE RETREAT
NO REFUNDS AFTER THIS DATE

WE ADVISE YOU TO TAKE OUT A TRAVEL INSURANCE IN CASE YOU ARE OBLIGED TO CANCEL DUE TO UNFORESEEN CIRCUMSTANCES.

