

A person wearing a cream-colored dress with intricate orange and brown paisley patterns is shown from the waist down. They are barefoot and playing a large, dark metal Tibetan singing bowl with a wooden mallet. The bowl is placed on a colorful, floral-patterned mat on a light-colored wooden floor. Several other singing bowls are visible in the background, some resting on mats and others on the floor. The overall atmosphere is serene and focused.

IBIZA

Wellness Retreat

30th Oct - 2nd Nov 2024

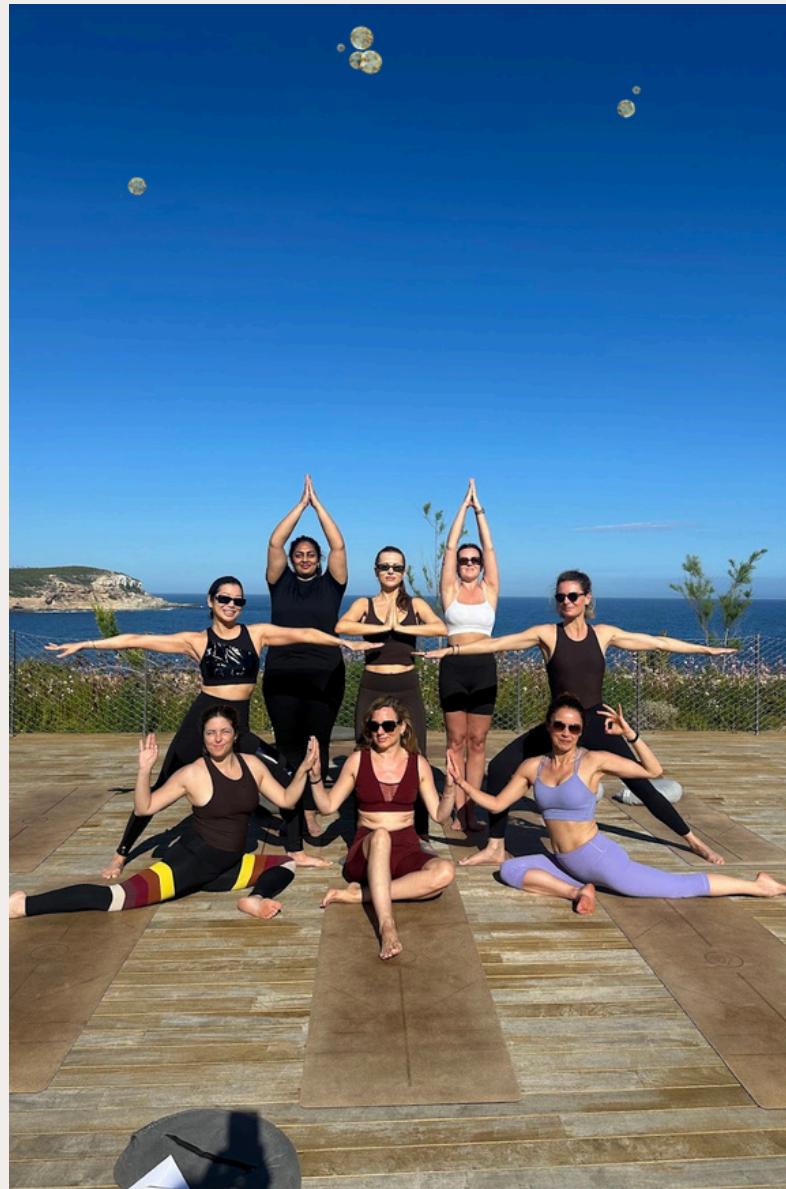
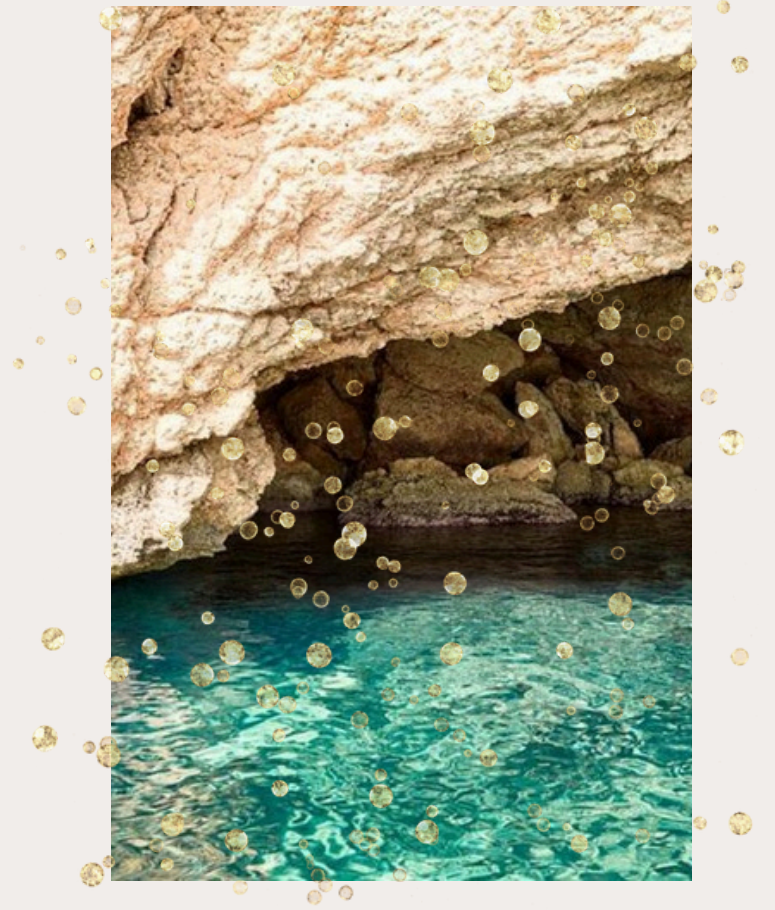
SIX SENSES

