

IBIZA 2024 MOVEMENT RETREAT

Casa la Vista
Ibiza

HIKE
STRETCH
EAT
DANCE
LIVE

APRIL 24-28

www.santhoshretreats.com

YOUR ACCOMMODATION



CASA LA VISTA

Casa La Vista, voted among the top ten luxury villas by Times magazine, is a pinnacle of luxury. As the Casa with a view, it offers spell-binding beauty, surrounded by azure sea vistas, pine-clad hills, and green canopies. Featured in Tatler Magazine, OK, and The Daily Telegraph, this ultimate hideaway on Ibiza's north coast provides uninterrupted peace. With direct Mediterranean access, an expansive infinity pool, and private courtyard gardens within its 30 acres of exclusive pine forest, Casa La Vista promises a truly luxurious experience..

Casa la Vista
Ibiza

www.casalavista.com

THE MOVEMENT RETREAT APRIL 24-28



HIKE



STRETCH



DANCE

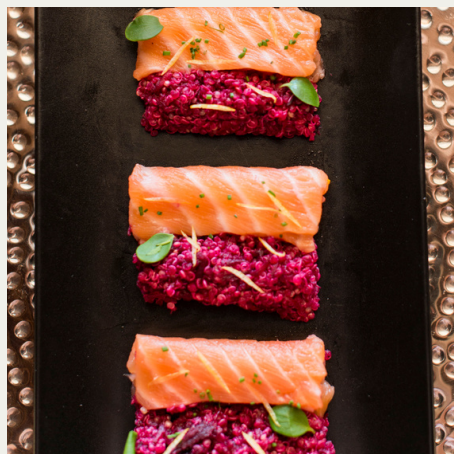
Embark on a rejuvenating movement retreat at Casa La Vista Ibiza, where every day unfolds with invigorating activities. Immerse yourself in scenic hikes led by Ibizas' expert walking guide, Toby. This is followed by rejuvenating stretching sessions that will help you relax and increase your flexibility, daily motivational talks, and then exploring the rhythm of life with dance-fitness teacher Nuno, allowing your body to move freely as you delight in expressing yourself through movement.

THE MOVEMENT RETREAT APRIL 24-28 **IBIZA 2024**



NOURISH YOUR BODY

Savour the delights of healthy cuisine, prepared by a private chef, enhancing your well-being. This exclusive retreat combines the beauty of Ibiza's landscapes, the joy of movement, and nourishing meals for a holistic experience tailored to elevate mind, body, and soul.



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YOUR DANCE FITNESS-LEAD TEACHER



NUNO

The wonderfully energetic and talented Nuno, lead teacher at Santhosh Dance, will take you through your paces with his highly entertaining Dance fitness classes.

Nuno is both a choreographer and talented dancer who has participated in dance competitions worldwide and has been a judge at Dance festivals internationally. He is also known for his leading role in dancing with disabled clients at competitions worldwide.

His humour and enthusiasm is infectious, and the room is filled with energy and joy when Nuno has completed his fun-filled classes..

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YOUR EXPERT GUIDE

TOBY

Toby Clarke, born in Ibiza, had an idyllic childhood until relocating to England at 10. Life in the corporate world changed when he met his wife, Belinda, and both envisioned living abroad. After a year-long journey in Latin America, they returned to Ibiza. Inspired by the island, Toby embarked on a transformative 12-day walk around Ibiza, leading to a deep connection with nature. This experience led to the creation of "Walking Ibiza," an organisation offering diverse ways to explore the island.

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YOUR MOVEMENT COACH

NATALIA

A highly experienced and beautiful Argentine Tango dance teacher and performer, Natalia Ochoa, will guide you on stretching your body for optimal flexibility and conduct classes using your body structure to optimise your sense of movement, creating elegant shapes when you move your body. The session will also focus on the awareness of your posture when moving to rhythm—a unique class to enhance all your senses.

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YOUR RETREAT CHEF



RAKHEE

Rakhee Sudra is a private chef and recipe developer specialising in curating nourishing, vibrant dishes. Well-versed in tuning a menu tailored to her client's needs, Rakhee creates bold, colourful, flavorful plates with spices and herbs at the centre of her dishes. A versatile chef who cooks health-conscious dishes and fusion dining plates customised to suit the occasion.

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MOVEMENT RETREAT



"Everybody's talking about the Santhosh active retreats."

TATLER

RETREAT INCLUDES

- Airport Transfers for Scheduled Flights
- Accommodation
- All Meals
- All Retreat Activities

[CLICK HERE](#)

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ABOUT US

The Santhosh team specialises in bespoke retreats for small groups. As our company name suggests - Santhosh is in pursuit of one thing - happiness!

The team recommends retreats that combine rest, recreational activities and laughter.

Ibiza Movement Retreat

24 - 28 April 2024

(four nights and five days)