



‘Yoga + The Elements’

A wellness retreat at Can Tegui in Ibiza

17th-20th October

with Dara Dorsman

INFORMATION;

‘YOGA + THE ELEMENTS’ RETREAT IBIZA, SPAIN 17th-20th October 2025 (3 nights/3 days)

Dara’s contact details;

dara.yoga.flows@gmail.com

+447527896071

@dara_flows

What is included?

- 3 nights accommodation
- Daily abundant breakfast lunch and dinner
- Water, tea, coffee on offer throughout the day
- Specialised workshop
- Nature walks
- Welcome drink
- Daily meditation
- Daily yoga; vinyasa, mandala, rocket and yin
- Wifi connection

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.
- Individual 1-1 readings





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 Tegui for **3 nights and 3 full days**.

I invite you to **give yourself a gift**, to return to your life after only **1 weekend** 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! Whether you are new too yoga or a well seasoned practitioner, the classes offer **modifications** to suit you and your body type. The aim is for the classes to meet you at your journey and where you are in your practise.

You are not obliged to attend all activities, this is your trip so you have the **freedom** to take on the weekend 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**. The shifts in seasons happen unapologetically, our bodies also go through 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. This retreat is an opportunity for you to reconnect with what is true to you.

Maybe you are in a point in your life where you need more **harmony, clarity or wellness**. Then this retreat is the one for you!

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

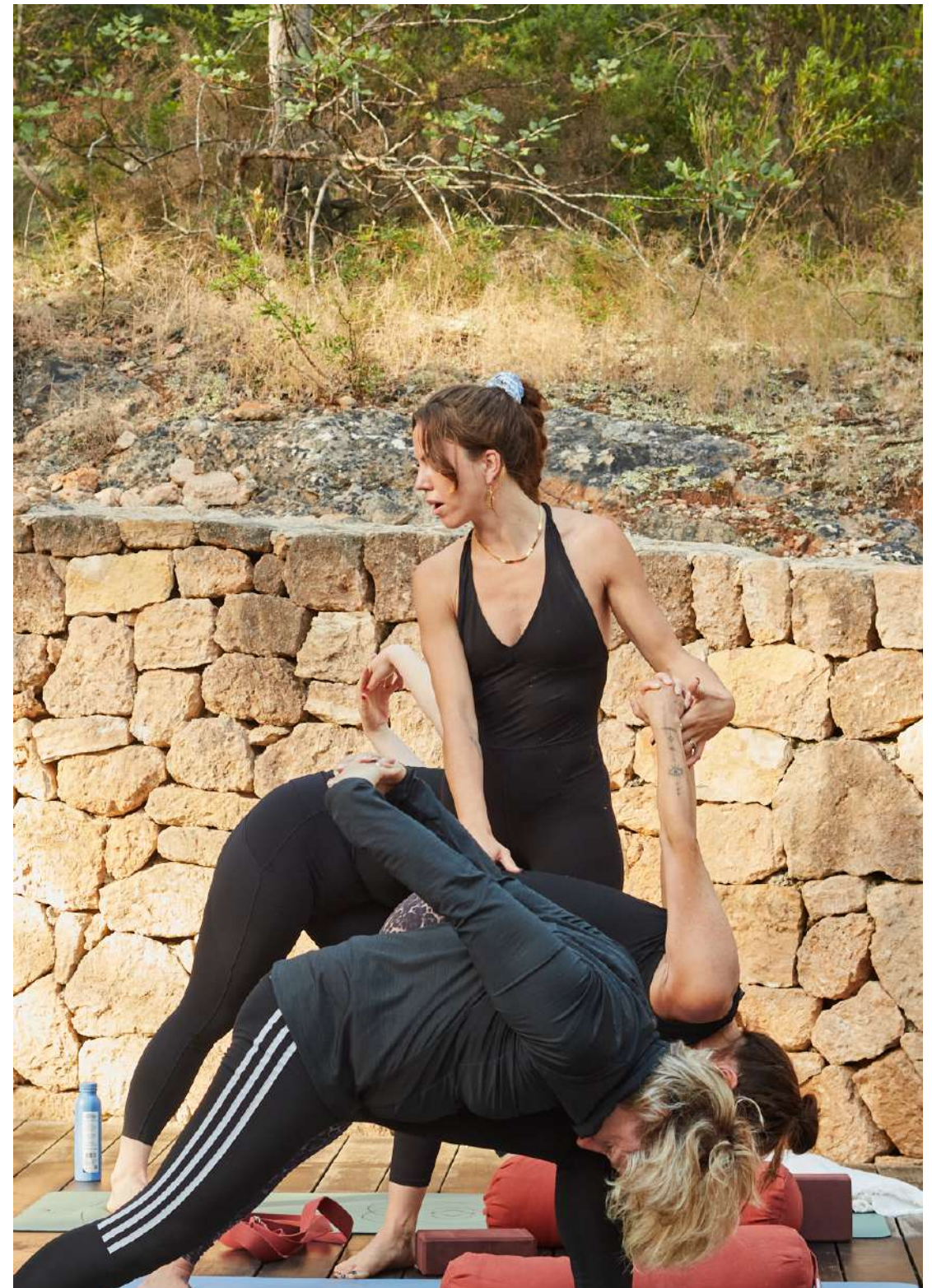
"Had the best experience with the most lovely people. Dara has opened my eyes to a whole new world. Forever grateful for this wonderful experience and hope to be back every year."