Presenting

Wellness Senses

A Symphony of Senses
Retreat

Autumn Edition



We warmly invite you

to join our **autumnal edition** of the *Symphony of Senses* Wellness Senses retreat, held at the enchantingly magical *Six Senses Ibiza*.

As the days become shorter and the temperature begin to cool, we palpably watch nature shed it's former vibrant summer self, and begin to lay itself bear to the harsh winter elements.

The beautiful golden hues of change are not to be feared, rather observed as a special period of transformation. It invites us to calm our rhythm of life, release the past and step into a space of reflection, confirmation, and grounding.

On this retreat you will be guided to reconnect with your inner self, relinquish expectations and judgement and practice living a more spiritually attuned way of being.



The background of the page is a soft, out-of-focus bokeh effect. It features a mix of green and yellow light spots of varying sizes, creating a dreamy and ethereal atmosphere. The colors transition from a darker green on the left to a lighter, more yellowish-green on the right.

Itinerary

Wednesday

3:00 pm *Check-in*

5:00pm *Fire Circle Welcoming Ceremony*

8:00pm *Dinner*

Thursday

8:30am *Morning Yoga*

9:30am *Breathwork*

10:00am *Breakfast*

1:00pm *Body Attack*

3:00pm *Lunch*

6:30pm *Manifestation &
Visualisation Meditation*

7:00pm *Crystal Heart Opening
Sound Bath*

8:00pm *Dinner*

10:00pm *Halloween Special*

Friday

9:15am *Morning Meditation on the
Rocks*

9:40am *Morning Yoga*

10:30am *Breakfast*

1:00pm *Power Yoga*

3:00pm *Lunch*

6:30pm *Tibetan Chakra Sound
Healing*

8:00pm *Dinner*

Arriving early or staying on?

Here are some of our top spots.

As temperatures drop and the crowds thin out, the island adopts a more relaxed pace of life, providing visitors with a non-proformative and more tranquil experience of the island.

Restaurants *La Paloma, Laylah, Macao Café Sta Gertrudis, Cotton Club, Zitya*

Clubs *DC10, Pacha, Amnesia, Ushuaïa*

Beaches *Platja de s'Aigua Blanca, Cala Gracioneta, Cala d'Hort, Benirràs*

Hippy Markets *Friday:*
Sunset Market Punta Arabí, Santa Gertrudis Artisan Market, Ibiza Town Harbour, Mercat Vell, Mercat Nou, Playa d'en Bossa Hippy Market, Santa Eulalia

Saturday:
Ibiza Town Harbour, Playa d'en Bossa Hippy Market, Santa Eulalia, Organic food & Craft Market San José, Mercadillo Sant Jordi (car boot)

How it goes...

