

The Ibiza Yoga Retreat



A new concept for Ibiza in 2009..... Born from a deep wish to provide the very best in Yoga, Meditation and the Healing Arts in a totally natural, beautiful spot surrounded by sea views, pine forest, mountain paths, old rural Ibiza and walking distance to one of the islands most untouched, pristine beaches... This experience is to be offered at an accessible price for all, in the True Spirit of Ibiza.... Thanks to collaboration from some very generous people on the Island.... www.ashtangaom.com



The Retreat is open initially in 2009 during the months of May and October. During the month of May we have a selection of yoga/meditation retreats and intensives to choose from - please refer to retreat schedule at the end for details

1st – 29th October 2009 : Still Flowing Yoga Teacher Training Course

200 Hr Programme Certified by European Yoga Alliance – (2500 Euros residential
1500 Euros non- residential)

Full course details on www.stillflowingyogateachertraining.com



Set high in the hills of Ibiza with infinity Mediterranean sea views from the lawn, Villa Kumharas sleeps 10 people in 5 bedrooms. 3 of the bedrooms are en-suite, and there is an additional main bathroom. On yoga retreats there are 2 guests sharing each room. There is a sleek uber modern kitchen, large open plan dining area, huge indoor yoga shala of 80m2 with sea views (see photo with the red sofa), and many outdoor terraces and decks that can be used for yoga and meditation, al fresco dining or just purely hanging out. Villa Kumharas has a swimming pool, its own ample secluded grounds and is surrounded by rural paths where you can walk in all directions to typical quaint villages (a rare treat in Ibiza). The finca has been recently renovated using only the very highest quality materials and has a feel of elegant and homely simplicity, perfect for immersion in yoga. There are sabina wood beams throughout, both tiled and wooden floors, marble surfaces, balinese tiles and stonework, antique asian artifacts and decor, and stylish, comfortable furniture throughout. Villa Kumharas is centrally heated, and as such lovely in all seasons

For All Bookings and Enquiries please email
gemma@astangaom.com



At the Ibiza Yoga Retreat we offer a diverse and delicious selection of vegetarian health food prepared and cooked by yoga people for our yoga guests. We use local fruit and vegetables and organic grains, pulses and rice. At Villa Kumharas we provide 2 meals per day on a retreat this is a large brunch after yoga and a buffet style evening meal. Should guests require further snacks during the day there is an additional fresh juice and healthy snack menu. Guests are welcome to all day tea, coffee and mineral water. At the Ibiza Yoga Retreat we also provide a range of therapies, massages and extra-curricular activities for guests to choose from should they so wish.

Yoga Retreat Schedule 2009 – Price 675 Euros p/p p/w

30th April – 7th May – Vinyasa Flow Yoga with Mercedes Martin (Bilingual Spanish/English)

7th May - 14th May – Introduction to Ashtanga Vinyasa Yoga with Stefan Prowaznik www.astangayoga.at

14th – 21st May – Still Flowing Yoga: Vinyasa Flow Yoga, Insight Meditation and Thai Yoga Massage with Renata Palmo and Gemma Mallol www.stillflowingyogateachertraining.com

21st May – 28th May- Yoga, Pranayama and Meditation with Aki Omori www.akiomori.com

4th – 11th July – Still Flowing Yoga: Vinyasa Flow Yoga and Insight Meditation with Marcela Enriquez and Gemma Mallol

