‘Yoga + The Elements’

A wellness retreat at Can Tegui in
Ibiza 15th-18th October 2027
with Dara Dorsman

INFORMATION;

'YOGA + THE ELEMENTS' RETREAT
IBIZA, SPAIN

15th-18th October 2027 (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

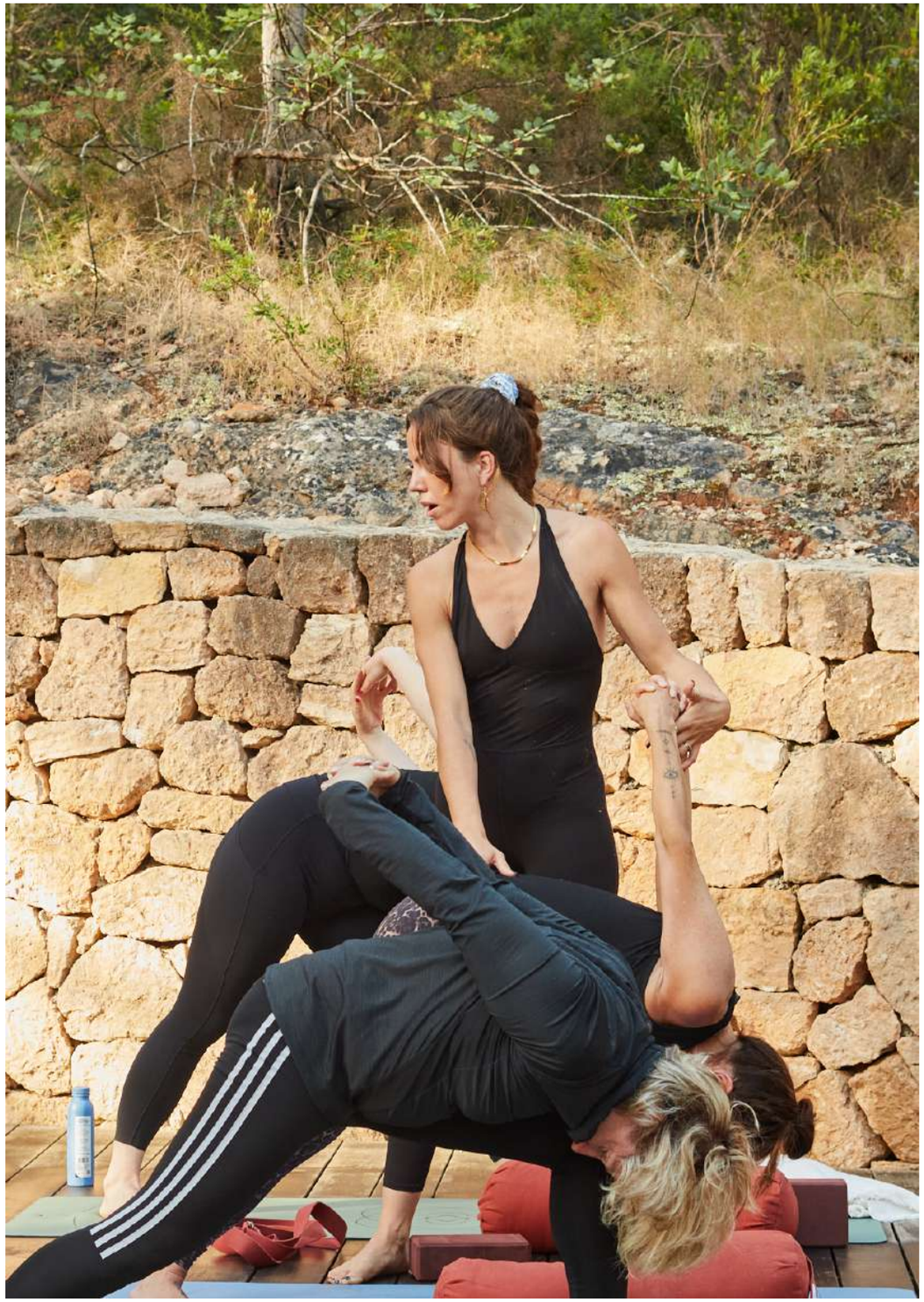
"Had the best experience with the most lovely people. Dara has opened my eyes to a whole new world. Forever grateful for this wonderful experience and hope to be back every year."

