



# ‘Yoga + The Elements’

A wellness retreat at Can Geco in Ibiza

9-16th May

*with Dara Dorsman and her team.*



## **INFORMATION;**

### **‘YOGA + THE ELEMENTS’ RETREAT IBIZA, SPAIN**

**9-16th May 2025 (7 nights/8 days)**

**Price starting from €1500**

#### **Dara’s contact details;**

dara.yoga.flows@gmail.com

+447527896071

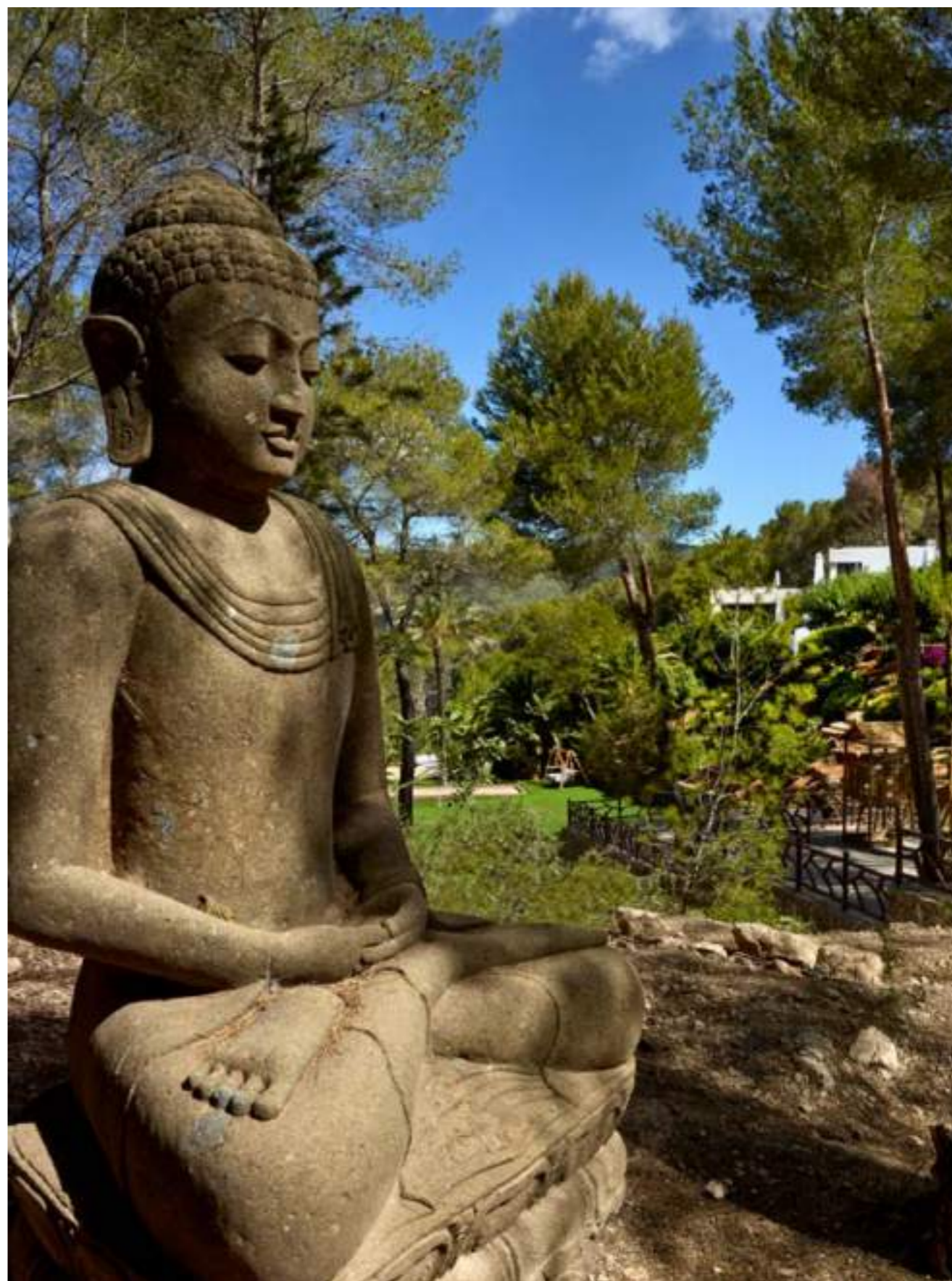
@dara\_flows

#### **What is included?**

- **Accommodation in the most beautiful villa!**
- **Breakfast, Lunch and Dinner**
- **Daily meditation**
- **Daily yoga; vinyasa, mandala, rocket and yin**
- **Other wellness facilitators offering their services (info will be released closer to the time)**
- **Hike and picnic**
- **Daily transport to organised extra activities**

