



## **SWEET SUMMER**

Ibiza, Spain // June 22-29, 2024

Casa Colibri welcomes you in Mediterranean style with palm and fruit trees in the north of Ibiza, a 10-minute walk away from Cala Benirras and its famous sunsets. **Hammocks to relax in and a pool** await you.

Casa Colibri is a typical finca with wooden ceilings, furnished and decorated with love in Ibiza boho style with an Arabic touch. It is surrounded by lots of nature and greenery - a place where you will feel right at home.

A mindful yoga holiday awaits you with a balanced diet, a powerful and a calm daily yoga practice, espresso-length impulses to immerse yourself in your mental strength and health, and of course time to discover the most beautiful of the Balearic Islands.

The prices you find here are 15% reduced early bird prices valid until March 15th, 2024. Would you like to join? Click on the button below to request your spot.

#### ROOM 1 – Twin or double

Suite with ensuite bathroom and balcony with chillout area - 1.795 € p. p.











ROOM 2 – Twin or double

With ensuite bathroom – 1.695€ p. p.





ROOM 3 – single room Shared bathroom – 1.895 €







ROOM 4 – single room Shared bathroom – 1.895 €





ROOM 5 – Twin or double (beds can be separated)

Suite with small terrasse and pool access, shared bathroom – 1.595  $\in$  p. p.







ROOM 6 – single room Shared bathroom – 1.895 €





ROOM 7 – Twin or double (beds can be separated)
Suite with small terrasse, shared bathroom – 1.595 € p. p.







TIPI – single tent Queen Size bed, shared bathroom in the main house – 1.695 € p. p.





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# We're looking forward to welcoming you!



### Sandra Wagner

Yoga teacher // Mentor for self-determined yogis (sandrawagneryoga.de)

"The journey with and through the practice of yoga has led me to incredible discoveries. Today I recognize more and more how I thrive with life's challenges and adventures rather than resisting them."

Being deeply rooted in her own nature and being able to see her surroundings as a source of inspiration is one of the most valuable gifts Sandra's yoga practice gives her.

She teaches an alignment-based, modern form of Hatha Yoga. Optimal alignment not only changes our physical perception, our mental and emotional attitude is influenced as well. We learn to understand ourselves better, develop compassion and empathy for ourselves and for others.

Freedom, stability & mobility are 3 attributes that can be found in her lessons. Sandra's goal is to create a place where every adventure seeker feels safe on their own journey - regardless of their previous knowledge of yoga.

### Nadine Speer Body-Mind-Coach // Yoga teacher (latravelista.de)

Both in yoga and in coaching, we take with us the same values that you might ascribe to a trip to a new country: curiosity, inspiration, authenticity and a lot of joy in life.

"For me, yoga means the ability for change and mindfulness in each of us - the more we look within ourselves and know our bodies, the more we can face our lives in the here and now."

Nadine's first priority is to meet everyone openly and without prejudice and to meet them where they are in life. To support you in starting the journey towards yourself while keeping the joy of the moment.

Her motivation: She knows that everyone has great power within them, which is sometimes just waiting to be used in order to live the life that each one imagines.



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