Away from planned activities, enjoy the spa, chill by the pool or head off to the beach after lunch...on this retreat we'll be a community, but you have a good dose of DIY time.

We wake up slowly, encourage a tech-free evenings to encourage good sleep. We're here for clinking a glass or two, taking it easy, but also vibing with our bodies in a beneficial way - movement, sound, breathing, ground, BEING.

This retreat is for those who needs some space to let-go of seriousness & re-connect with the JOY and playfulness of life.





Testimonials



“We had the most amazing trip to Ibiza with Boo and Svetlana taking care of every little detail. They surprised us with personal messages, lovely gifts, and created a truly magical experience. At first, I was a bit skeptical about things like stone energy and sound healing, but I trusted the community—and wow, was I blown away! Those activities really grounded and balanced me. When I returned to my kids and everyday obligations, I felt like a whole new person—happy, full of energy, and swimming in endorphins. Plus, our workout sessions (especially body attack!) were way more fun than the famous opening parties in Ibiza! I can't say enough about the beautiful and smart women who joined us. We're already planning our next get-together. It was truly a mindset-changing experience!”

Anna Lacheta, London



“Wellness Senses retreat promised to help guests reconnect with joy, boost self confidence and connect to the present moment through engaging the senses...and it certainly delivered! Boo and Svetlana are the most energetic, joyful and playful duo that are infectious to be around. They connected a wonderful, inspiring group of women who were instantly bonded through a shared wish to better connect to themselves and a community. Every tiny detail was looked after from before the retreat started, throughout every class and meal, and after the retreat ended. I left walking taller, finding my self confidence again and feeling pure joy which I haven't felt in years. The programme allowed for a variety of wellness activities from exercise to the more spiritual so there was something for everyone and free time to explore the stunning Six Senses Ibiza. The impact of the retreat will last me a lifetime and I'm so grateful to have been able to take part. Highly, highly recommend.”

Laura Hill, London



“The wellness retreat exceeded my expectations - it was the perfect blend of relaxation, fun, rejuvenation and inspiration! It was clear that every detail had been thoughtfully curated by Svetlana and Boo to reflect health, sustainability, and joy. They also made each experience special and inviting, including yoga sessions for beginners, and built in flexibility into our schedules so we could explore the resort or island. Svetlana's sound healing sessions are otherworldly! The retreat was the reset I was looking for, and I left feeling refreshed with new friendships!”

Betty Yu, San Fransico

Testimonials continued...



My experience at the Wellness Senses retreat in Ibiza was absolutely transformative. Each day began with gentle movement sessions that reconnected me with my body and breath. Face yoga with Boo brought a surprising sense of relaxation and rejuvenation to my daily routine. Svetlana's Tibetan sound healing session was a profound journey into inner peace, unlike anything I had experienced before.

I had a truly wonderful time with feminine energy. Wellness Senses are professional and fun, and they are dedicated to every little detail to make the experience high-quality and beautiful. For me, the highlight was the guided meditations and manifestation practices, which helped me focus my intentions and find clarity.

I loved it so much that I'm already thinking about doing it again! This retreat is a sanctuary for anyone looking to realign their mind, body and spirit. I came back home feeling balanced and recharged.

Sandra Gültan, Warsaw



The retreat was well organised and put together in a way to nourish our minds, bodies and spirits. It was great to connect with new people and the personal touches and care from our hosts was incredible. I came home with a refreshed sense of self!