#### **What is not included.**

- **Flights**
- **Transport to and from the airport (this can be arranged separately)**
- **Individual Insurance**
- **Massages to be paid directly to the masseuse.**







## ABOUT;

**You are invited** to come join a **rejuvenating yoga** and wellness retreat hosted by Dara taking place in **Ibiza, Spain**. Enjoy your stay in this breathtakingly beautiful villa, Can Gecko for **7 nights and 8 days**.

I invite you to **give yourself a gift**, to return to your life after only **1 week** feeling **reset, clear and recharged**. Make new connections with like minded people, and perhaps you might make new friends for life.

### Who is this for?

**Everyone!** Doesn't matter if you are new to yoga or a well seasoned practitioner, we have made sure that everyone feels **included** and that there are **variations** for all levels and groups.

You are not obliged to attend all activities, this is your trip so you have the **freedom** to take on the week as you see fit! The only thing I leave you with is *How would you like to feel at the end of the trip and what is it that you need from it?*

Giving yourself the **gift of time** might just be the thing that you need! Hitting the pause button in the human 'doing' life cycle, which we call society, allows us to connect to our true nature and actually live our purpose as a **'human being'**.

**'Yoga and the elements'** retreat reminds us to reconnect with the cycle's of nature through the **seasons**. As human beings we also have seasons that reside within us, its up to us to **listen and respond** to what is calling. The shifts in seasons happen unapologetically, our bodies also have this transformation. The imbalances happen when we are out of line with our true purpose, what we actually need and what we think we need in our lives.



# Reviews

## Retreat reviews

"...What a magical experience for us all. Thank you for being a fab host, teacher and inspiration. I had a lovely time connecting with new people. Something I will value forever."

Marnie

## Retreat reviews

"Had the best experience with the most lovely people. Dara has opened my eyes to a whole new world. Forever grateful for this wonderful experience and hope to be back every year."

Layla

## Retreat reviews

"The trip has been beyond what words can describe. Dara is the bestest yoga retreat host. This trip has been life changing. I'm coming out a 4 day retreat a new man with purpose..."

Gideon





# Previous retreat









# About Dara

Dara is a yoga instructor who is passionate and trained with 650hrs teaching in Vinyasa, Mandala, Rocket and Yin classes. Her intentions as a yoga guide is to welcome practitioners with a playful and balanced flow, making her classes suitable to all levels with given variations.