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

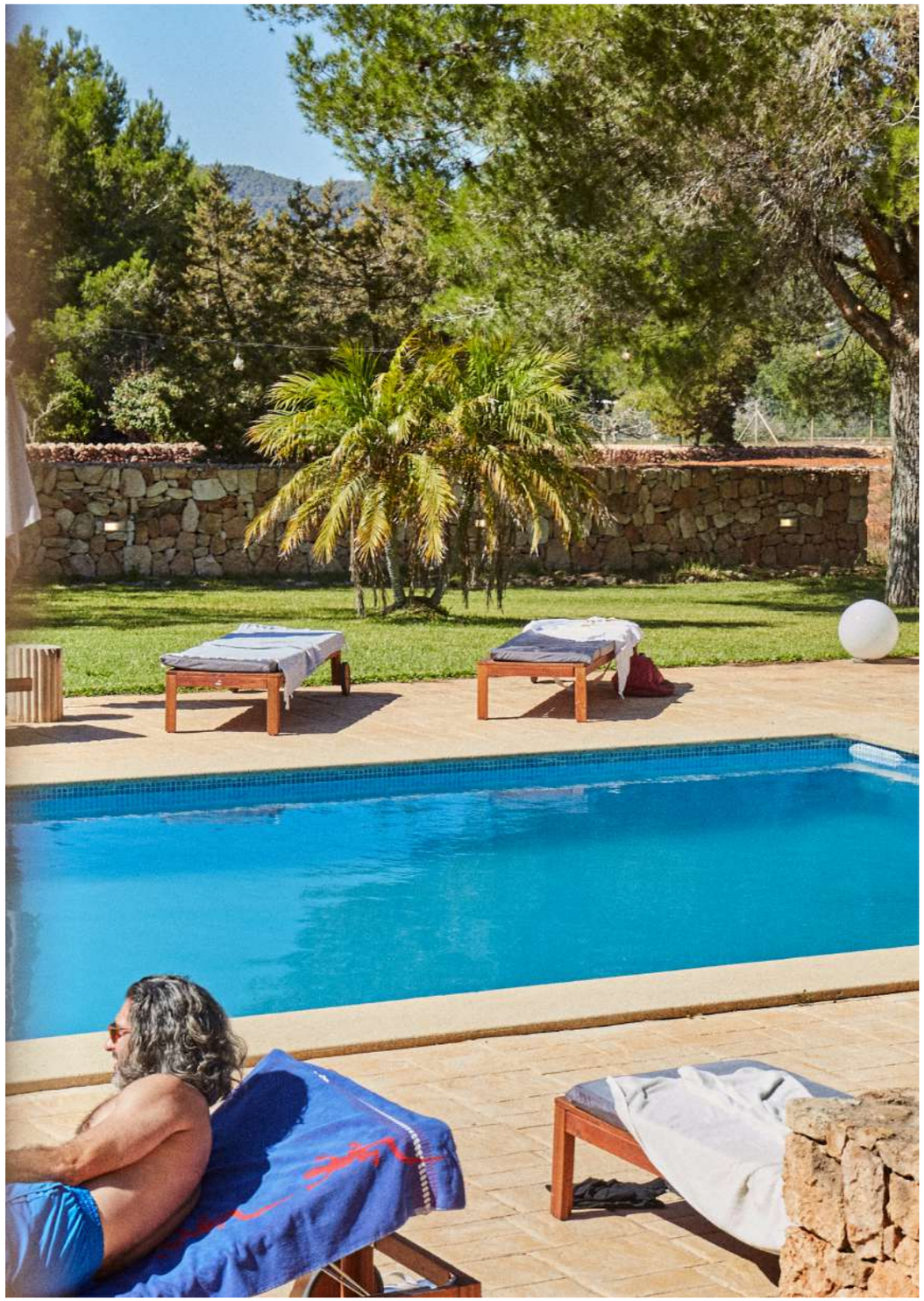
Autumn 2025

"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.

