



# Wellness Senses

W E L L N E S S   R E T R E A T

11th - 14th April

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*sound healing / manifesting / pilates / yoga /  
meditation / face-yoga / bio-hacking*



# *Testimony*

May, 20204



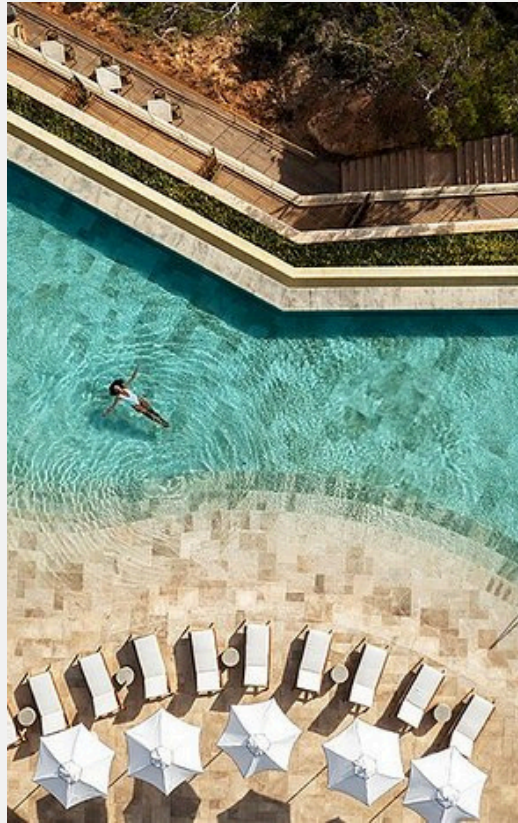
*Wellness Senses retreat promised to help guests reconnect with joy, boost self confidence and connect to the present moment through engaging the senses...and it certainly delivered! Boo and Svetlana are the most energetic, joyful and playful duo that are infectious to be around. They connected a wonderful, 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

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# ITINERARY

EMBRACE THE MOVEMENT THAT  
AWAKENS YOUR SPIRIT.



## FRIDAY

- 15:00 Arrivals
- 16:00 Spiritual Welcoming Ceremony
- 17:30 Fire Circle
- 19:30 Dinner

## SATURDAY

- 08:30 Yoga
- 09:30 Breathwork
- 09:45 Meditation
- 10:00 Breakfast
- 11:30 Face Yoga
- 12:30 Cardio Hike
- 14:30 Lunch
- 16:00 Private Sessions & Free Time
- 20:30 Dinner

## SUNDAY

- 08:30 Gentle Yoga
- 09:30 Meditation
- 09:45 Breathwork
- 10:00 Breakfast
- 12:30 Cardio
- 13:00 Sculpt Pilates
- 14:30 Lunch
- 16:00 Private Sessions & Free Time
- 20:30 Dinner



*Note: If you are an early dinner eater, have no fear, we eat so well at Breakfast & Lunch; you will not be hungry. Everything on our itinerary is optional, though we encourage you to join as much as you can. Don't forget to take full advantage of the award-winning spa & bio-hacking clinic.*

# Bespoke

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Each guest has the option to book into a complimentary session with Boo & Svetlana

## **Sound Healing with Svetlana**

Experience the power of a private sound healing session with sacred Tibetan & Crystal Healing bowls placed on and around your body. Svetlana will intuitively place the bowls in certain points of your body to access higher healing and relaxation.

## **Nutrition & Wellness Consultation with Boo**

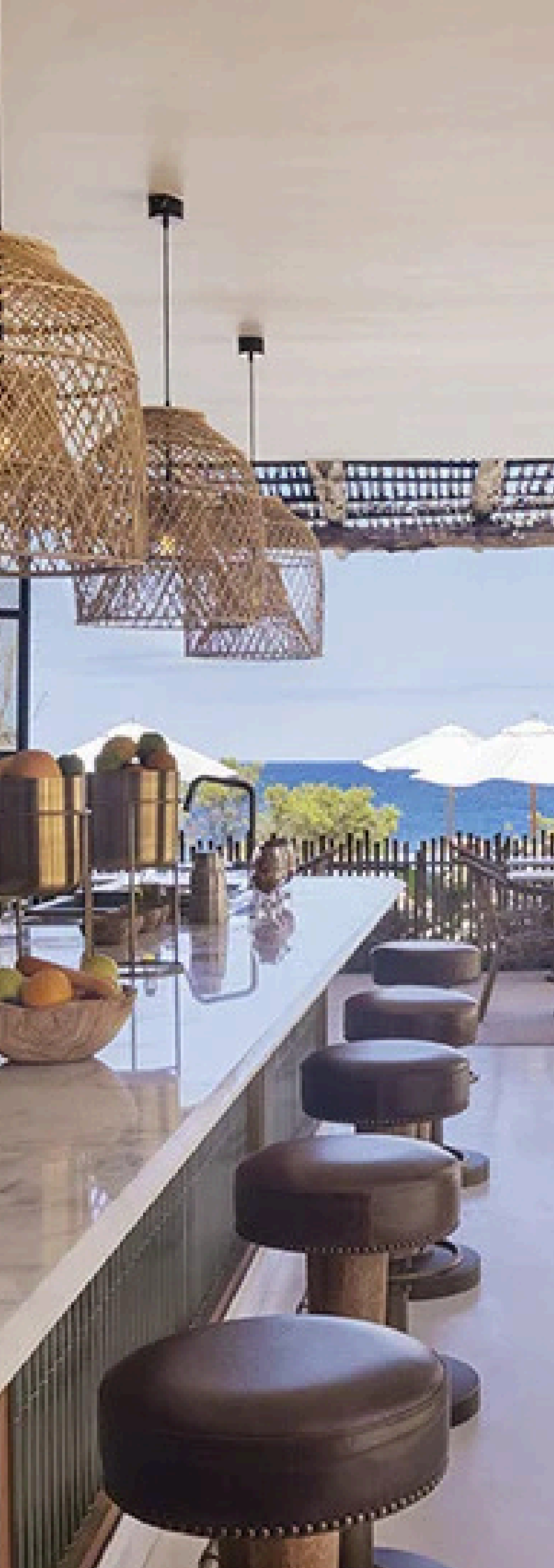
The opportunity to explore your current nutrition, social & emotional habits and receive a bespoke holistic wellbeing optimisation plan to help elevate your state of being,