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



Reviews

Retreat reviews

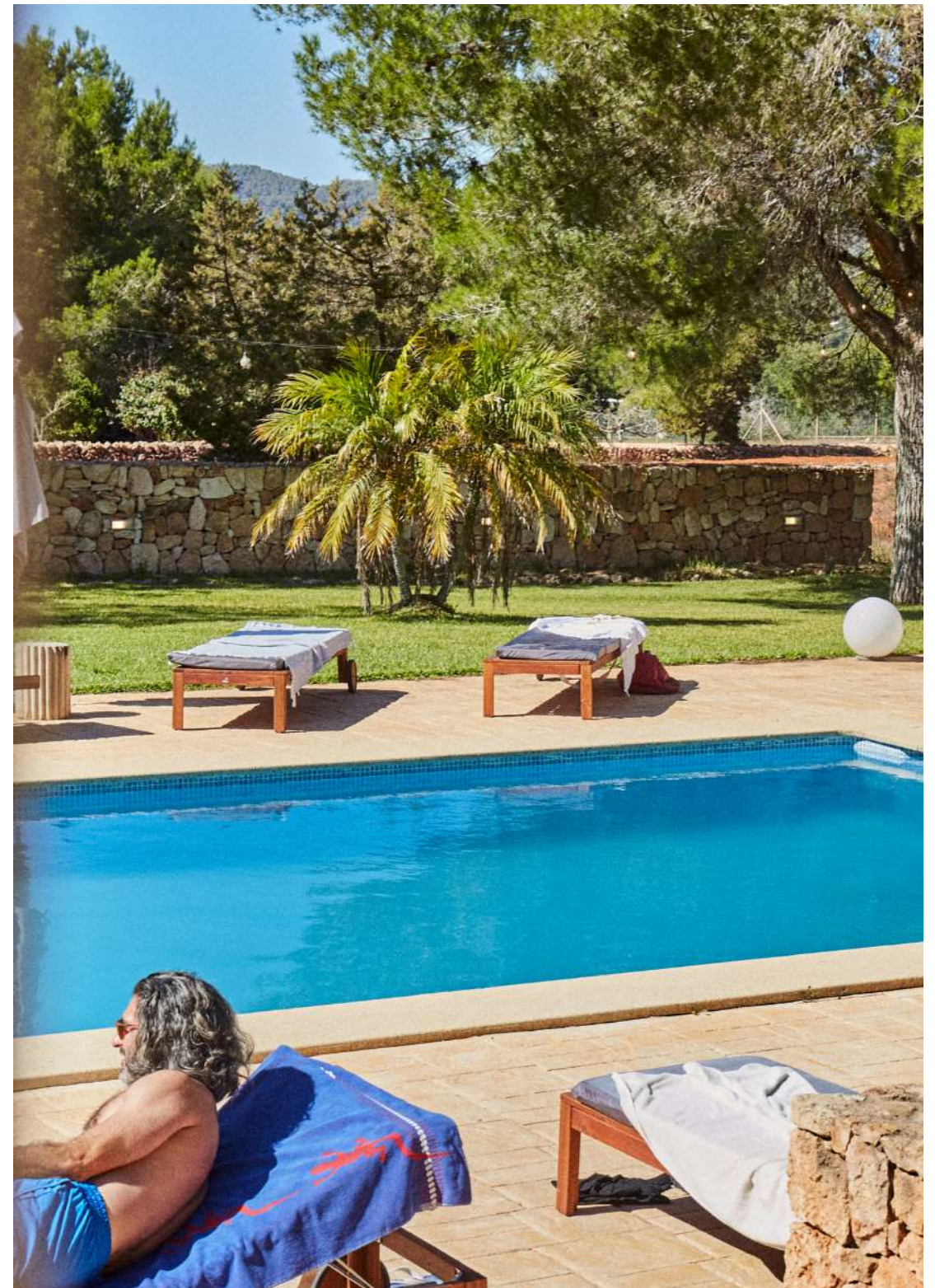
“...an amazing week on focus on flexibility, new poses, finding the balance between the ying and my well developed yang :)”