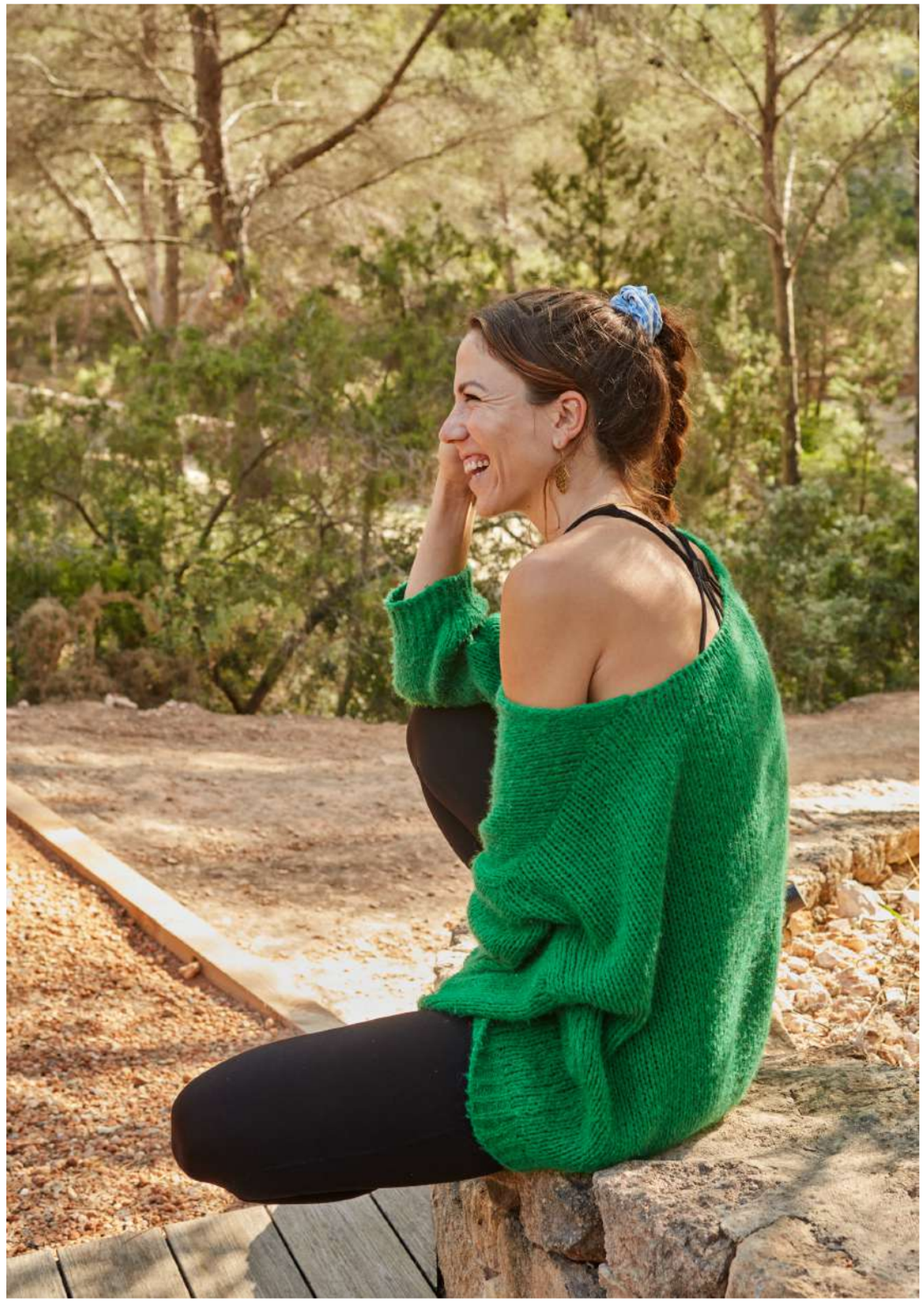
Her approach combines movement, traditional yogic wisdom, and a genuine passion for helping people feel more connected to themselves, to nature, and to the present moment.

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.

Facilitators

FLOWS

Meet Our Facilitator

Sapphire Leena

BREATHWORK FACILITATOR

Born and raised in Ibiza, Sapphire's journey through yoga, healing, and personal transformation led her to discover the profound power of breathwork.

Having experienced her own path of healing, she is passionate about creating safe and supportive spaces where others can reconnect with themselves, release emotional blockages, and step into greater clarity and purpose.

Through guided breathwork journeys, Sapphire invites participants to access deeper layers of awareness, cultivate self-compassion, and experience meaningful inner transformation.

In This Workshop You Will

CONNECT
Deepen your connection to yourself and your breath.

RELEASE
Let go of emotional tension and limiting patterns.

HEAL
Create space for self-discovery and transformation.

RENEW
Leave feeling lighter, clearer, and more aligned.

Experience the transformative power of conscious breathing in a safe and supportive space.
Leave feeling grounded, empowered, and deeply connected to yourself.

JOINING US AT YOGA & THE ELEMENTS 2026

FLOWS

Meet Our Facilitator

Cherish Brouwer

FACE YOGA FACILITATOR

Cherish leads a rejuvenating Face Yoga workshop that blends mindful movement and deep release to naturally lift, tone, and restore your glow from within.

Through guided facial exercises, mindful breathing, and gentle techniques, you'll release tension, awaken circulation, and train your facial muscles for a refreshed, radiant complexion.

In This Workshop You Will

RELEASE & RELAX
Let go of facial tension and stress.

TONE & LIFT
Strengthen and sculpt facial muscles.

BOOST CIRCULATION
Awaken your glow from within.

FEEL RADIANT
Enjoy a natural lift and lasting glow.

A self-care practice your body will thank you for.
Feel naturally lifted, radiant, and deeply relaxed.

JOINING US AT YOGA & THE ELEMENTS 2026

Facilitators

FLOWS

Meet Our Facilitator

Kim Lewis

BODY & FACE MASSAGE THERAPIST

Kim creates a nurturing space for deep relaxation and renewal through the healing power of touch.

With over twenty-five years of experience as a massage therapist, Kim has dedicated her career to transforming the bodies of her clients.

She skilfully combines a range of massage techniques, using Swedish massage for deep relaxation and deep tissue massage to relieve stress, tension and muscle injury.

Kim's intuitive touch brings elasticity and firmness to the skin and muscles, resulting in a face that is plumped, defined and contoured.

In This Workshop You Will

RELEASE
Melt away stress and tension.

RESTORE
Support deeper relaxation and muscle recovery.

REVITALIZE
Improve elasticity and firmness for healthy, radiant skin.

RENEW
Leave feeling lighter, refreshed and renewed.

