



‘Yoga + The Elements’

A wellness retreat at Can Tegui in Ibiza
16th-19th October 2026
with Dara Dorsman

INFORMATION;

'YOGA + THE ELEMENTS' RETREAT
IBIZA, SPAIN

16th-19th October 2026 (3 nights/3 days)

Information:

Dara's contact details;
dara.yoga.flows@gmail.com
+447527896071
@dara_flows

What is included?

3 nights accommodation
Daily abundant breakfast lunch and dinner
Daily meditation
Daily yoga; vinyasa, mandala, rocket and yin
Water, tea, coffee on offer throughout the day
Specialised workshops tbc
Ice bath challenge
Beach trips
Nature walks
Welcome drinks
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 workshop tbc
Meal out





ABOUT;

The Retreat

You are invited to join a rejuvenating yoga and wellness retreat hosted by Dara on the beautiful island of Ibiza, Spain.

Enjoy three nights and three full days at the stunning Can Tegui villa, surrounded by nature and designed to help you slow down, reconnect, and recharge. Return home feeling refreshed, clear, and inspired, with meaningful memories and new connections that may last a lifetime.

Who Is This Retreat For?

Everyone. Whether you are completely new to yoga or a seasoned practitioner, the classes are designed to meet you where you are. With variations and modifications offered throughout, each practice is accessible and welcoming to all levels.

This retreat is your experience. You are free to participate in as much or as little as you wish.

The invitation is simply to ask yourself:

How would you like to feel at the end of this weekend?

In a world that constantly asks us to do more, this retreat offers a chance to pause, breathe, and reconnect with what truly matters.

Yoga + The Elements

Inspired by the rhythms of nature and the changing seasons, *Yoga + The Elements* invites you to slow down and realign with yourself. Through yoga, meditation, nourishing food, nature, and community, you will be supported in finding greater balance, clarity, and wellbeing. If you are seeking rest, harmony, connection, or a fresh perspective, this retreat is for you.

Reviews

Autumn 2024

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

Spring 2025

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

@kaate_butle

"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

Autumn 2025

"Dara's retreat was pure magic! ✨ She created such a warm, beautiful space for everyone to truly unwind. I loved the mix of yoga styles each morning and then ending the day with the most relaxing yin sessions.

Ruby's cooking was also incredible – nourishing, delicious and made with so much love. I left feeling grounded, light, and deeply reset. Would 100% recommend and can't wait for the next one! 😊"

Molly

"Dara's retreat was not only a gorgeous experience overall but leaves you in a more positive mindset when you leave, too. She's a great, insightful host and inspiring yogi. The added options like massage and reiki are well worth doing to add to the relaxation. It was my first ever retreat and I feel like it's been great for mind and soul!"

Tess



About Dara

Meet Your Host, Dara

Imagine waking up to the beauty of Ibiza, moving your body with intention, and reconnecting with yourself in a supportive and inspiring environment.

Dara is an Ibiza-based yoga teacher with over 650 hours of training in Vinyasa, Mandala, Rocket, and Yin Yoga. Known for her warm, playful, and inclusive teaching style, she creates dynamic classes that challenge and nourish while remaining accessible to practitioners of all levels.

Having grown up between Holland, London, and Ibiza, Dara's path has been deeply influenced by travel, culture, and a lifelong connection to the island she now calls home. Yoga became her anchor through life's many transitions, offering a sense of grounding, resilience, and connection that she now loves sharing with others.

Her approach combines movement, traditional yogic wisdom, and a genuine passion for helping people feel more connected to themselves, to nature, and to the present moment.

This retreat is **more than a yoga holiday**. It's an invitation to experience the authentic spirit of Ibiza through Dara's local knowledge, favourite hidden spots, and deep love for the island.

Expect soulful practices, meaningful connections, beautiful surroundings, and plenty of space to rest, explore, and recharge.

Join Dara in Ibiza this October and immerse yourself in a transformative week of yoga, sunshine, community, and island magic.

✨ All levels welcome. Come exactly as you are.



Yoga Information

Yoga Information

Each morning and evening begins with a 15-minute guided meditation followed by a yoga practice. Morning sessions may include Vinyasa, Mandala, or Rocket yoga, while the evenings are dedicated to restorative Yin yoga.