@kaate_butle

Retreat reviews

“I’m having the most incredible time at ‘Yoga & The Elements’ retreat on the magical island, Ibiza. The food and vibes have been 10/10”

Anne Brason



About Dara

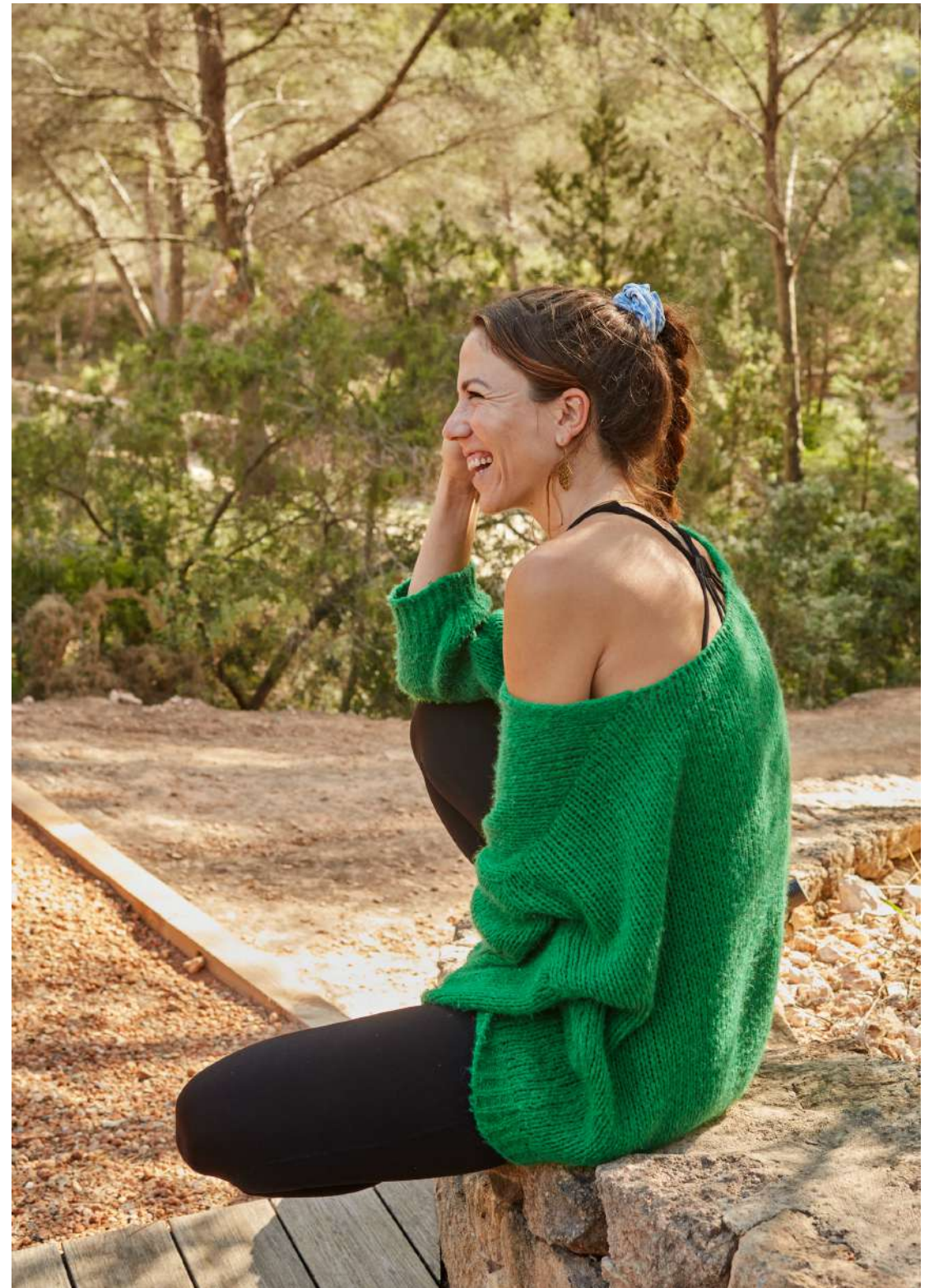
Dara is a yoga instructor who is passionate and trained with 650hrs teaching in Vinyasa, Mandala, Rocket and Yin classes. Her intentions as a yoga guide is to welcome practitioners with a playful and balanced flow, making her classes suitable to all levels with given variations.

