

IBIZA



2026 Yoga · Pilates · Mindfulness Retreat

9-15
NOV 26



[WhatsApp +34 610068999](https://www.whatsapp.com/chat?phone=34610068999)

www.consciousbeingretreats.com



Welcome to a world of wellness!



- Our programs promote physical health, mental focus, inner calm, and self-realization.
- A peaceful stay in an idyllic villa, surrounded by natural wonders.
- An invitation to give yourself space & time as you slow down, disconnect from your daily routine, investigate your limiting beliefs and reconnect with your own essence.

Satya

Founder of Conscious Being Retreats



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DATE

IBIZA RETREAT

9-15 NOV 2026



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[click to visit our website for more info](#)

Highlights

- Yoga, Pilates, somatic movement, Mindfulness, Meditation, every day.
- Conscious Self-Awareness Workshops & Engaging Evening Events.
- Sunset at one of the most magnetic spots of the island.
- Ceremony, hike, dance, swim on the crystal- clear waters.
- Daily delicious vegetarian & organic food.
- **Escape Day Tour of Formentera.**
- 6-Night Stay in a Luxurious and Stunning Villa.



Attending Satya's Yoga Retreat in Ibiza was a life-changing experience, a journey that transcended the ordinary in every possible way. From the moment we arrived at the stunning location, nestled in the natural beauty of the island, we were welcomed into a diverse and vibrant community: 20 individuals from 12 nations across 3 continents, united by a common purpose: self-discovery, growth, and connection.

- Anja Gockel

[click to visit our website for more info](#)

What do we offer?

1. **Mindfulness Practices:** Guided meditations to cultivate present-moment awareness. Breathwork to regulate the nervous system
2. **Somatic Awareness:** Techniques to connect with the body, let go of the active mind & come back to presence. Movement, yoga, Pilates, dance practices to release stored tension & emotions as we become more flexible & strengthen the body.
3. **Limiting Belief Exploration:** Identifying subconscious patterns or beliefs that hold you back.
4. **Self-Inquiry Techniques:** Explore personal values, desires, and fears. Group discussions or partner exercises to reflect on personal insights. Understanding emotional triggers and learning onstructive responses.
5. **Emotional release:** Facilitated Breathwork Sessions: With special multichannel headphones. Using conscious connected breathing to access deeper states of awareness.
6. **Holistic therapy (Optional):** Techniques like Reiki, deep massage, abdominal massage, EMDR, Acupuncture.



Activities

- Morning Classes

Pilates | Yin | Vinyasa Flow |
Kundalini Yoga | Pranayama |
Breathwork | Mindfulness |
Meditation.

- Breathwork
- Conscious communication
- Nervous System Regulation
- Mindfulness
- Self- Awareness
- Building Resilience
- Limiting beliefs exploration
- Purpose, intention, alignment
- Beach Yoga & swim
- Escape Tour to Formentera.
- Healthy organic food



Additional Wellness & Healing Therapies

Massages | Acupuncture |
Coaching® Emdr | Reiki |
Abdominal massage |
Craneo Sacral Therapy



Rooms & Prices

The price per person includes accommodation food & daily retreat programming.

Each room includes a private bathroom & view to the pool or garden.

01 DOUBLE OCCUPANCY:
Cost: €1900

02 TRIPLE OCCUPANCY:
Cost: €1800

03 SINGLE ROOM:
Cost: €2900

To secure your place,
you must pay €500 deposit.

[click to visit our website for more info](#)



Testimonials



Attending Satya's Retreat in Ibiza has been truly transformative. I left with practical tools for communication, emotional awareness, and resilience that I can apply immediately at work, with my family, and in my daily life. I feel more grounded, clearer, and better equipped to navigate challenges. It has genuinely inspired meaningful change in me.

Anja & Rainer



The most spectacular retreat I've ever experienced. Satya is a wonderful person, highly professional in the organization and incredibly personal in its execution. The setting and facilities of the retreat in Mallorca are breathtaking. Satya takes care of every last detail, from the catering, specially prepared for the occasion, to each activity and service offered. Overall, a perfect 10 experience; I'll definitely be back in Ibiza next time!

Silvia Fernandez

[click for more reviews](#)



Contact me!

Join us for a transformative retreat in Ibiza.

This retreat is for anyone seeking personal growth, inner clarity, or simply a moment to step back and realign. You'll explore tools that support self-awareness, emotional resilience, confidence, and a more grounded way of navigating life.

A space to slow down, reconnect with what truly matters.

click to contact us:

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