Nirja Joshi, London



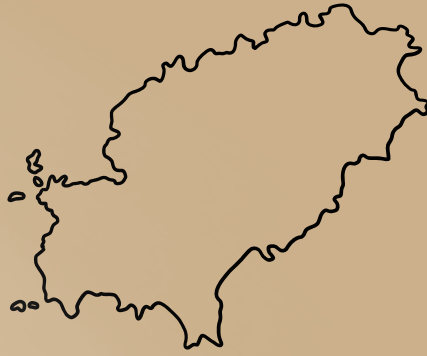
I am so pleased I joined your retreat 🙏

Exactly what I needed with my intentions to relax and be inspired fulfilled 🙏

Thank you for it all ❤️ I loved the group of girls and you make a great duo with fabulous Svetlana 😊, loved all the intentions and details along the journey, the vibe, the amazing venue and the Rose bar and cold plunge, the classes and activities, all the gifts 🙏, the fact that this experience is about to make me focus more on my health and the ones around me 🙏🙏🙏... the fact it also feels like a full circle with six senses where my inspiration to a yoga journey kicked in when I attended my very first yoga retreat in 🇪🇸 😊

THANK YOU

Sarah Drai, London



Six Senses

Six Senses hotels and resorts are renowned for their luxurious, eco-friendly accommodations, blending seamlessly with natural surroundings. They are celebrated for exceptional wellness offerings, sustainable practices, and culturally immersive experiences in exotic locations.



The north of Ibiza has always attracted free spirits, drawn by the beauty, the light, and the natural rhythm. The vision of Six Senses Ibiza is to capture this authentic experience of community, spirituality, and celebration. **Located just 30 minutes from the airport**, the resort is tucked away on the peaceful and private northern tip of the island.

Around our curated Wellness Program, enjoy lazy afternoons exploring the coves via electric boat, snorkeling, and even sailing, or chill by the pool. The island remains comfortably warm at this time of year with a range of **11° - 21°C**.

If you fancy more momentum, you can dance the night away at the infamous bars, restaurants and clubs just a short taxi ride away.

(Not much) further afield, paddle around the point to the sun-bleached fishermen's huts at Cala Xuclar, shop the local Sunday craft market at bohemian San Juan, lunch at La Paloma (a northern institution), feel the magnetism of the mystical Es Vedra and soak up the sunset while drumming at the horseshoe shaped Benirras bay.



EXTRAS

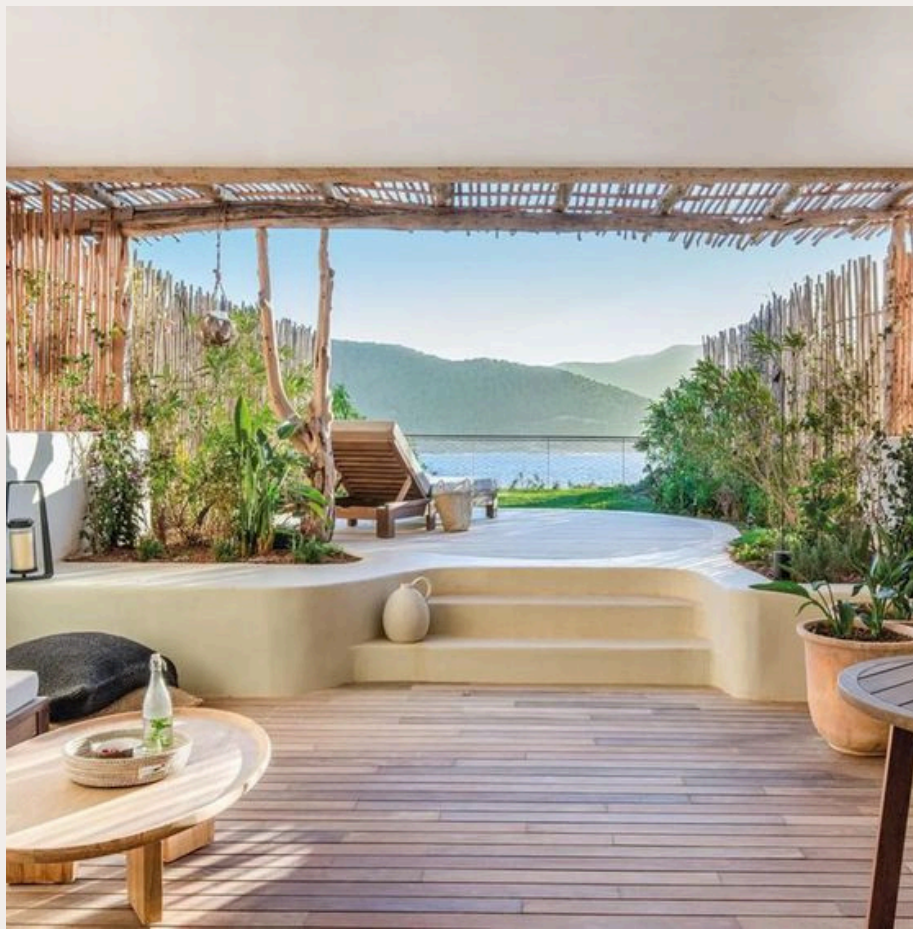
-  Free Wi-Fi
-  Swimming Pool
-  Walk-in Shower