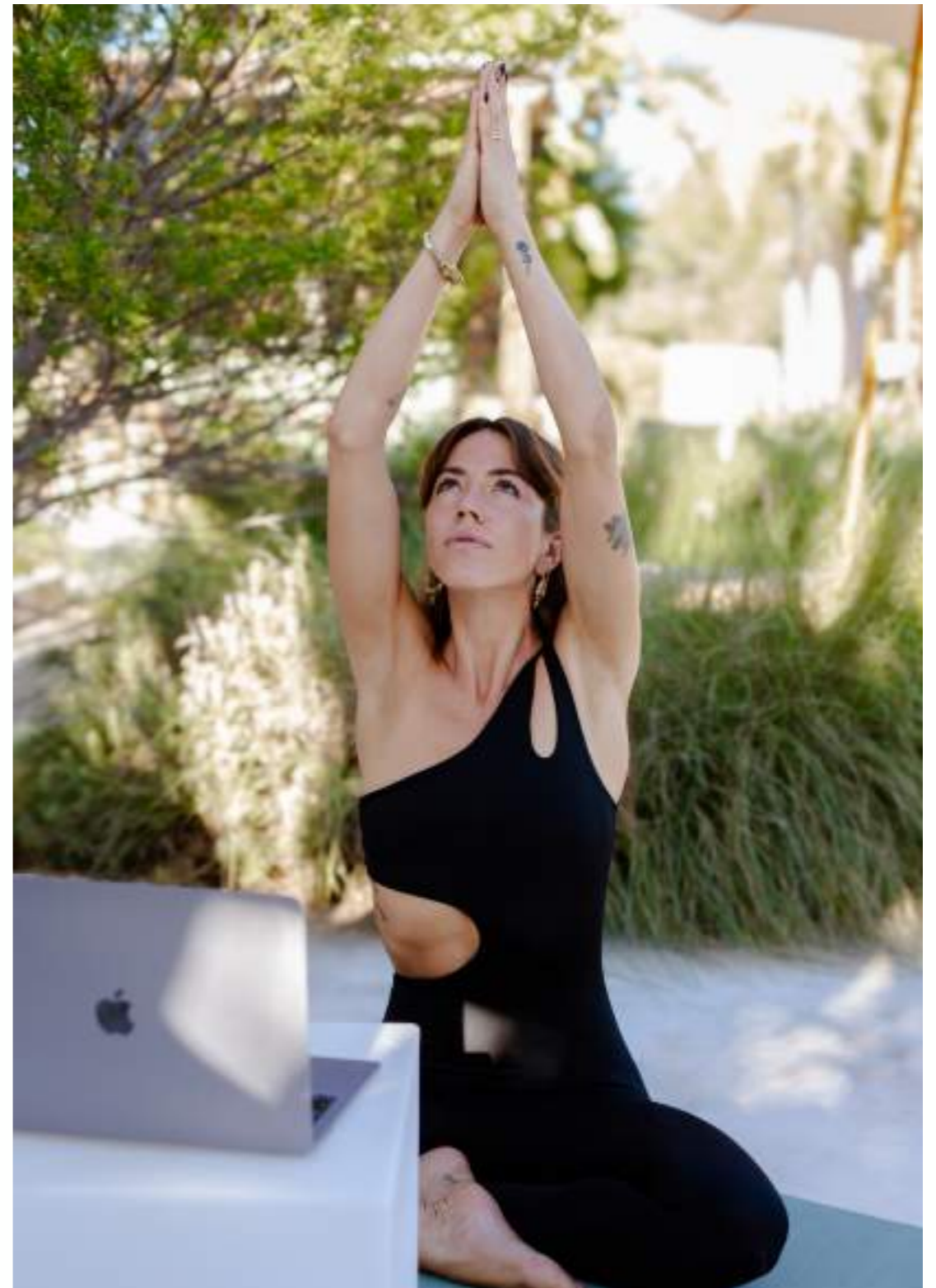
She has found from her upbringing between Holland, London and Spain (Ibiza), that by practising and teaching yoga, she found homage to the ancient teachers, philosophies and traditions of yoga. Through the ever changing demands of life, what used to overwhelm her no longer does. She found wherever life took her that her roots solidified as her yoga journey unravels.

She hopes to inspire others to dive into the wisdom of the authentic traditions of yoga and most importantly is excited to share the tools that has helped her on her personal journey with whoever resonates.

Dara now lives full time in Ibiza, where she has spent most of our life. She teaches regularly at a studio called Ashram Ibiza and arranges regular workshops.

When joining this retreat, you get an authentic insight of the island through the eyes of Dara, this is her unique vision that will feel authentic and for you to get to experience the real Ibiza.

She will arrange an open day for retreat guests to meet other students and friends from the island. She has a vision of connecting and expanding her community globally with like minded people who are on the same path of working on themselves to attain a healthier world around us.





# Yoga Information

## Different Styles of Yoga

Each morning and evening, Dara will offer a 10 minute meditation followed by a yoga class. The mornings will generally begin with a Mandala, Rocket or Vinyasa class. The evenings will be rounded off with yin. Her intention is to leave her students with a variety of different styles of yoga. Dara hopes to inspire those who want to dive deeper into the world of yoga by sharing her knowledge of these classes and the different benefits each one has.

