

IBIZA OCT 1-5 2023

SANTHOSH & CASA LA VISTA
WELL-BEING AND DANCE
RETREAT

INFORMATION

SANTHOSH
Casa la Vista
Ibiza

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WELL-BEING AND DANCE RETREAT
1ST TO 5TH OCTOBER 2023

Casa la Vista
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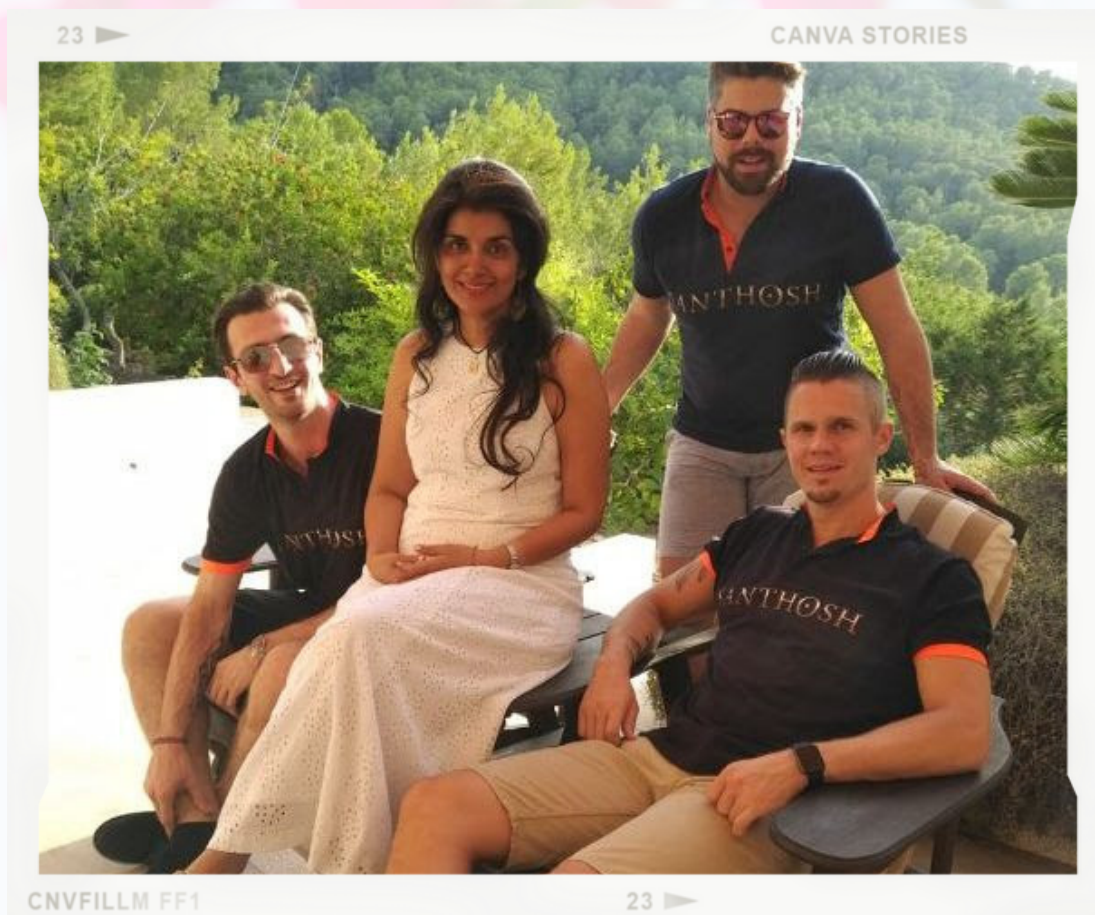
THIS AUTUMN, SANTHOSH WELLBEING & DANCE RETREATS WILL INSPIRE PARTICIPANTS TO INDULGE IN REST, RELAXATION, AND SELF-CARE THROUGH MOVEMENT, WHOLESOME EATING, AND CONNECTING WITH NATURE. AN IDEAL RETREAT FOR BOTH COUPLES AND SOLO TRAVELLERS WHO WANT TO MEET LIKE-MINDED PEOPLE AND EXPERIENCE A FEW DAYS TO "RE-SET."