The intention is to offer a variety of styles throughout the retreat, allowing you to explore different approaches to movement, breath, and mindfulness while deepening your understanding of yoga.

Vinyasa

A dynamic and creative flow where movement is linked with breath. Classes are designed to suit the energy of the group and are accessible to all levels, encouraging strength, mobility, and presence.

Mandala

Inspired by the Ashtanga tradition, Mandala yoga moves around the mat in a circular flow rather than a linear sequence. Each class is themed around one of the natural elements, Earth, Water, Fire, or Air, reflecting the essence of the *Yoga + The Elements* retreat.

Rocket

A playful and energising style rooted in Ashtanga yoga. Rocket builds strength, confidence, and heat while offering accessible variations, making it suitable for both experienced practitioners and newcomers.

Yin

A slow and meditative practice where poses are held for several minutes to target the connective tissues and fascia. Yin encourages deep relaxation, supports nervous system regulation, and creates space for physical and emotional release.



AUTUMN RETREAT









Accommodation

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

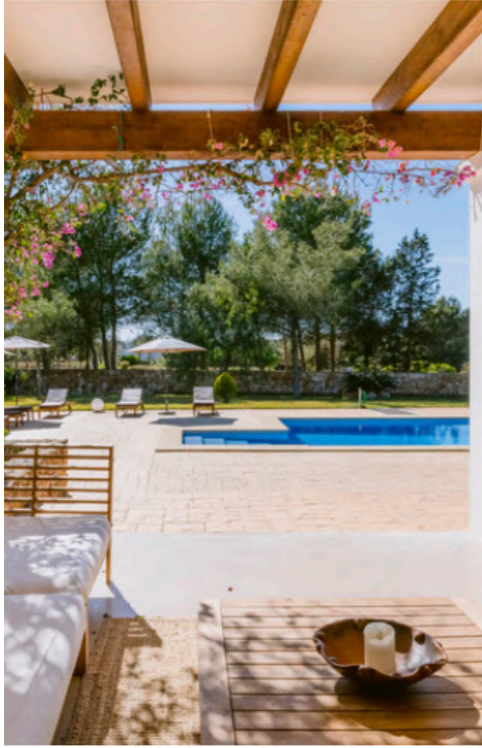
WIFI

Prices given on the rooms

Includes accommodation, food, yoga classes and other booked facilitators.

*Excludes Iva *21%, transport, insurance and massages)*





Room 1

Premium suite

1 Double bed with private bathroom

Suitable 1 person, 2x friends or a couple

PRICES €€

EARLY BIRD

(ends 1st August)

*Single occupancy €2500

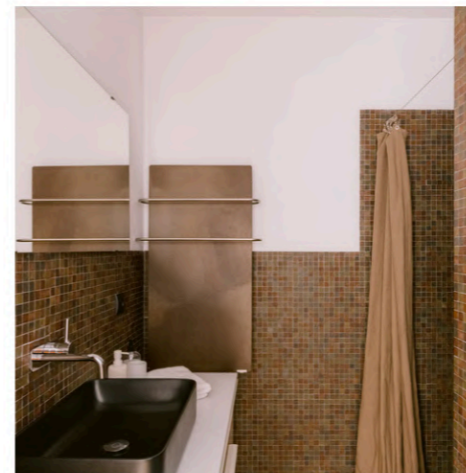
*Couple (2 sharing) €3700 ***€1850 pp**

STANDARD PRICE

(STARTS 1st August)