### **Vinyasa**

A Vinyasa class is a creative yoga class where the poses (asanas in Sanskrit) are linked together with breath and flowing movement. The flow moves in a lineage direction on the mat. Her Vinyasa classes are catered to the energy of the group. The sequencing is inspired by Hotpod's signature flow which is fun and kind to all levels (a studio in London she worked for).

### **Mandala**

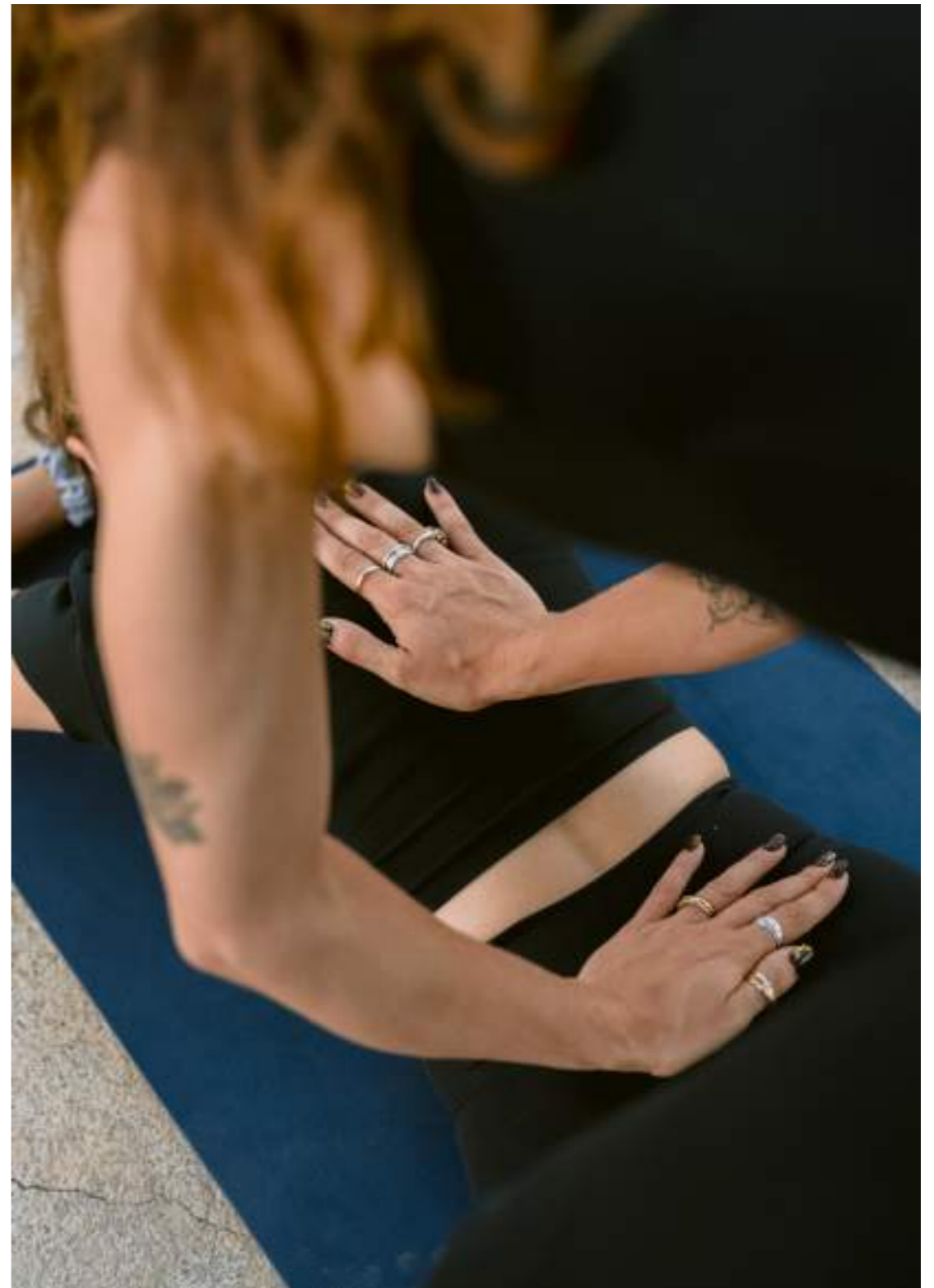
A Mandala class consists of vinyasa but instead of moving in a linear direction, we move around the mat in a circle, creating and building on geometrical shapes (asanas in the respect of yoga) like in a mandala diagram. It starts and ends with yin. Each Mandala class will be focused to an element of nature; Water, Earth, Fire and Air. Correlating to the theme of Dara's yoga retreats 'Yoga and the elements'.