Experience the healing touch that restores balance, relieves tension, and brings you back to your best self.
Relax. Restore. Radiate.

JOINING US AT YOGA & THE ELEMENTS 2026

FLOWS

Meet Our Host

Dara Dorsman

YOGA FACILITATOR

Dara guides playful, balanced yoga practices that honour both tradition and individuality.

Drawing inspiration from her upbringing between Holland and Spain, she creates a welcoming space where students can explore movement, breath, and mindfulness at their own pace.

Through years of teaching and personal practice, Dara has discovered yoga as a powerful tool for grounding, balance, and connection in everyday life.

In This Workshop You Will

GROUND
Find stability and presence.

STRENGTHEN
Build confidence through movement.

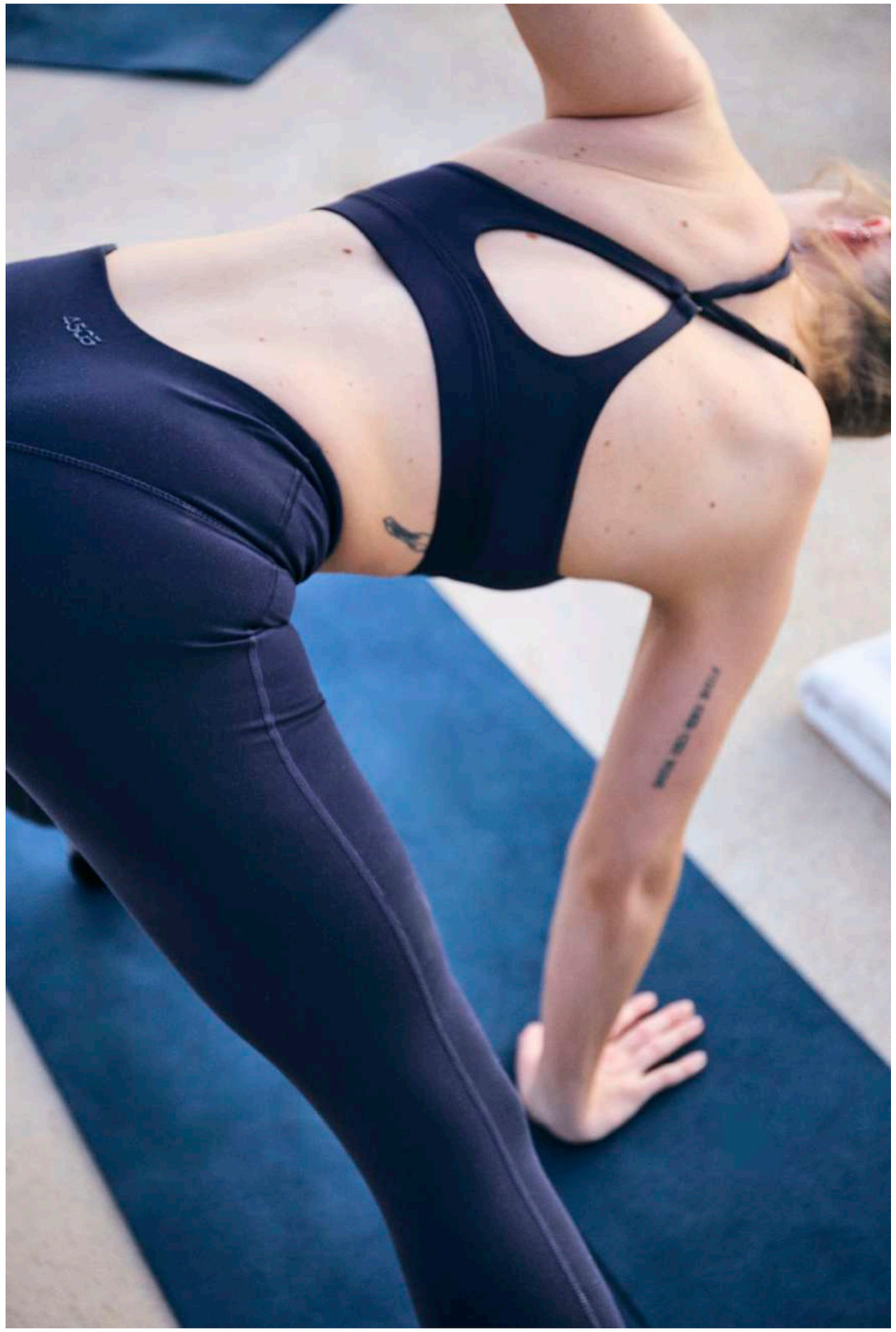
EXPLORE
Deepen your connection to self.

BALANCE
Cultivate calm, clarity, and wellbeing.

Expect a nourishing practice that blends movement, mindfulness, and authentic yoga traditions.