*Single occupancy €2800

*Couple (2 sharing) €4000 ***€2000 pp**



Room 2

Standard Shared

Twin room + shared bathroom
in main house

Suitable 1 person OR 2 for friends

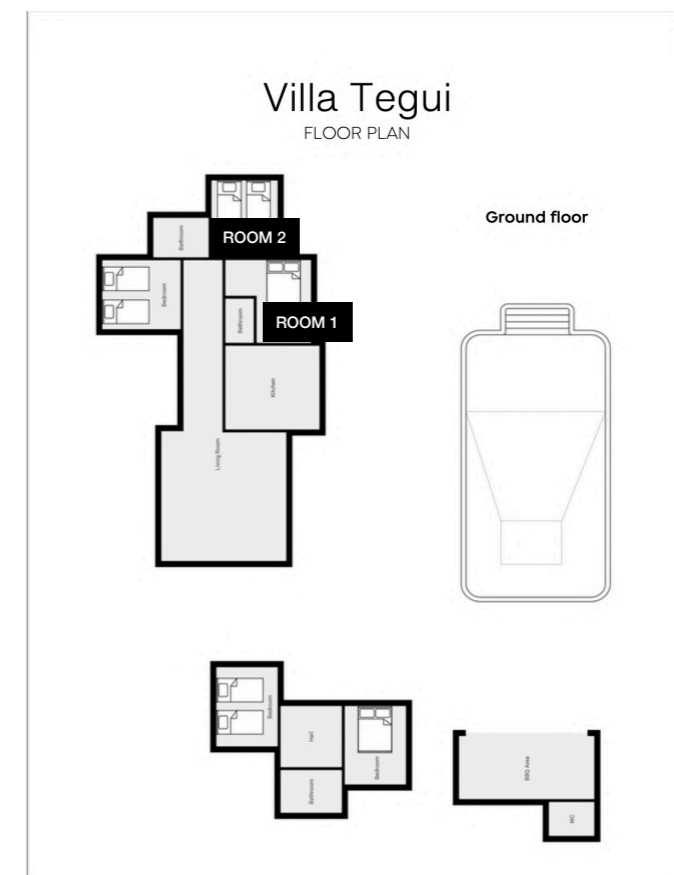
PRICES €

EARLY BIRD
(ends 1st August)

*Single bed €1100

STANDARD PRICE
(STARTS 1st August)

*Single bed €1250



Room 3

Standard Shared

Twin room + shared bathroom
in main house

Suitable 1 person OR 2 for friends

PRICES €

EARLY BIRD

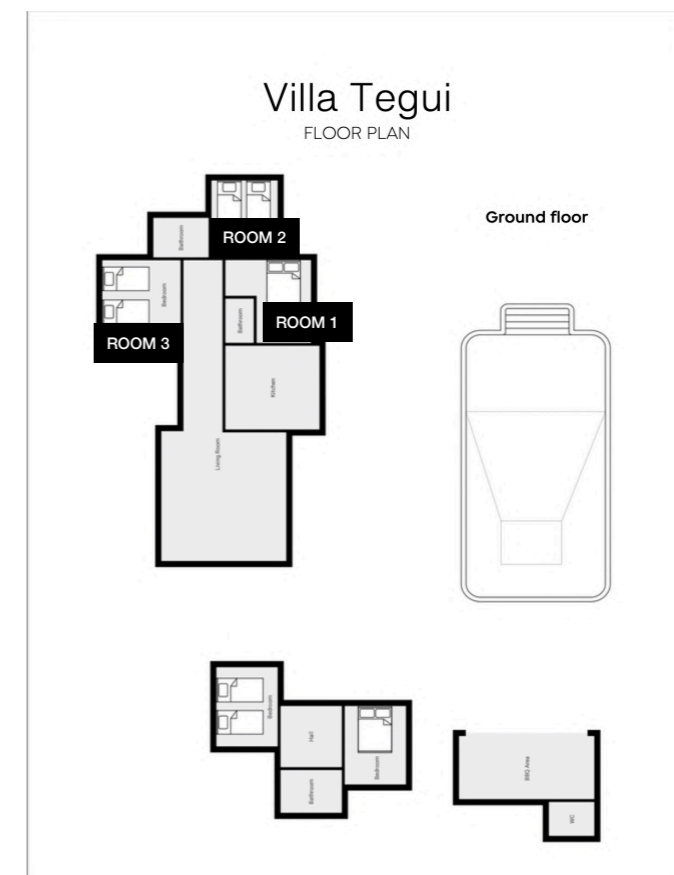
(ends 1st August)

**Single bed €1100*

STANDARD PRICE

(STARTS 1st August)