### **Rocket**

A Rocket class is also like a Vinyasa class but stems from Ashtanga, which builds more heat and has more asanas. Rocket was created by a guy called Larry Schultz in order to make the authentic Ashtanga practise more accessible to the western culture. Dara's take on Rocket is more accessible to newcomers.

### **Yin**

A Yin class stems from the Chinese philosophy rather than the Hindu philosophy. Expect to hold each pose for 2-5 minutes, working on going deeper within. We work on the connective tissues and fascia within the body rather than the muscles which we work on the above three styles. This is where a lot of trauma in the body is held, and with being still and allowing the gravity and time open up the body emotions are unlocked and are given permission to be released. This is an amazing tool to reset the nervous system and help transform your life in a real profound way.





# Accommodation

## Amenities at a Luxury Villa nestled in the BEAUTIFUL nature of Ibiza with breathtaking sunsets.

- **Yoga Deck:** Elevated and nestled among pine trees, offering a serene start and end to the day.
- **Completely refurbished pool and surrounding area:** 80 m2 heated pool, with double-sized sun-beds, large adjustable umbrellas, a new bathroom, outdoor kitchen, lounge and a dining table for 12.
- **Expanded orchard and vegetable garden:** fruit trees with new varieties and a new vegetable garden offering fresh produce and a beautiful atmosphere.
- **Activity options:** original size pétanque court, ping pong, billiard and soccer tables in the magic garden.
- **Outdoor Cinema:** Equipped with chaise lounges, hammocks and a bar.
- **Lawn Area:** Newly equipped for soccer (2 goals), badminton, and other activities.
- **Outdoor kitchen, lounge and a dining table for 12.**
- **Enhanced parking and access**
- **Lounge areas to relax have a drink; Available at the sunset terrace in front of the house, pool area and magic garden.**













# Room 1

1 Double bed with private bathroom, private terrace and walk in closet

First floor

Suitable 1 person, friends or a couple

PRICES €€

**Option 1**

single person

€357 a night

*Total*  
€2500 7 nights 8 days

**Option 2**

2 people

€468 a night- €234 each

*Total*  
€3276 - €1638 each





# Room 2

1 Double bed with shared bathroom to Room 3.  
Access to balcony with shared outside space and  
walk in closet.

First floor

Suitable for 1 person, a couple/friends or family members

PRICES €

**Option 1**

*single person*

**€279 a night**

*Total*  
**€1950 - 7 nights 8 days**

**Option 2**

*2 people*

**€382 a night- €191 each**

*Total*  
**€2674 - €1337 each**





# Room 3

2x single beds in shared room with shared bathroom  
adjacent to room 2  
Or double bed option