JOINING US AT YOGA & THE ELEMENTS 2026

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

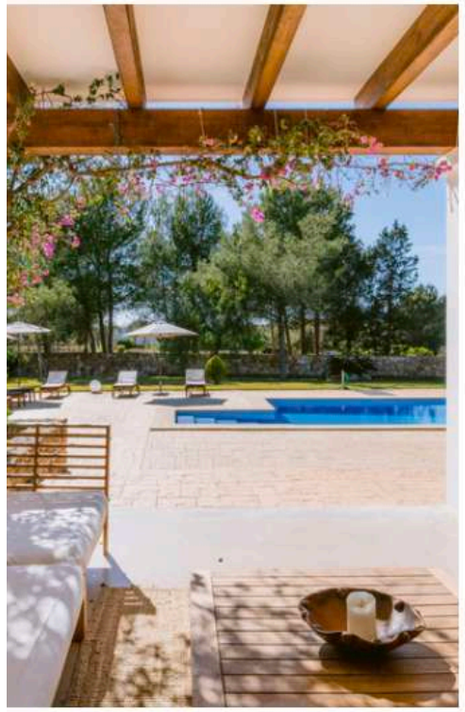
Security with alarm system and safety deposit

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

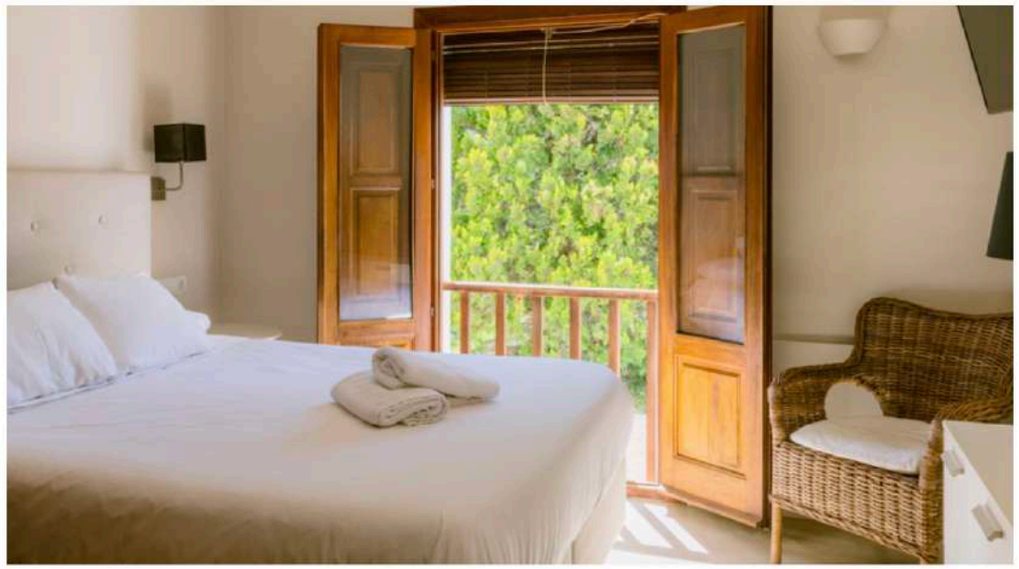
PRICES €€

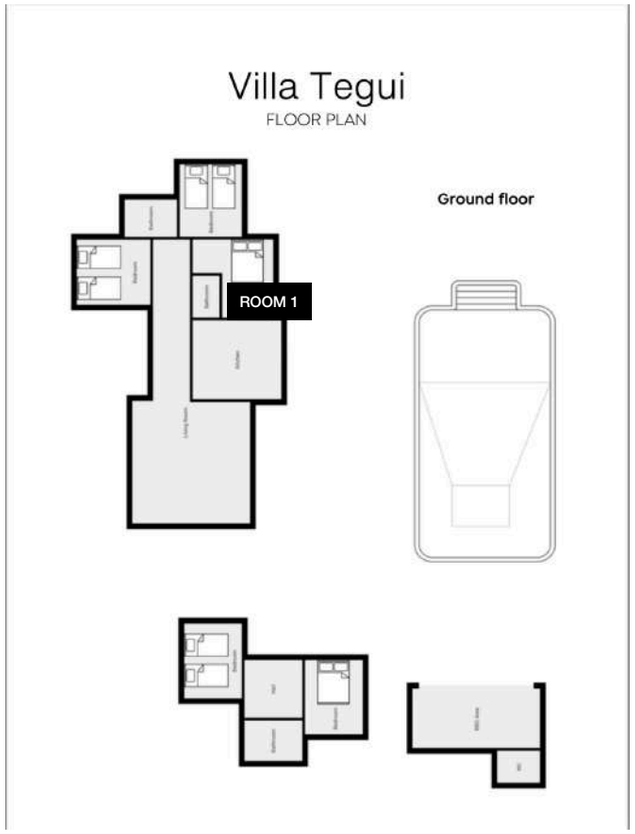
EARLY BIRD
(ends 1st August)

