

Can Verru

RETREATS 2016

Ultimate City Fitness Retreat

10th-17th September



The aim for the week is to provide you with not only an incredible fitness retreat but an experience that you will remember.

Gav and Tom want you to enjoy yourself but they also want you to learn, grow and implement the techniques they show you into your routine and life when you get home.

You can find out all the details right here...

[Ultimate City Fitness Retreat Website](#)

Studio Orchard Hot Ibiza

18th-23rd September



Combining and contrasting the elements of earth and water balancing a deep connection to the earth, and to our centre, alongside a flow towards freedom and release in the midst of the beautiful countryside of Ibiza.

The retreat is a holistic experience combining yoga, simple meditation and nutrition.

Kirsten@studioorchard.com

EAT Retreat

1st-8th October



EAT Retreat is a one of a kind retreat. On the 1st to the 8th of October at luxury villa **Can Verru**, Ibiza, EAT will launch a cookery retreat with a difference. EAT is a retreat designed for food lovers, a week of cookery, a week of learning, with a mix of adventure and a dusting of frivolity.

Two celebrity chefs will run lessons at the retreat, Natasha Corrett of Honestly Healthy, and Jordan Bourke of Our Korean Kitchen, alongside other guest chefs filling the week with lessons in all types of cuisine, from sushi to Korean, from bread making to cocktail making. The chefs will work with retreat owners Anne Marie Duperouzel and Jac Forte of The Ibiza Kitchen, who already manage and run the catering for luxury retreats across the island.

All details of the retreat can be found on the website **eat-retreat.com**. You can also send an email to **info@eatretreat.com** to request an information pack and for more details around booking.

THE WAKE UP AND LIVE RETREAT

8th-15th October



Turn down the chatter, hear your heart, sharpen your senses and clean the lens through which you look at your life.

Only through the exploration of your mind will you gain insight into the constructs within which you exist and understand how you function in your world. You will see the difference between the truth and lifetime conditioning. As a result you will be able to change your mind and your health with ease, relieve stress, unwind and reset your nervous system for a healthier, happier you.

You will experience awe and wonder. You will experience oneness. You will feel the peace in your mind and body. This workshop is for brave daring souls ready to wake up and live.

Join us for this adventure of transformation, exclusively available in Ibiza.

23-28 May, 5 days, from €1190, at a mountain top hideaway with 360 views and hot tubs

8-15 October, 7 days, from €2190, at luxury countryside villa Can Yerru near world class beaches



Please contact hello@wakeuplivelife.com for detailed information

Ele King Fitness & Yoga Retreat

18th-22nd October



The four-night break includes two fitness classes and one yoga session per day plus nutritious, healthy food from one of Ibiza's top retreat chefs and a 60 minute massage to soothe any aches away. In addition to this - specialist talks / meditation. Time out to train, relax and feel good.

eleking@runbox.com