First floor

Ideal for 1 person/ a couple/ friends or family members

## PRICES €

### Option 1

2 single bed shared room

€214 per single bed-  
per night

Total

€1500 each single bed- 7  
nights 8 days

### Option 2

1 person private

€300 a night

Total

€2100 7 nights 8 days

### Option 3

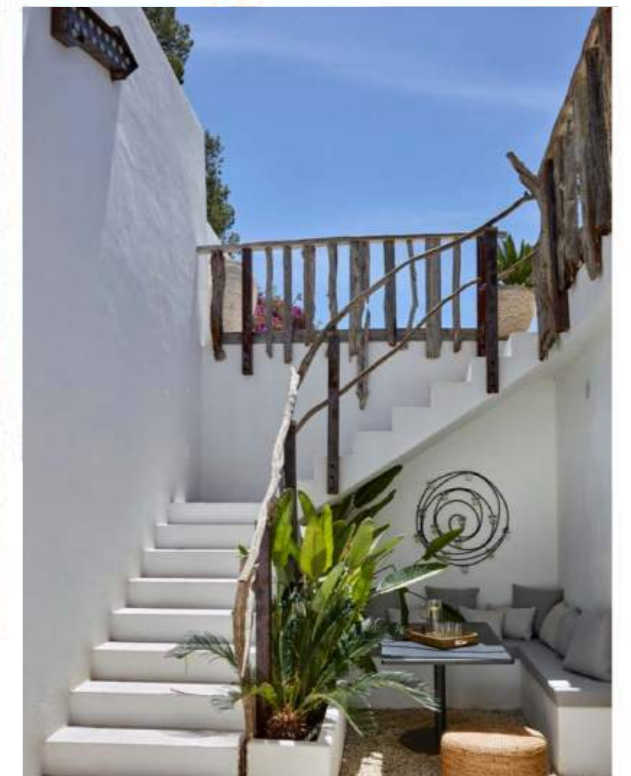
2 people

€213 pp

€425 a night

Total

€2975 7 nights 8 days





# Room 4

2x single beds in shared room or 1 Double bed with private bathroom and walk in closet

Ground Floor

Suitable for 1 person, a couple, friends or 2 individuals.

PRICES €

## Option 1

2 single bed shared room

€243 a night

Total  
€1700 per single bed- 7  
nights 8 days

## Option 2

1 person private

€339 a night

Total  
€2373 per single bed- 7  
nights 8 days

## Option 3

2 people

€186 pp  
€371 a night

Total  
€2600 7 nights 8 days





# Room 5

1 Double bed with private gorgeous bathtub overlooking nature. Access to big balcony with shared outside space.

Second Floor

Ideal for 1 person/ a couple/friends or family members

**PRICES €€**

**Option 1**

1 person

**€386 a night**

*Total*  
**€2700 - 7 nights 8 days**

**Option 2**

2 people

**€223 pp**  
**€446 a night shared**

*Total*  
**€3122 - 7 nights 8 days**





# Room 6

Master suite double bed with access to a private outdoor shower, bath tub and beautiful chill out area. Doors open to big shared balcony with Room 5. Big walk in closet

Second Floor

Ideal for 1 person, a couple, friends or family members

**PRICES €€€**

**Option 1**

*1 person*

**€427 a night**

*Total*  
**€2989 7 nights 8 days**

**Option 2**

*2 people*

**€276 pp**  
**€552 a night shared**

*Total*  
**€3864 7 nights 8 days**





# Itinerary

## Overview (subject to change closer to the time)

### Day 1 (Friday 9th)

(4 pm) check in at Can Geco (**check in time tbc**)  
(5pm) Welcome Introduction- with facilitator Life Coach Sophie  
(6pm) Meditation + Yin practise  
(8pm) Dinner

### Day 2 (Saturday 10th)

(7.15am) Meditation  
(7.30am) Yoga Vinyasa -60mins *(on the beach tbc)*  
(9.30am) Breakfast  
*Free time*  
(12pm) 'Herd Harmony at Ibiza Horse Valley'  
Picnic Lunch (transport arranged)  
(6pm) Meditation and Yin Yoga at the Valley  
(7.30pm) Back to the villa  
(8pm) Dinner

### Day 3 (Sunday 11th)

(7.15am) Meditation  
(7.30am) Yoga Mandala Vinyasa *Earth Element -75 mins*  
(9.30am) Breakfast  
*Free time*  
(1pm) Lunch at Villa  
*Free time*  
(6pm) Meditation and Yin Yoga or Sound healing (tbc)  
(7.30pm) Dinner

### Day 4 (Monday 12th)

(7.15am) Meditation  
(7.30am) Yoga Mandala Vinyasa *Fire Element -75 mins*  
(9.30am) Breakfast  
*Free time*  
(1pm) Lunch at Villa  
*Free time (optional beach trip arranged with transport)*  
(6pm) Meditation and Yin Yoga  
(7.30pm) Dinner