CASA LA VISTA IS A LUXURY PROPERTY IN THE NORTH OF IBIZA - ONE OF THE MAGICAL BALEARIC ISLANDS. OUR VILLA HAS BEEN FEATURED IN HARPERS BAZZAR', CONDÉ NAST TRAVELLER AND TATLER AS ONE OF THE MOST SOUGHT-AFTER VILLAS ON THE ISLAND. BLESSED WITH 30 ACRES OF PRIVATE LAND, AN INFINITY POOL OVERLOOKING THE MEDITERRANEAN SEA AND ITS PRIVATE PATH TO THE OCEAN, CASA LA VISTA PROVIDES AN UNFORGETTABLE EXPERIENCE.

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BOOKINGS ARE NOW OPEN

FROM SALSA TO ARGENTINE TANGO, DANCE INFLUENCES MOVEMENT TO THE RHYTHM OF THE MUSIC. DURING YOUR STAY, YOU WILL BE GUIDED BY INTERNATIONALLY RECOGNISED PROFESSIONAL DANCE TEACHERS WITH CURATED PROGRAMMES FOR ALL LEVELS.

AS ABSOLUTE BEGINNERS AND INTERMEDIATE-LEVEL DANCERS, YOU WILL LEARN SPATIAL AWARENESS, MINDFULNESS, NONVERBAL COMMUNICATION WITH YOUR DANCE PARTNER, THE ART OF RECIPROCITY IN MOVEMENT AND AN UNDERSTANDING OF YOUR PHYSICALITY. OUR AIM TO ENCOURAGE YOUR PHYSICAL AGILITY, BALANCE AND RESPONSES TO TOUCH.

WE AIM TO TEACH YOU A MEANINGFUL AND FUN SKILL WHILE INCREASING YOUR MENTAL AGILITY THROUGH PHYSICAL MOVEMENT.

.... AND THEN THERE'S THE FOOD

PART OF THE EXPERIENCE IS OUR TASTEFULLY CRAFTED MENU. YOUR MEALS ARE CAREFULLY PREPARED BY A RENOWNED MASTER CHEF THAT EXPERTLY PREPARES FLAVOURFUL, NUTRITIOUS, AND DELECTABLE CUISINE



FINANCIAL TIMES
how to
spend it



TATLER

Daily Mail



THE SUNDAY TIMES

Feel Alive!

CASA LA VISTA

INCLUDED IN THE PACKAGE

- ACCOMMODATION - EITHER AT CASA LA VISTA OR VALLEY CLUB (A 4-MINUTE DRIVE FROM CASA LA VISTA).
- FULL BOARD (ALCOHOL NOT INCLUDED)
- MORNING AND EVENING DANCE WORKSHOPS
- A PRIVATE LESSON WITH ONE OF OUR PROFESSIONAL DANCERS
- SOCIAL DANCING IN THE EVENINGS
- FREE TRANSFER FROM THE AIRPORT (IF YOU TAKE THE DESIGNATED FLIGHT FROM LONDON)
- GROUP WORKSHOPS IN SALSA, ARGENTINE TANGO, BALLROOM & LATIN, AND AMERICAN SMOOTH (ALL LEVELS OF FITNESS AND EXPERTISE ARE WELCOME)
- DANCE FITNESS CLASSES

PRICES RANGE FROM £1,910 TO £3,950

PRIVATE DANCE LESSONS

WE CAN ALSO ARRANGE EXTRA PRIVATE LESSONS, MASSAGES, FACIALS, PRIVATE YOGA LESSONS, AND GUIDED HIKING TOURS. (CHARGES APPLY)



info@santhoshdance.com

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TERMS & CONDITIONS

- **These rates apply for all bookings CONFIRMED between 29 April and 31 May 2023**
- **Bookings are confirmed with 40% advance payment (Non-refundable)**
- **Balance 60% payment by 1 August (Paid in full)**
- **Any cancellations made between 1 August and 1 September - a 40% refund from the full published price**
- **Early Bird pricing does not apply to Casa La Vista rates**
- **4 Weeks advance notice for private dance lessons and additional services (Yoga, Massages, etc.)**
- **Transport between Valley Club and the Retreat Venue not included (4 minutes by car)**
- **Flights not included**
- **For inquiries, please email info@santhoshdance.com**

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