**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

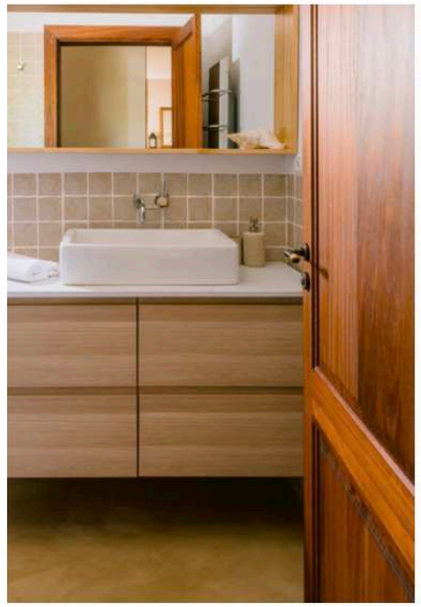
PRICES €

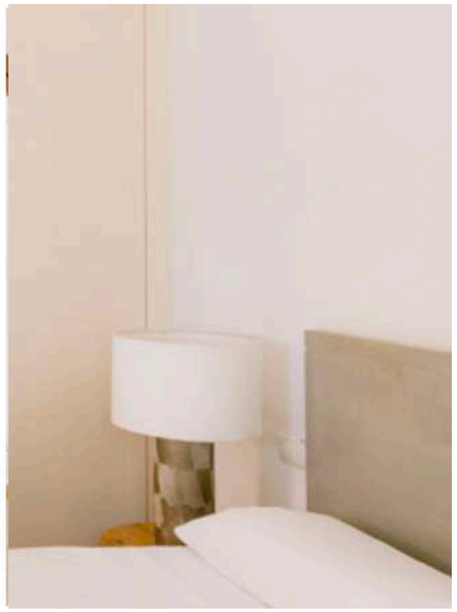
EARLY BIRD
(ends 1st August)

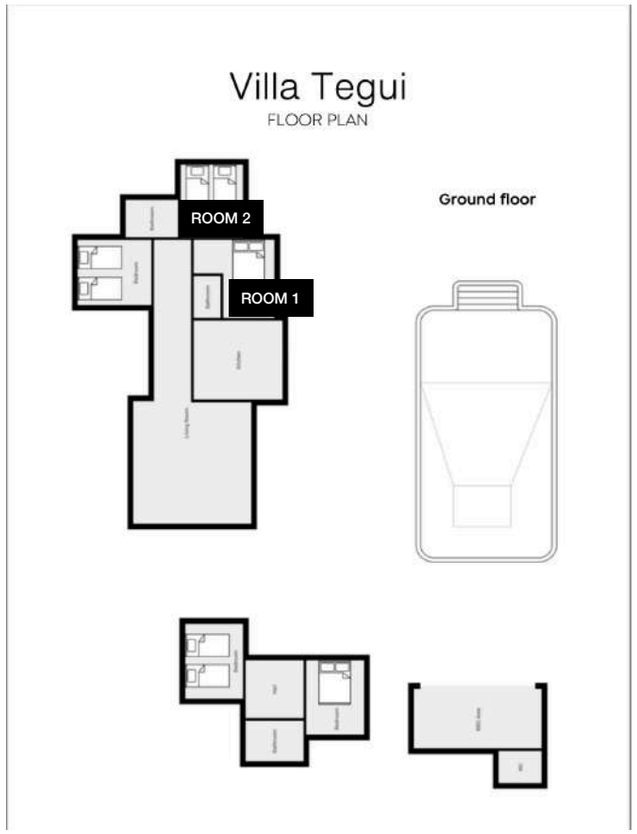
**Single bed €1100*

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

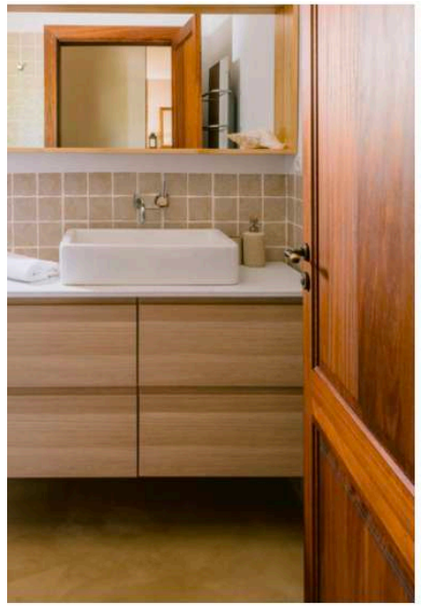
PRICES €

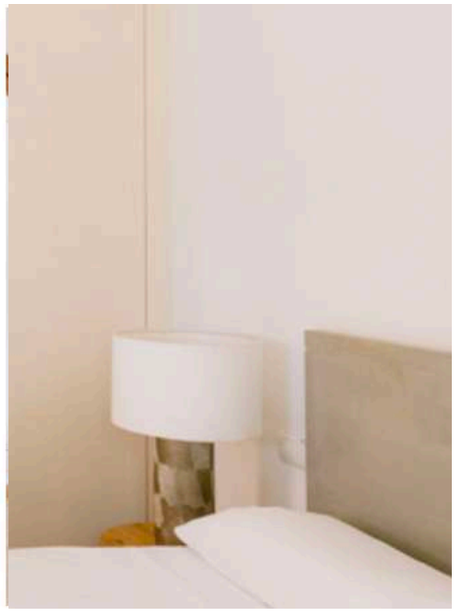
EARLY BIRD
(ends 1st August)