**Single bed €1250*



Room 4

Standard Shared

Twin room + shared bathroom
in out house

Suitable 1 person OR 2 for friends

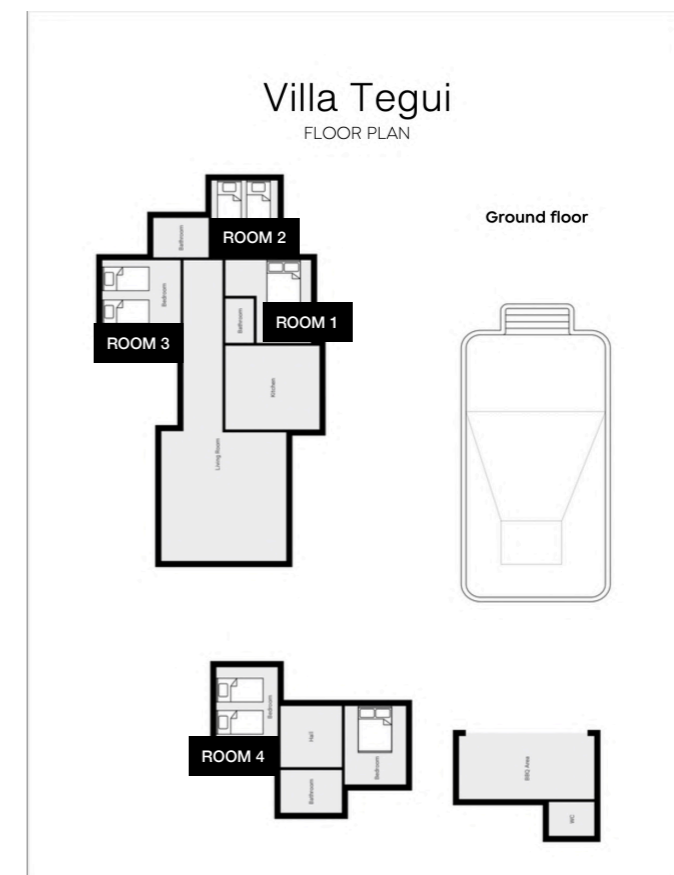
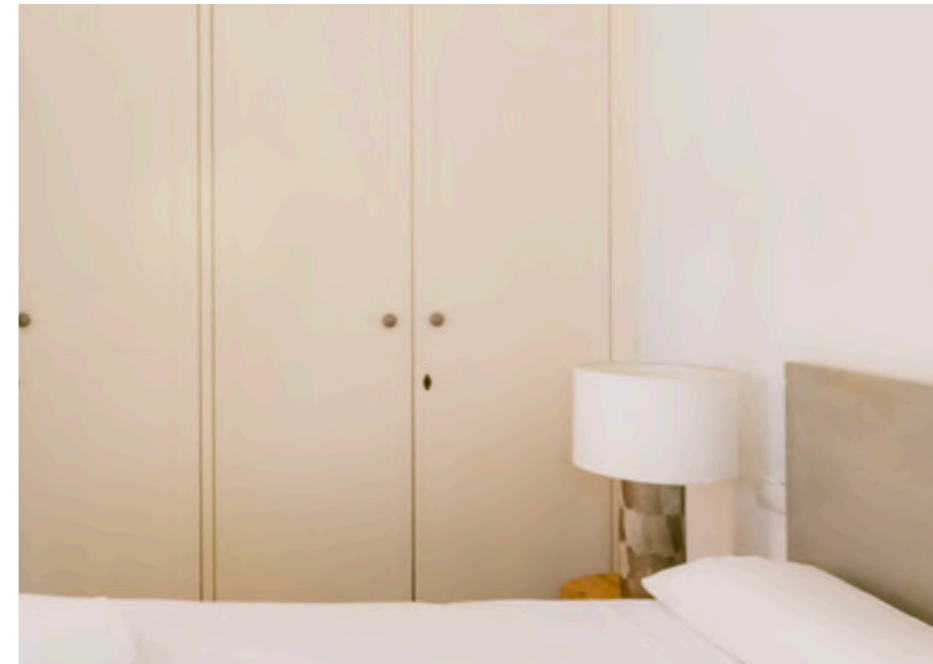
PRICES €

EARLY BIRD
(ends 1st August)

**Single bed €1100*

STANDARD PRICE
(STARTS 1st August)

**Single bed €1250*



Room 5

Premium room

Double bed + shared bathroom

Suitable 1 person, 2x friends or a couple

PRICES €€

EARLY BIRD
(ends 1st August)

*Single occupancy €2100

*Couple (2 sharing) €3300 *€1650 pp

STANDARD PRICE
(STARTS 1st August)

*Single occupancy €2300

*Couple (2 sharing) €3600 *€1800 pp

