

Mixed Movement
Magic

IBIZA. SPAIN

APRIL. 23RD.-27TH

2023

with Fia Sonora





YOGA - RETREAT

TO THE SOUTHWEST TO THE ISLAND



THIS AWAITS YOU MAGIC & MOVEMENT!

♥ 5 days magical program with Fia ♥

I invite you to go completely with your own flow and join the program as it suits you best.

Shared adventures like exploring the island and beach excursions or time alone - all as YOU want to shape your time in Ibiza with me!

This is what a retreat day with me in Ibiza could look like:

- +>> 9.00 am Matcha & Morning Ritual.
- +>> 10.00 am Mixed Movement Yoga
- +>> 11.30 a.m. Healthy hearty brunch
- +>> Relax, pool, time for yourself - massage?
 - +>> Joint excursion
 - +>> Mixed Movement Yoga
 - +>> 19.00 Stunning dinner
- +>> Connection & Evening Activities

MIXED MOVEMENT YOGA WITH FIA



"Fia's greatest passion is movement. The most fulfilling task for her is to share and pass on her own joy of movement with other people.

Her Yoga & Movement sessions are unleashing and liberating, leaving you with a bright glow in your eyes. Above all, it's about finding your own bodily expression - experiencing embodiment through movement. Fluid, playful, powerful and at the same time grounding and finding back to SELF."



JOINT ACTIVITIES

- ☀️ Opening Ceremony
- ☀️ Yoga & Movement Sessions
 - ☀️ Morning Rituals
 - ☀️ Sunrise Meditation
- ☀️ Cala Comte beach excursion
- ☀️ Moderate circular hike to Cala Bassa
 - ☀️ Walking and breathing meditation
 - ☀️ Ice bath with breathing technique
- ☀️ Ecstatic Dance Evening in the Movement Dome
 - ☀️ Playtime
 - ☀️ Sunset meditation
 - ☀️ Integration Sessions
 - ☀️ Closing Ceremony



OUR OWN RETREAT CHEF

My longtime friend and greatest inspiration in the loving preparation of quality food, Chantal Maxime Grayson will prepare nutritious and healthy meals from organic food according to our wishes. This means that your diet will be taken into account!

The table is always richly set with precious gifts from the garden of nature! Healthy snacks, fruit and freshly prepared drinks are available for you throughout the whole day.

Brunch after our Movement session is a versatile energy provider with vegan options and valuable ingredients (I'm just saying: homemade bread!).

Dinner will be a dream - the finely selected menu is healthy, varied and also a little sinful - you are on vacation after all! So much is already said:

You may enjoy!

THE RETREAT VILLA

The Retreat Villa is located in a magical place in the southwest of Ibiza, very close to Cala Comte beach and Port des Torrent.

We live in a quiet rural area near San Joseph and have a beautiful garden full of plants and trees that offer fresh fruit and many outdoor hammocks and Bali beds to ensure relaxing hours between our common activities.

The main villa has 4 bedrooms (each with 2 single beds), all with private bathrooms. Almost all rooms are equipped with air conditioning and central heating, guaranteeing a comfortable temperature all year round.

It is the ideal place for our small but nice group of 10 people in total, with Chantal and I staying in the casita across the garden from the main house.

The villa has a beautiful garden, with spacious pool that provides ample refreshment - with ancient trees that provide shade and privacy and many fruits that provide us with energy and well-being.

The huge Dark Moon Dome will be our Movement and Yoga Space.

It is over 70m² and is equipped with everything we need.

The Dark Moon Dome is equipped with sound system, air conditioning and an oven.

There is a pleasant energy throughout the entire property and you will immediately feel at home as the entire villa is decorated with incredible love.



INVESTMENT IN YOUR SOUL

The whole retreat costs € 1800,- in a double room with single bed.

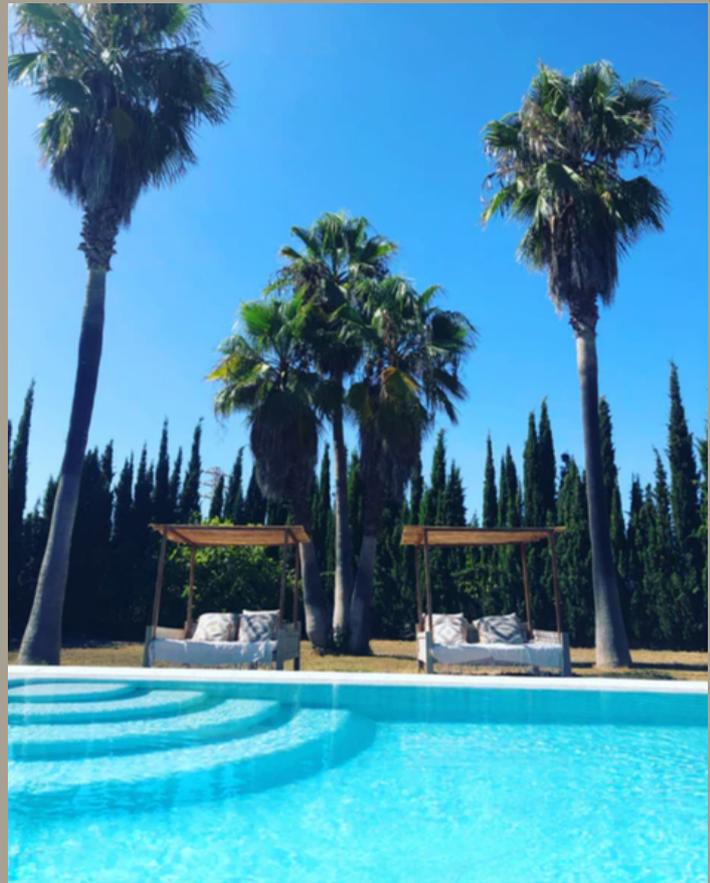
The price includes shared accommodation in the villa, transportation to and from the airport, all meals and shared activities.