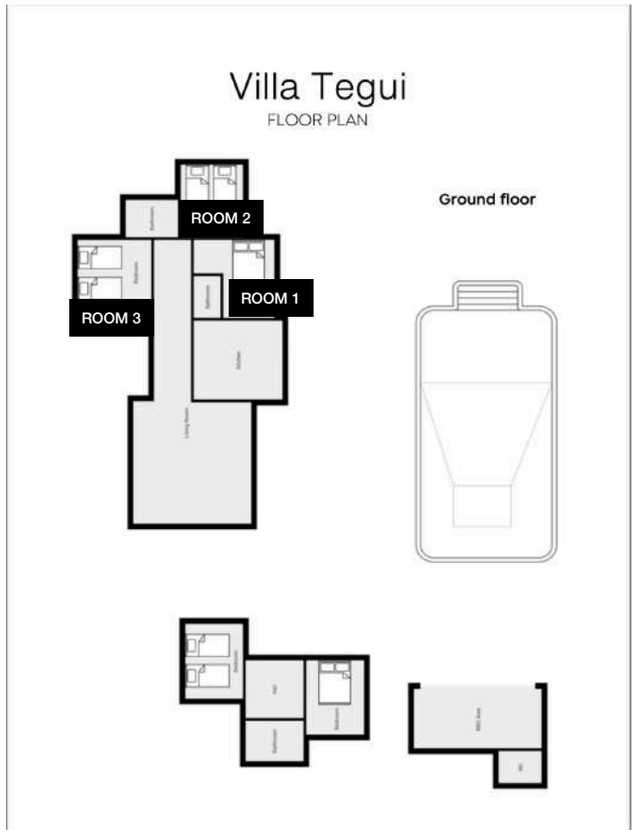
**Single bed €1100*

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

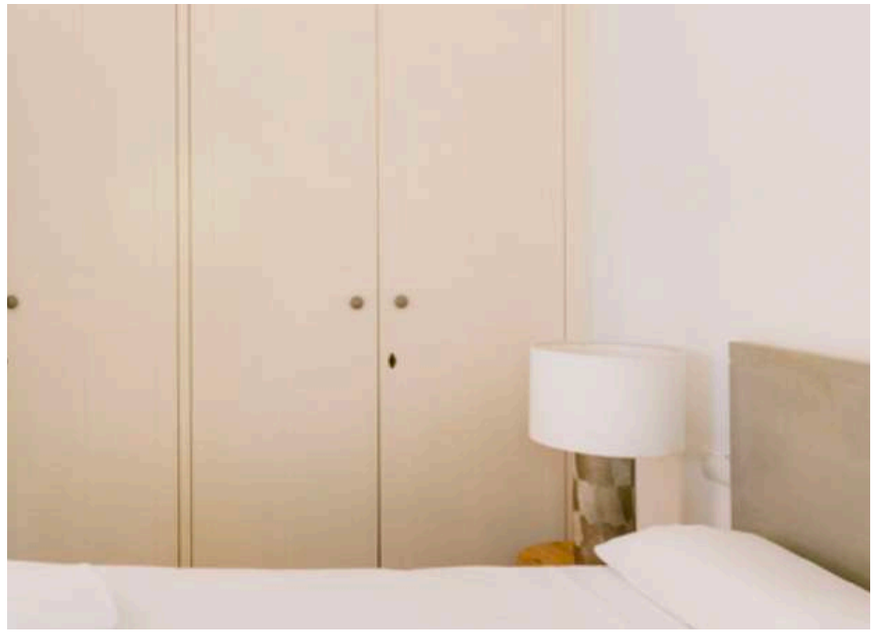
PRICES €

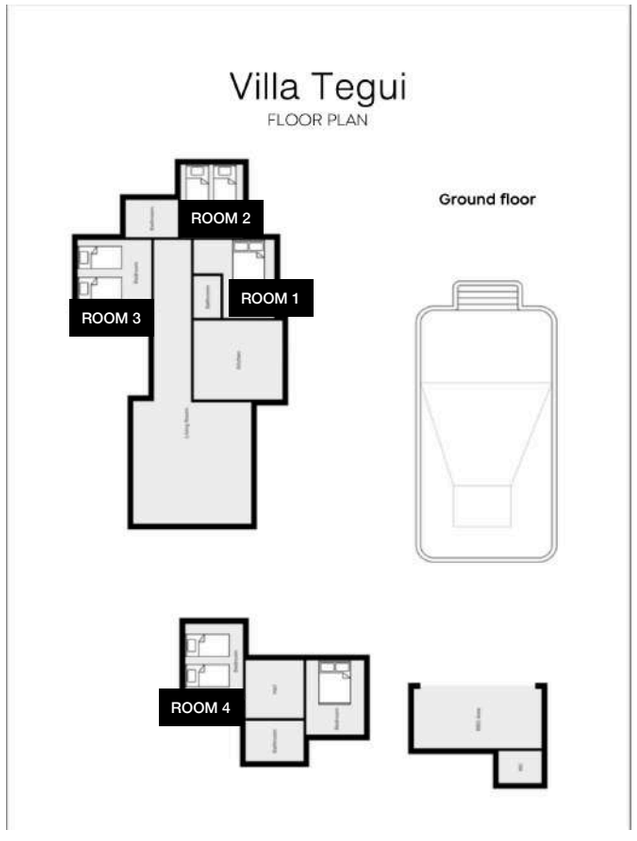
EARLY BIRD
(ends 1st August)

