

# RETREAT IN IBIZA

with Vix and Becky

18th-22nd JUNE  
24-28<sup>th</sup> JUNE 2026



# THE LOCATION AND DURATION

Situated in a beautiful secluded spot close to Sant Miquel de Balansat, our retreat takes place at a peaceful villa nestled in the hills of northern Ibiza, just a short drive from the coast. Surrounded by sea views, this eclectic venue offers a calm, private setting that feels a world away from the busy tourist spots. With a spacious yoga deck, pool, comfortable en-suite rooms, and plenty of areas to relax, it's the perfect space to unwind, reconnect, and enjoy a slower pace for this 4-Night retreat.

## THE YOGA

A minimum of two classes per day, a dynamic ashtanga based practise in the mornings (either ashtanga vinyasa or rocket) and workshop and/or slower paced practise later in the day, giving you the perfect balance of invigorating and restful practise.

## THE FOOD

Two meals per day will be provided by the in-house chef, offering healthy and delicious meals to fuel your stay

## THE ACCOMMODATION

Each room is uniquely designed with authentic eclectic pieces from around the world. When you enter through the Saharan doors, you will meander through beautiful gardens adorned with Burmese statues and you will enjoy the sensory treats and exotic touches of Indian, Thai, and Chinese culture around every corner.



# THE VENUE

- Eclectic Ibiza Cliff house overlooking the Mediterranean for up to 16 guests in eight individually styled, en-suite rooms (air-conditioned with ceiling fans)
- Expansive communal areas, a large living room, fully equipped kitchen, and breezy dining space. Perfect for nourishment, rest, and community.
- Open air Yoga deck with sea views, fully equipped with Yoga mats, blocks, belts
- Loungers and swimming pool with views to the Med
- Dining tables inside and outside with Ocean views
- Organic local toiletries
- Gym equipment
- Sand volleyball court





# MEET YOUR HOSTS

## VIX

Vicky did her first Ashtanga training in 2019 and has now completed multiple trainings in hatha/vinyasa and Rocket Yoga. Vix loves to support people to overcome their perceived limitations, combining influences from different lineages and techniques to build strength and confidence, bringing a sense of play to her dynamic classes



## BECKY

With over 15 years teaching experience, Becky's intention is to enable students to feel comfortable, confident and empowered on and off the mat, with lots of giggles along the way. She has taught all over the world, teaches ashtanga and TRE and is a bit special when it comes to reading people and their nervous systems!



# A SHORT STORY ABOUT THIS RETREAT...

We first met in Leeds... Becky had just moved back from Thailand and was beginning to build a community of students, and Vicky was one of her first students back in the UK. That first connection, formed on the mat in a tiny room attached to a crossfit gym, grew into a friendship rooted in shared practice, mutual respect, and a love for Ashtanga yoga.

When Vicky took steps to become a teacher, our conversations naturally turned to dreams of one day hosting a retreat together. Ibiza was always the dream! Beautiful, peaceful, and full of soul and sunshine.

In the years that followed, both of us travelled to India together to study with our teacher, Ajay Kumar. Those trips, and the space held for us there, became a powerful part of our own growth. Stepping out of daily life, devoting time purely to practice, and being surrounded by people on a similar path....those experiences left a lasting impact.

This retreat is our way of offering that same experience to you. A chance to switch off, breathe deeply, and give your practice the time and space it deserves. To move, rest, laugh, and reconnect with yourself, with the practice, and with others.

We can't wait to share it with you xxx





# THE PRACTISE

Each day offers a blend of dynamic and restorative sessions, including Ashtanga-based morning practices, pranayama, meditation, and a variety of evening workshops. You'll experience a mix of led classes, Mysore-style self-practice, and sessions that dive into hips, backbends, and nervous system release.

Whether you're deepening an existing practice or coming with curiosity and openness, there's space for you here.

That said, nothing is compulsory. This is your retreat, so if a morning by the pool, an afternoon beach walk, or a spontaneous handstand session feels right, follow that. We've designed the schedule with plenty of downtime so you can tune into what your body and mind need most.

If you're looking for more personalised support, we also offer private 1:1 yoga or TRE sessions throughout the retreat, available at an additional cost. These can be a great way to explore specific areas of your practice, get hands-on guidance, or simply have space held for you in a deeper way.

All levels are welcome, but we recommend having 6 months regular practise before the retreat, as it is not curated for complete beginners.