Single rooms are available upon request and at an additional cost of € 1300,-.

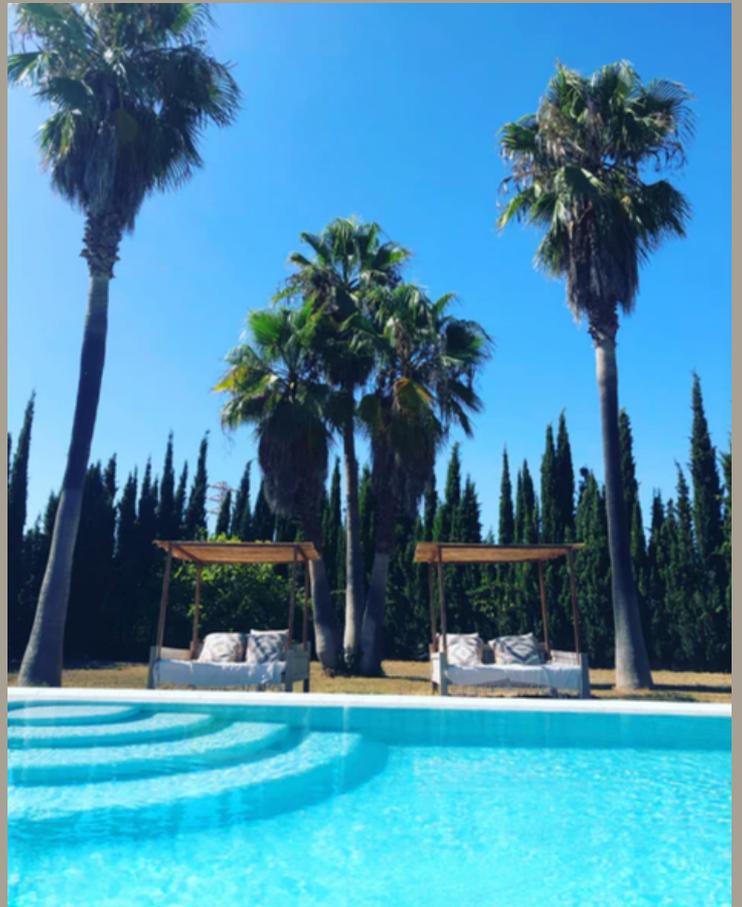
1. Due to limited places, a non-refundable deposit of € 500,- is due at the time of booking the retreat
2. Payment of the remaining amount of € 1300,- is either made as a total amount or can be split into 2 parts of € 650,- each (February/March or March/April) upon request.
3. Deposit to "BUFO YOGA by Fia Sonora"
Sofie Drexler IBAN: AT70 2040 4000 4261 1285
SWIFT CODE: SBGSAT2XXX

Please note that due to the limited number of places after the 1st of March no refunds of booked places are possible. The only way to cancel an already booked place and get a refund is to find a replacement.

IMPRESSIONS VILLA













IMPRESSIONS ROOMS





WHAT TO PACK

- ☀️ Yoga and/or workout clothes incl. long sleeve and socks for floor movement sessions.
- ☀️ Comfortable clothes for chilling and relaxing
- ☀️ Layers for warm weather and cooler evenings
- ☀️ Bikini and/or swimsuit, trunks
- ☀️ Shoes for longer walks and short hikes
- ☀️ Flip flops and/or open-toed shoes for hot days
- ☀️ Diary and/or notebook (journaling!)
- ☀️ Healthy sunscreen
- ☀️ Healthy mosquito repellent
- ☀️ Your favorite outfit and/or dress that makes you feel good and/or beautifully feminine and sensual (for a very special Ecstatic Dance evening!).

What is available in the villa:

- ☀️ Yoga mats
- ☀️ Yoga blocks
- ☀️ Sheepskins & day mattresses
 - ☀️ Towels and bath towels
 - ☀️ Food from nature's garden
 - ☀️ Means of transportation
 - ☀️ Fia's "Magical Kit"



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