THE ROOMS

Every room has a touch of luxury with vaulted high-beamed ceilings, beautiful oak flooring, marble bathrooms with rainfall showers, bathtub and underfloor heating.

With unrivalled views across the Tuscan hills, you wake up to peaceful views every morning.

Your room is in the same building as our indoor yoga studio and a short stroll to the main pool, making easy living even easier.



-  Coffee & Tea in Room
-  Pillow Menu
-  Hair Dryer
-  Bathrobe
-  Sustainable bathroom amenities
-  Bath and swimming pool towels
-  Yoga Mat
-  Ensuite Rooms



Included

- Private room with ensuite bathroom
- Breakfast, lunch and dinner
- **All** Activities on the itinerary
- Use of the Spa Facilities: Tropical rain shower, Steam room, Sauna, Cascade shower, Relaxation room

Not included

- Flights & insurance
- Alcohol or soft drinks
- Airport Transfers (Available via the hotel at €120 one way per participant)
- Car rentals
- Boat Rides, Spa Treatments/ Longevity treatments at Rosebar*

**20% discount if booked ahead via Boo or Svetlana*





PRICE

Full board & all itinerary activities

● Residence Villa

Single Occupancy

£2497

Double Occupancy

£4076

*This price is for 2 people sharing the room

● Resort Room

Single Occupancy

£2857

Double Occupancy

£4454

*This price is for 2 people sharing the room

Your Guides

BOO KARTAWICK



Boo has over 7 years of teaching experience and trained in: Hatha, Power, Vinyasa, Yin, Restorative, Breathwork, Level 3 Mat Pilates, Pre/Postnatal Pilates and holds a Level 4 The Level 4 Award in Nutrition. Boo currently teaches at The Bulgari & Jumeirah Hotel, Nue Ground Studio, and is opening the new South Kensington Studio Cat N Cow.

Boo has collaborated with notable clients including: Adidas, Soho House, Mandrake Hotel & The South Kensington Club

SVETLANA CHEBYSHEVA

Svetlana Chebysheva is a certified expert in sound energy therapy with credentials from the Sound Energy Medicine Practitioners Association (SEMPA). Her work has been featured in Condé Nast Traveller and the Financial Times for providing the best sound baths in London. Additionally, Svetlana is a university lecturer in Creation of Experience, Social Dramaturgy, and Symbolic Interactionism, passionately synergising imagination and application in her work.





SECURE YOUR PLACE

To confirm your place a non-refundable deposit of £600/£800 is required.

We close bookings on October 1st

You can pay in full immediately, or here is a payment plan *suggestion*:

Residence Villa

Single/ Double

Deposit £600 / £800

July £470 / £819

August £470 / £819

September £470 / £819

October £470 / £819

Resort Room

Single/ Double

Deposit £600 / £800

July £564 / £913

August £564 / £913

September £564 / £913

October £564 / £913



T&C

full terms and conditions sent upon booking with deposit.

A non-refundable deposit of £600/£800 is required upfront to confirm your room on the retreat.

50% of full payment is required by 1st March.

Full payment is required by the 1st of April 2024.

Dropping out of the retreat after the 1st of March will result in the loss of your 50% payment. Dropouts after the 1st of April will result in the loss of your full payment.

The above also applies to those who pay the full retreat price upfront. If you drop out before the 1st March, you will be refunded for everything you have paid except for your deposit.

We close bookings in May.

questions, assistance & booking



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Please contact us, we will be thrilled to help you