

HIGH  IBIZA

*Sound & Energy healing retreat*

*Roca Llisa, Ibiza 16-22 May 2025*





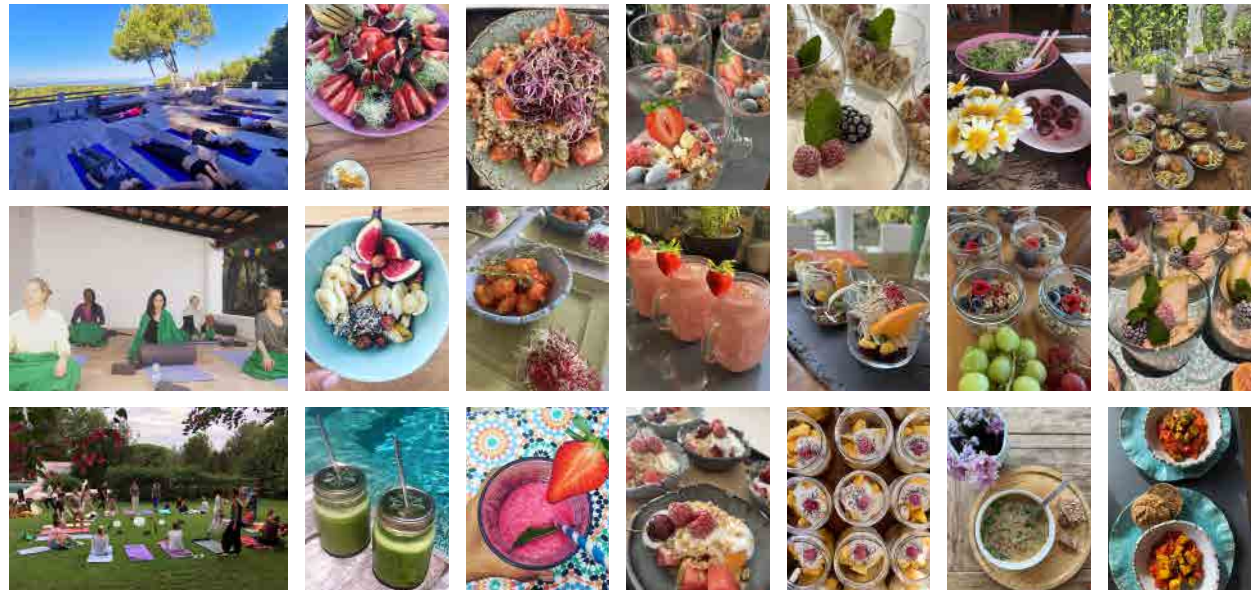
# Nurture in nature

## Join us for a week of energising experiences

Located close to Roca Llisa and near to beautiful village Cala Llonga, our retreat home 'Maison Enchanted' is a beautiful Ibizan mansion situated high up on a hill, offering a breathtaking vista of views, bringing calm, enchanting energy of nature to nurture our spirits.

Join us for this special week of uplifting energy harnessing and healing work, to bring balance in to our busy lives, reinvigorate the lifeforce energies of Spring and enjoy the long, light-filled days on the magical isle of Ibiza.

Bring your selves to the mat for our daily yoga, toning, stretching and energising movement practices and relax in our beautiful spaces listening to the soothing sounds of crystal tones, gongs and Tibetan healing vibrations.





## *Sublime in sunshine*

### **Allow the sun's glows in to fire our spirit within**

After a magic morning of energising movement and grounding breathwork practices, what better way to enjoy a post-lunch excursion, than by walking along the beautiful beaches of Cala Llonga and viewing Es Vedrà.

With breathtaking cliff-top sea views, rugged coastline and sandy beaches to sun bathe on, – taking time out from snoozing for a refreshing dip in the Med's radiant blue waters or for experiencing a paddleboard ride. Enjoy the sunset from the sea or looking out at Es vedrà from the sacred cavern to soak up the last of the sun's rays.





# Relax and revitalise

## Moments in for healing mind, body and soul

Maison Enchanted caters for the wider needs of those seeking relaxation, with lush bedrooms, multiple chill areas, plus many other spaces and places located around the grounds, for both finding and losing oneself.

Our schedule makes time allowances for self-nurturing and relaxation, as well as for providing opportunities to connect with others, for learning new skills or simply for taking time out from a hectic work and home life.

Contact us for more info: [Cathy@highvibez.co.uk](mailto:Cathy@highvibez.co.uk)



### Proposed schedule: (order subject to change nearer event date)

#### Day 1

- Unravel & unwind
- Welcome refreshments
- Restorative yoga & sound
- Dinner Al Fresco
- Sunset Crystal meditation

#### Day 2

- Sunrise Qi Gong & breathwork
- Meditation & Intention
- Morning refreshments
- Movement, stretching, sound & meditation
- Beach excursion Cala Llonga
- Sunset Gong meditation

#### Day 3

- Sunrise Qi Gong & breathwork
- Upbeat Barre & Yoga
- Morning refreshments
- Brunch
- Beach, Board & Swim
- Beach Sunset Yoga & sound
- Dinner & Drinks Night

#### Day 4

- Tibetan Gymnastics, breath & meditation
- Morning refreshments
- Pool yoga & sound floatation
- Rocket Yoga Flow
- Dinner Al Fresco
- Sunset Sound Energy Manifestation

#### Day 5

- Sunrise Qi Gong & breathwork
- Meditation & Intention
- Morning refreshments
- Movement, stretching, sound & meditation
- Yoga Latte
- Beach excursion Es Vedrà
- Dinner Al Fresco

#### Day 6

- Sunrise Qi Gong & breathwork
- Morning refreshments
- Upbeat Music & Yoga
- Lunch
- Poolside Social
- Yin Yoga, sound & Meditation
- Closing Ceremony Dinner