### Day 5 (Tuesday 13th)

(7.15am) Meditation  
(7.30am) Yoga Mandala Vinyasa *Water Element -75 mins*  
(9.30am) Breakfast  
*Free time*  
(1pm) Lunch at Villa  
*Free time (optional Ibiza town trip arranged with transport)*  
(6pm) Meditation and Yin Yoga or Breath work (tbc)  
(7.30pm) Dinner

### Day 6 (Wednesday 14th)

(7.15am) Meditation  
(7.30am) Yoga Mandala Vinyasa *Air Element -75 mins*  
(9.30am) Breakfast  
*Free time*  
(1pm) Lunch at Villa  
*Free time (optional ice bath challenge)*  
(6pm) Meditation and Yin Yoga (tbc)  
(7.30pm) Dinner  
*Optional night market Las Dalias*

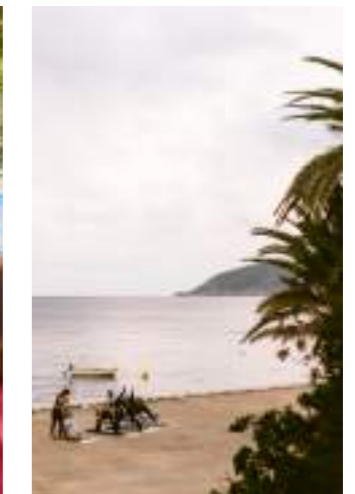
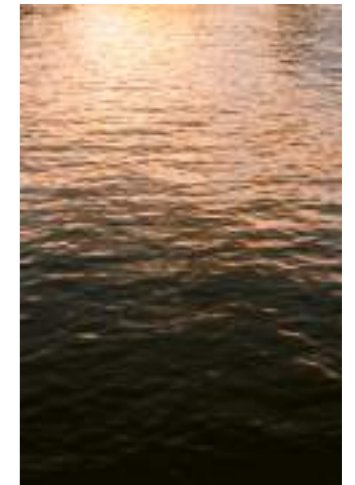
### Day 7 (Thursday 15th)

(7.15am) Meditation  
(7.30am) Yoga Rocket-60 mins  
(9.30am) Breakfast  
*Free time*  
(1pm) Lunch at Villa  
*Free time (Optional trip to Can Cristoff organic farm shop)*  
(6pm) Meditation and Yin Yoga with tennis balls  
(7.30pm) Dinner Out restaurant (tbc)

### Day 8 (Friday 16th)

(7.15am) Meditation  
(7.30am) Yoga Yin Yang *(on the beach or at villa tbc)*  
*Closing circle*

10 am check out





# Facilitators

## Food

Breakfast, Lunch and Dinner is included and prepared by the wonderful Claudia, who is a talented nutritionist and chef and local to the island. She works together with her partner Gonzalo and they make the lovelies duo! Expect your food to be made with much love. Dara and Claudia have worked together on 'Yoga + The Elements' in October 2024 and have built a strong working relationship ever since. Both passionate about guiding individuals to a more conscious and mindful way to healthy living.

@healthyfoodibiza

## Massage

Please meet our talented masseus Anna, the retreat guests from our last one had nothing but positive things to say about their experience. Dara will send through a document with information closer to the time, where you can let her know if you would like to book in a slot in your free time. We will also have a second masseus as option who is very talented and has many years of experience under her belt, Kim (she doesn't have any socials, but you would be in great hands!)

@spannyfoxx

## Ibiza Horse Valley

On the 1st full day, we will be travelling to Ibiza Horse Valley, which is tucked away in the beautiful hills of north of Ibiza, this is a really special way to ground ourselves, connect with nature, animals and each other. Transport and lunch will be arranged. This is a beautiful horse sanctuary nestled in the hills of Ibiza. The team have rescued many of the horses who have a variety of backgrounds. We will learn about how animals like horses can heal each other and us humans through instinctual support and sharing safety. This then will be followed by a meditation and yin yoga class led by Dara, perhaps catching sunset in nature before returning to the villa for our rejuvenating dinner.

Mya will also offer one to one sessions for equine somatic therapy sessions, if interested during your stay. The one to one sessions will not be included in the price, but Dara is more than happy to help arrange.

@ibizahorsevalley

@myathieme\_



Sound + Breathwork  
Team tbc closer to the time