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 Can Tao. Check out her website for online classes and other collaborations for yoga events.

When joining this retreat, you get an authentic insight of the island through the vision of Dara.



Yoga Information

Different Styles of Yoga

Each morning and evening, Dara will offer a 15 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 (one of the studio's in London she worked for).

Mandala

A Mandala class stems from the Ashtanga lineage 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'. This is one of Dara's favourite classes to teach as its very fluid and creative.

Rocket

A Rocket class is like a Vinyasa class and also 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 by resetting your nervous system.



Itinerary

Overview (subject to change closer to the time)

Day 1 (Friday 17th)

(4 pm) check in at Can Tegui (**check in time 4pm**)

(5pm) *Opening Ceremony* Welcome Introduction with Dara and Emily *10mins

-‘Emily is Energy’ guides us through our own chakra healing tune up and clearing workshop *60mins

-Followed by a Yin class and finishing of with a grounding meditation session. *50mins

(8pm) Dinner at villa

Day 2 (Saturday 18th)

(8 am) Meditation

(8.15am) Yoga Rocket Vinyasa -60mins

(10am) Breakfast

*Free time *Poolside chill, Beach or visits to the towns nearby*

(11-1pm) *Options for 1-1 booking with Emily is Energy*

(1pm) Lunch at the Villa

*Free time *Poolside chill, Beach or visits to the towns nearby*

(2-6.30pm) *Options for 1-1 booking with Emily is Energy*

(7pm) Meditation and Yin Yoga

(8pm) Dinner at villa

Day 3 (Sunday 19th)

(8am) Meditation

(8.15am) Yoga Mandala Vinyasa *Earth Element* -75 mins

(9.30am) Breakfast

*Free time * poolside chill, beach trip or optional walk*

(12pm) Ice bath challenge

(1pm) Lunch at Villa

*Free time * poolside chill, beach trip or optional walk*

(6pm) Meditation and Yin Yoga

(7.30pm) Dinner **OUT** at restaurant

*price not included in package deal.

Day 4 (Monday 20th)

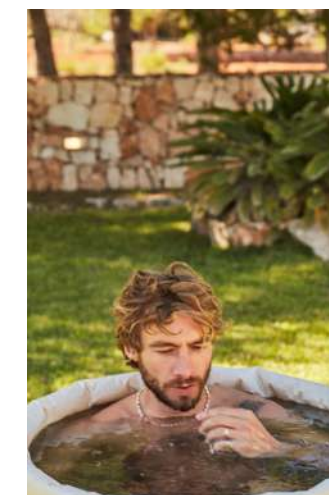
(8am) Meditation

(8.15am) Yoga Vinyasa by the seaside -45 mins *Closing ceremony*

(9.00am) Breakfast

Free time

(10am) check out



The team

Food

Ruby Kell (Gorgeous and super talented chef)

Breakfast, Lunch and Dinner is included and prepared by the talented and gorgeous Ruby! Expect your food to be made with much love and vibrant talent. Ruby's food is colourful and delicious, expect to be spoilt and indulge in the flavours of the natural beauty that the island offers as.