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*Whether you choose to stay in a Residence or Resort room, all pristine bedrooms have their own bathroom with walk-in showers. From sustainable bathroom amenities to WiFi and more, everything that you would expect from a Six Senses stay is included. The Resort rooms have their own mini bars and private living space, whilst the Residence rooms share a huge kitchen, living area and private pool with the other residence room retreat guests.*



# HOTEL

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**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.

If you fancy more momentum, you can dance the night away down at The Beach Caves.

(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.



Breakfast unfolds at The Farmers' Market, where a vibrant buffet and to-order menu brims with fresh delights, complemented by rich coffee and velvety matcha (an array of gluten- and dairy-free creations are also available). As the day flows, lunch and dinner become a journey through the hotel's enchanting restaurants, each offering dishes that nourish the soul and awaken the senses. From Mediterranean feasts to Latin American flair and Italian charm, every bite tells a story of connection and care. Special dietary needs are gracefully met with prior notice, ensuring every guest feels seen and celebrated. Here, food is not just sustenance but an artful embrace, leaving you deeply nurtured and inspired.

*community**nourishment*

We respectfully invite guests to join our retreats with great care, ensuring a harmonious and inspiring group dynamic. Each participant is thoughtfully considered, creating a gathering of exceptionally talented, interesting, and kind individuals. This approach fosters an atmosphere of mutual respect, genuine connection, and shared experiences that enrich the retreat for everyone involved. By curating such a wonderful group, we ensure a space where every guest feels valued and uplifted, contributing to the retreat's success and lasting memories for all.

*An elevated space to forge meaningful connections, share joyful experiences, and cultivate a community of inspiration and growth among discerning, health-conscious individuals who embody a passion for holistic wellness and vibrant living.*

# PRACTITIONERS

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**Boo Kartawick** is a Yoga Teacher trained in Hatha, Power, Vinyasa, Restorative, Elemental Flow & Yin Yoga, an Advanced Mat Pilates Teacher with Pre & Post-natal & Reformer certification, a Sound Healing Practitioner, and a RSPH Nutrition Advisor. Boo has worked with clients including Adidas, ASOS and Soho House, and teaches in some of London's most iconic and prestigious hotels such as The Lanesborough, Bulgari & Jumeirah.

**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. Svetlana is a university lecturer in Creation of Experience, Social Dramaturgy, and Symbolic Interactionism, passionately synergising imagination and application in her work.





# PRICING

STOP DREAMING AND START  
DOING.

## RESORT ROOM

£2631 Single  
£3887 Double

*early bird*  
£2525 Single  
£3781 Double

## RESIDENCE ROOM

£2219 Single  
£3475 Double

*early bird*  
£2113 Single  
£3369 Double

## RESORT ROOM

Type	Date	Amount
<b>First Payment</b>	9th Dec 2024	£877 Single £1296 Double
<b>Second Payment</b>	7th Feb 2025	£877 Single £1296 Double
<b>Third Payment</b>	7th March 2025	£877 Single £1296 Double

## RESIDENCE ROOM

Type	Date	Amount
<b>First Payment</b>	9th Dec 2024	£740 Single £1158 Double
<b>Second Payment</b>	7th Feb 2025	£740 Single £1158 Double
<b>Third Payment</b>	7th March 2025	£740 Single £1158 Double

*Early bird discount (15% off) if booked before 11th December, 2024*

# TERMS & CONDITIONS



The first instalment payment is required upfront to confirm your room on the retreat. **This will be considered your deposit and is non-refundable.**

The **second payment** is required by **7th Feb, 2025**.

**Third payment** is required by the **7th of March 2025**.

Dropping out of the retreat after the 6th of Feb, 2025, **will result in the loss of your first payment/ deposit.** Dropouts after the 6th of March, 2025, **will result in the loss of your full payment.**

The above also applies to those who pay the full retreat price upfront. We will use the payment plan to offer a partial refund dependent on the date you dropout. **Dropouts after the 6th of March, 2025, will result in the loss of your full payment.**

If you are able to replace yourself with somebody else who can join the retreat instead of yourself, we will offer a full refund upon the reception of the replacements full payment. **A “replacement” guest’s funds are not refundable at any point**

## *Questions?*

**Boo:**

(+44) 07413872807

yogawithboo@gmail.com

**Svetlana:**

(+44) 07740 879357

svetlanachebysheva@gmail.com



## REMINDER

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### *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/ Car rentals

Boat Rides, Spa Treatments/ Longevity treatments at Rosebar\* (\*20% discount if booked in advance)

# TESTIMONY'S

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 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 Francisco**

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**



"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*