



SOUND AND ENERGY HEALING RETREAT QUESTIONS AND ANSWERS IBIZA 2025

The following Q&As are

Q – What is the cost of the week?

A – Total cost for the week is £1660 per person sharing.

Q – What is included in the cost?

A – Breakdown of costs for retreat are: Shared room and food costs are £1100 for 6 nights. Three meals per day, including hot drinks and snacks. Paid activities: Sound therapy sessions, yoga, breath and movement classes are £560. There are a number of other activities to join in with others, or have as personal time. Extra activities not included in price are flights, airport transfers/taxis, excursions to beaches and local village, external evening meal (one night), external soft drinks and alcoholic beverages, paddle boarding, boat hire and other water sports.

Q – I have a food allergy; will that be a problem?

A – Please specify any food intolerances, allergies or food preferences in advance. Our chefs cater for vegetarian, vegan or for a small supplement, can add meat and consider other special food ingredients requests as well.

Q – Do I need to pay everything in one go?

A – We require a deposit paid for £450 to secure a place, which is non-refundable after 14 days. Another £650 payable before 1st Jan 2025. The remainder needs to be paid in full by the 1st of March 2025.

Q – What do the paid activities include?

A – Minimum of 20x active classes with teachers over six days including: Pranayama/breath Yoga, Qi Gong/energising movement, sound immersion and meditation.

Q – Do I need a high level of fitness and any previous yoga experience?

A – All yoga, sound and energy sessions cater for beginners with a good general level of fitness. All yoga classes will have options for both beginner and advanced levels.

Q – Can I reserve a single room?

A – Yes. There are three double rooms for single occupancy with en-suite bathrooms at an additional costs of £220. Other room options can be considered for specialist requirements where available.

Q – Will I be able to choose the room I prefer?

A – Rooms are all generally of the same standard, coming in various different sizes and configurations, all with their own bathrooms. Twins and triples are available. We will best allocate rooms according to individual needs and group requirements. Single rooms will be determined on a first come, first serve basis and secured with a deposit.

Q – Can I bring a partner or friend to stay who doesn't want to take the classes?

A – Yes. Shared double room with food costs included are £600 for partners sharing a double room. Partners and friends are welcome to join in with all group activities and in paid classes at 25€ per session.

Q – Will there be any one-on-one healing sessions on the retreat?

A – There will be healing session spaces available over the week for massage, one-on-one reiki, sound healing and chakra tuning sessions. Full details will be on the website including options to book nearer the date of the retreat.

Q – Are there single occupancy rooms options?

A – Yes there are 3x double rooms at £220 extra for single occupancy.

Q – Can I come for shorter duration?

A – Yes, shorter duration is an option, but the retreat price will be the same for the full week at £1660.

Q – I have a friend who wants to come to the retreat and may want to try some of the classes, is this an option?

A – Guests can try classes at an additional 25€ per class where spaces are available on the day. Allowances for any other specialist requirements and requests, can be arranged in advance.

Q – What other alternative activities are there for those not joining yoga, energy movement classes and sound sessions?

A – Retreat attendees and guests are free to walk the grounds, to explore the natural beauty around the area. A local village has shops, restaurants and bars for those wishing to sample local hospitality. There are group excursions, poolside sounds and areas inside or outside to relax. Outside sessions and events will be weather dependent.

Q – Do you provide equipment for the yoga and energy movement classes?

A – We have a limited number of yoga mats, bricks, bolsters and eye masks. Please let us know if you will be bringing your own.

Q – Do we need special clothing for the sound baths and yoga classes?

A – For the yoga, Qi gong and energy movement sessions, it's advised to bring along something that you usually wear to the gym, which allows for free movement and weather changes. (Usually mild with blue sky, May can be both cold and wet on occasion). For sound sessions, consider something you are going to be warm and comfortable wearing whilst lying down.

Q – Do we need specialist outdoor clothing?

A – It will be Mid May, so it's advisable to bring both light and warm, waterproof clothing, good footwear for walking, as well as the standard sun hats, beach shoes and light jackets for the evenings and to allow for all weathers.

Q – What happens if there's any problems before the event?

A – If there are any delays or issues with attending, please alert us at the earliest convenience. We have a cancellation policy and the terms and conditions you will be shared when booking, explain what happens with unforeseen circumstances.

Q – What happens if there's issues on the retreat?

A – Please refer to the terms and conditions which will be on our website and shared with you when booking. Anything unclear or missed off the Ts&Cs, please call or email the event organisers and we will help with any further queries where we can.