@rubysrecipes

Massage

Kim Lewis (Body + Face massage therapist)

As highly experienced massage therapist, Kim has spent over thirty years transforming the bodies of her clients. Kim skilfully combines various massage techniques, using Swedish massage for deep relaxation and deep tissue massage to relieve stress, tension and muscle injury. Kim's face massage brings elasticity and firmness to the skin and muscles, resulting in a face that is plumped, define and contoured.

Reiki Healer, Yoga Instructor, Tarot card reader

Emily is Energy

Emily guides people into a deeper understanding of themselves helping them return to their true essence. Her work is about removing blockages, reprogramming, self-exploration and opening pathways to freedom. Emily says 'For me, whether it is through yoga practise, Reiki, energy healing or a retreat experience, we are on a journey, guiding us towards the same thing; the journey home, to ourselves'.



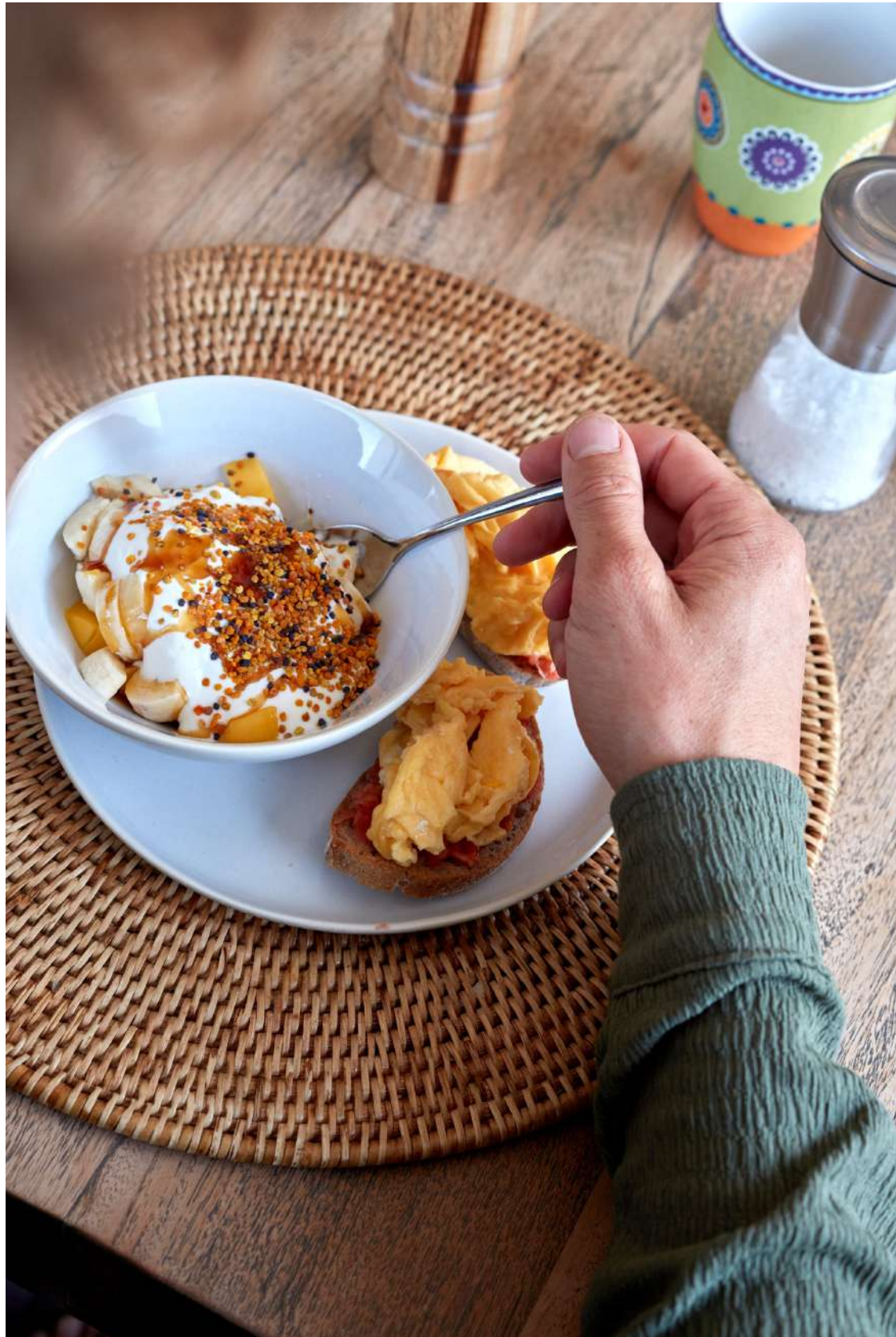
AUTUMN RETREAT





SPRING RETREAT







Accommodation

Amenities at this traditional Villa nestled in the BEAUTIFUL nature of the centre of Ibiza with vibrant sunsets set in a peaceful, rural location.

- 5x bedrooms; 2x double beds and 6 single beds available.
- Private pool
- Ping pong table
- BBQ area with out door kitchen and dining table
- Parking space
- Security with alarm system and safety deposit
- Air-conditioned bedrooms
- Dishwasher and washing machine
- WIFI

Prices given on the rooms

*Includes accommodation, food, yoga classes and other booked facilitators.
Excludes Iva *21%, transport, insurance and massages)*





Room 1

1 Double bed with private bathroom

Suitable 1 person, 2x friends or a couple

PRICES €€

Option 1

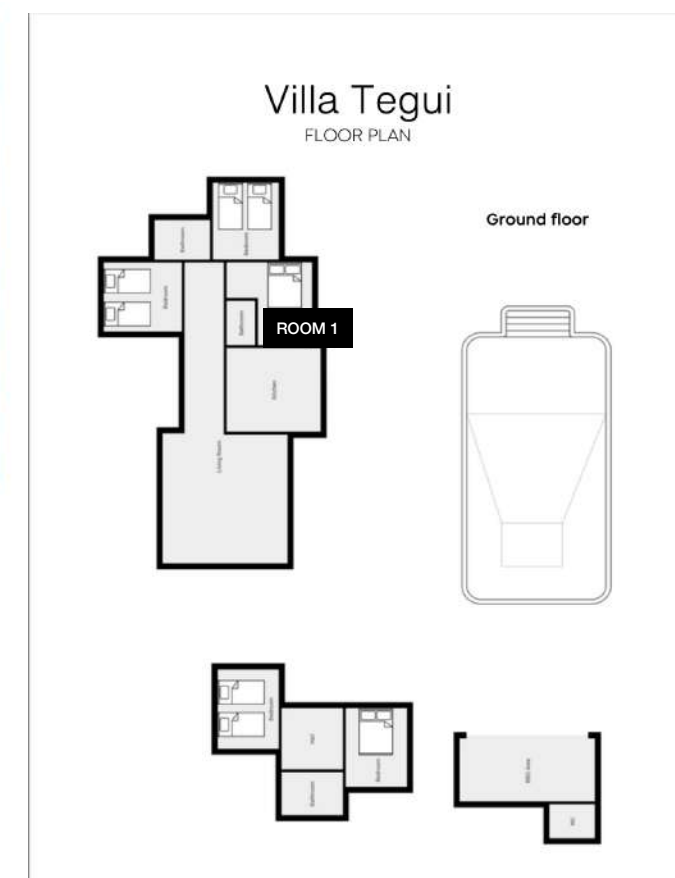
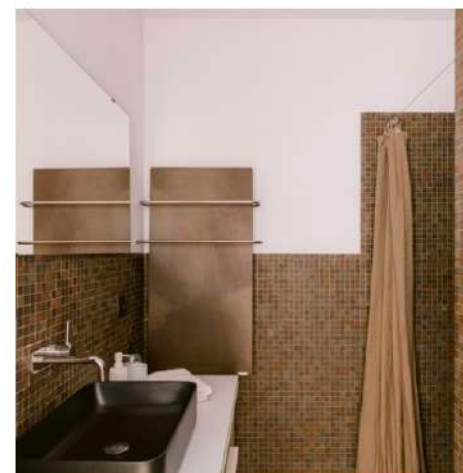
single person