**Single bed €1100*

STANDARD PRICE
(STARTS 1st August)

**Single bed €1250*





Room 5

Premium room

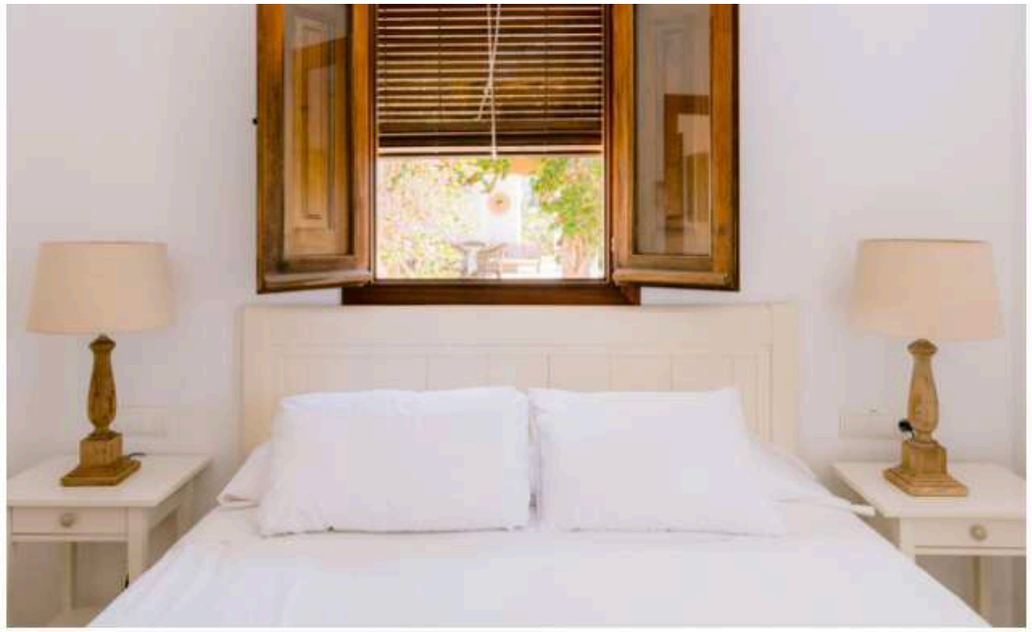
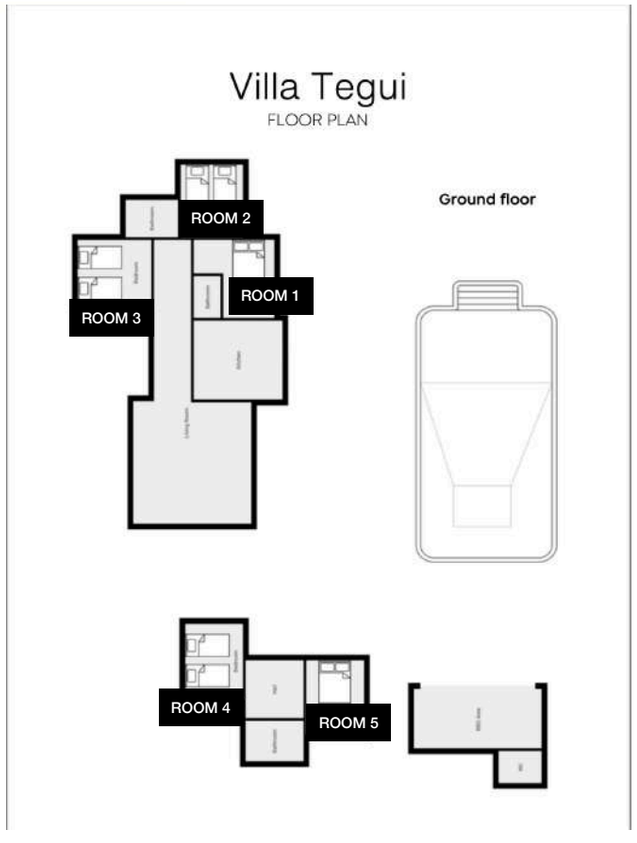
Double bed + shared bathroom

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*