# SAMPLE ITINERARY

## Day 1: Arrival Day

2:00pm — Arrival & welcome snacks  
5:00pm — Welcome circle + grounding flow  
7:00pm — Group dinner

## Day 2: Settle & Soften

8:00–10:00am — Led Full Primary Series  
11:00am — Brunch  
1:00–2:30pm — TRE (optional)  
5:00pm — Moving Meditation & Yoga Nidra  
8:00pm — Dinner


## Day 3: Fire & Flow

8:00–10:00am — Rocket  
11:00am — Brunch  
5:00pm — Hips Workshop  
7:00pm — Dinner  
9:00pm — Restorative / Yin / Sound Bath

## Day 4: Deepen & Expand

8:00–10:30am — Mysore-style Practice  
11:00am — Brunch  
5:00pm — Backbending Workshop  
7:30pm — Dinner

## Day 5: Closing Day



8:00am — Morning Practice  
10:00am — Final Brunch  
11:30am — Closing Circle & Departure



# TRE

TRE® (Tension & Trauma Releasing Exercises) is a powerful yet gentle somatic practice designed to help the body release deep muscular patterns of stress, tension, and trauma. Through a series of simple exercises, the body is guided into a natural tremoring response, an innate reflex that helps regulate the nervous system, reduce stored tension, and promote a greater sense of calm and ease.

On this retreat, Becky will be offering optional TRE sessions, both in a group setting and as private 1:1s (at an additional cost). Whether you're moving through stress, feeling the effects of a busy lifestyle, or simply want to explore a new way of connecting to your body, TRE can be a supportive and deeply grounding addition to your retreat experience. No previous experience is needed, just an openness to slow down, tune in, and allow your body to guide the process.

Please note: TRE may not be suitable for everyone. It is not recommended for those who are currently pregnant, experiencing unmanaged PTSD or psychosis, have had recent surgery or serious injury, or have certain neurological conditions (such as epilepsy). If you're unsure whether it's right for you, feel free to reach out for a confidential chat before booking.





# PRICING AND HOW TO BOOK

All prices include 4 nights' accommodation, daily yoga, workshops, 2x vegetarian/vegan meals, and plenty of time to relax and reconnect.

## Room Options

Queen bed in shared room — £1450

Single bed in shared room — £1350

Single occupancy (single bed) — £1400

Single occupancy (queen bed) — £1600

Queen bed (sharing, ideal for couples or close friends) — £1350 per person

Shared rooms sleep 2-4 people. If you're booking solo, we'll thoughtfully pair you with a roommate unless you choose single occupancy. In our experience, sharing a room can be a beautiful start of lifelong friendships

## How to Book

Secure your spot with a £350 non-refundable deposit by bank transfer.

Payment plans available upon request

To book or ask any questions contact [vinyasawithvix@gmail.com](mailto:vinyasawithvix@gmail.com) or  
[rebeccaantrobis80@gmail.com](mailto:rebeccaantrobis80@gmail.com)

Final payment to be made by 25<sup>th</sup> March 2026. In the event you cannot make the retreat after booking, we cannot guarantee any refund after this date. Price does not include flights, transfers or travel insurance



*Questions?*

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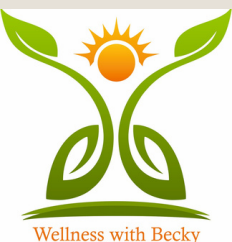
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*Thank you!*



**VIX**  
YOGA

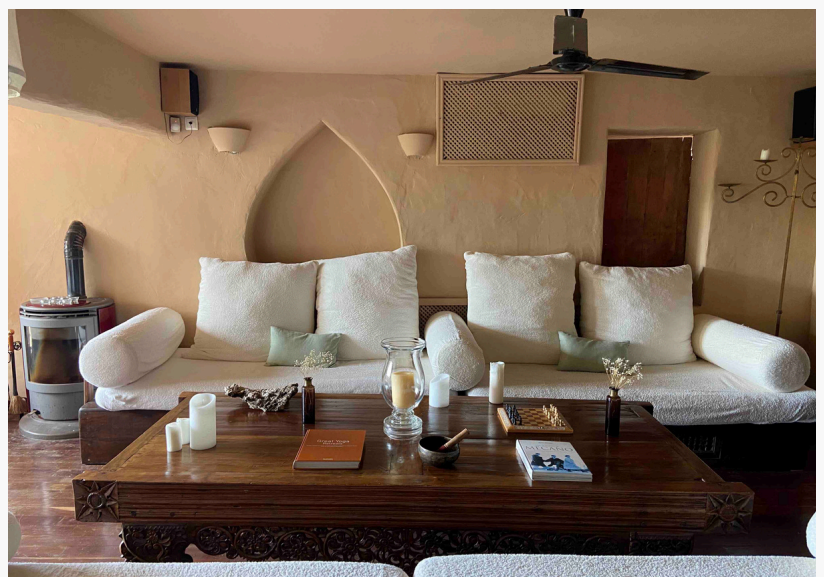


# GALLERY





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