Total
€2500 3 nights 3 days

Option 2

2 people shared

Total
€3500 - €1750 each



Room 2

2 Single beds shared room and shared bathroom in main house

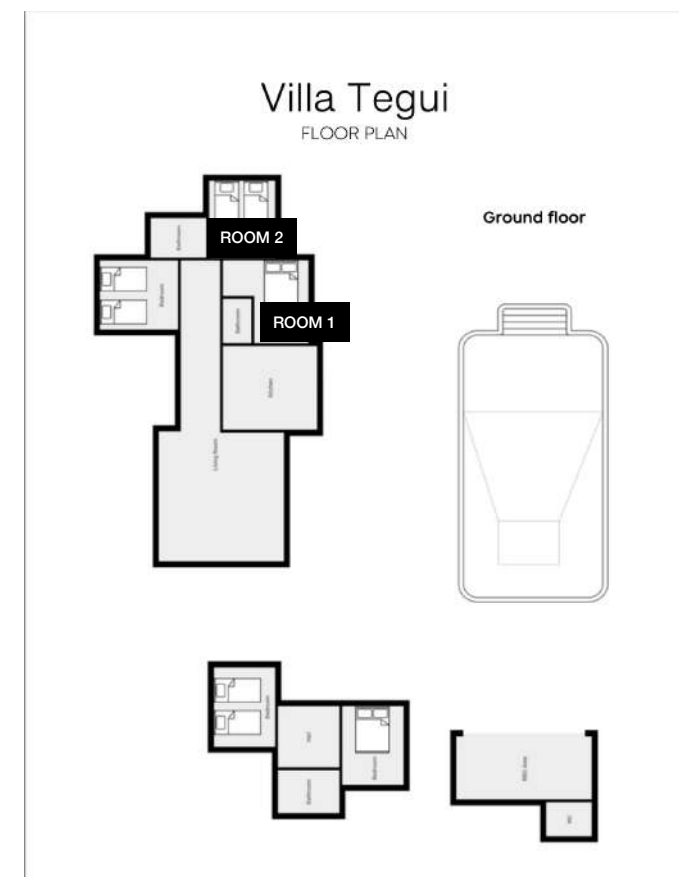
Suitable 1 person, friends

PRICES €

Option 1

single bed

Total
€1100 per person 3 nights 3 days



Room 3

2 Single beds shared room and shared bathroom in main house

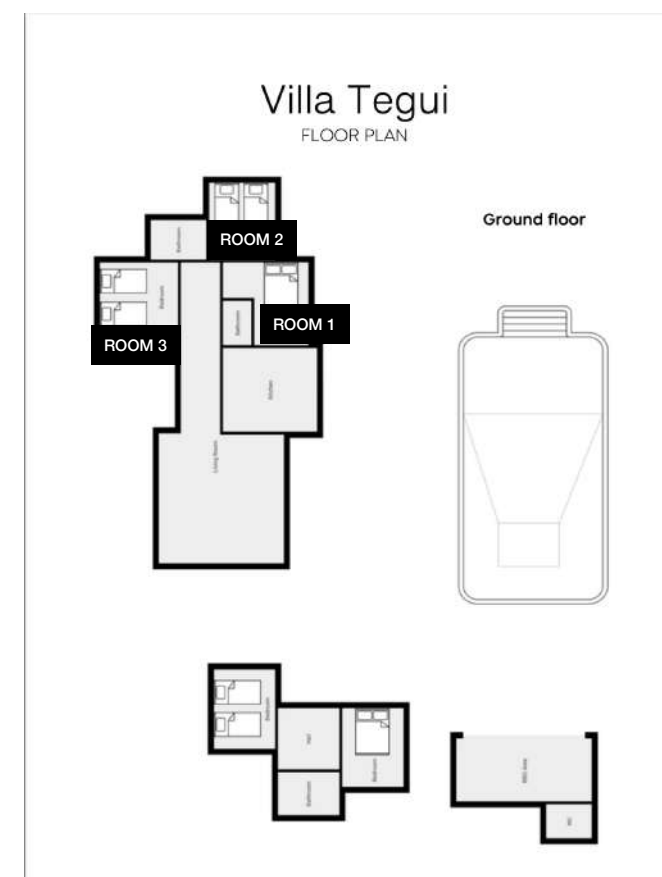
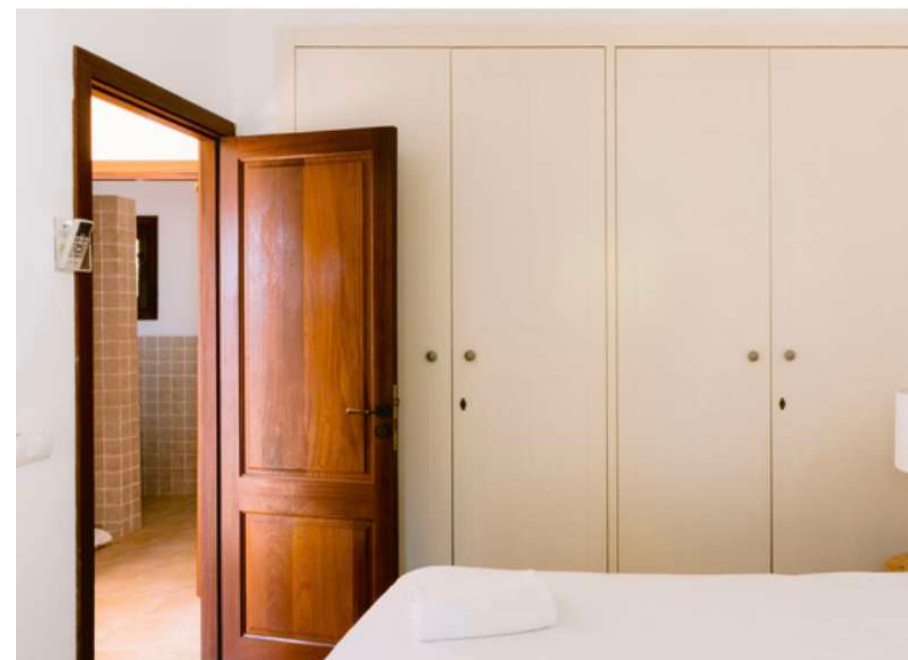
Suitable 1 person, friends

PRICES €

Option 1

single bed

Total
€1100 per person 3 nights 3 days



Room 4

2 Single beds shared room and shared bathroom in main house

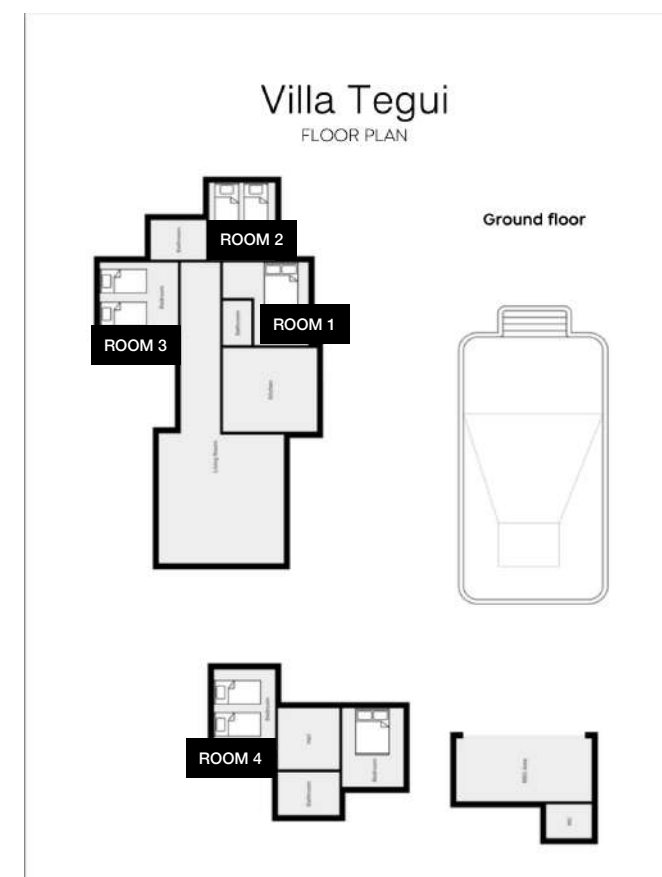
Suitable 1 person, friends

PRICES €

Option 1

single bed

Total
€1100 per person 3 nights 3 days



Room 5

1 Double bed with shared bathroom

Suitable 1 person, 2x friends or a couple

PRICES €€

Option 1

single person

Total
€2000 3 nights 3 days

Option 2

2 people shared
Total
€3200 - €1600 each

