

The soul journey retreat

October 29- November 4 2022, Ibiza Spain



By Saskia van Erven

The soul journey retreat

Are you looking to reconnect with yourself, gain new energy and create space for more creativity, growth and awareness? Then join me on an inspiring adventure to explore the wild terrain of the soul.

Amid stunning natural beauty, embark on a nurturing, loving and healing experience for the body, mind and soul. Away from the stresses of daily life, dive deep into what truly empowers you and rediscover your true nature.

Something wonderful always happens when people meet at heart level. We will bond as a group in an open and supportive environment as we explore ways to connect to our bodies and better understand ourselves.

This retreat will be the perfect opportunity to take a step back and experience the enchanting wilderness of the magical island of Ibiza. Join me for 5 days and 6 nights in a luxurious 400-year-old authentic finca.

Are you ready to find the magic inside?



A day at the retreat



Below you can get an idea of what our days will look like. I will share more details and specific themes closer to the date

- The first day arrival at the villa and settling in our rooms. We will begin with an opening circle and ceremony and finish with a delicious dinner.
- We will embrace each morning by awakening the body and mind. Starting off our day with warm tea and fruit followed by a meditation, yoga and breathwork practice. We will then enjoy a moment to sit quietly, set our intention and reflect or write in our journal.
- This will be followed by a delicious nourishing brunch.
- During the day, we will reserve time to chill out around the finca and the pool area. To journal, read, dream or rest. Other activities will be organized, such as hiking, heading to the beach and watching sunsets.
- Creative workshops will be organized to open up and go deeper into who you are and what you want in life.
- Healing breathwork sessions will be offered as well to release physical pain, stress, trauma and tension. To come closer to your true self and soften body mind and spirit
- Drinks like water, coffee and tea will be available all day and in the afternoon snacks will be served.
- We have an on-call massage therapist if you want to treat yourself even more. Appointments for this as well as other treatments can be booked and paid for separately during your stay.
- At the end of the day, we will unwind with a relaxing yin or restorative yoga class and meditation.
- This will be followed by a delicious, home-cooked dinner.
- After dinner, we will sometimes have additional activities such as a bedtime yoga nidra session.
- On the last morning, we will wrap up the retreat with breakfast and check out.



An impression



What's included?

- A personal journey into yourself
- Exploring and opening up to your own potential
- Daily yoga, mediation and breathing practices in a stunning yoga dome (where insects and unexpected weather conditions won't bother you)
- Breathwork session
- Essential oils and music
- Sacred ceremonies
- Creative workshops
- Journaling and reflection time
- Plenty of time to unwind, contemplate and quietly enjoy the peaceful surroundings
- 2 daily delicious and nutritious meals plus snacks and fruits
- Water, tea, coffee served throughout the day
- Exploring the beauty of Ibiza
- Group excursions/activities
- Accommodation at a luxury 400 years old finca
- Luggage storage
- The intimacy of a small group
- Personal attention
- And of course, lots of fun with kindred spirits!

It is important to note that we are flexible: we will go with the flow, so there might be some small tweaks and surprises.

What's not included?

- Airfare
- Travel insurance
- Airport pick-up and drop-off
- Extras like massage or sound healing

To keep the retreat personal and intimate, we will limit the group to 12 guests.



Meet Saskia



Saskia is passionate about helping people rediscover their authentic selves and connect with their inner source. Her gentle, welcoming and open spirit sets the tone for every practice. She loves all kinds of movement, body and breathwork and honors the time to go within. Each of her yoga, meditation and breathwork sessions offers something different to experience and explore, using storytelling, movement, alignment and humor to awaken the body, mind and soul.

A global citizen born in the Netherlands, Saskia earned master's degrees in economics and Latin American studies. After running her own sustainable fashion company for many years, she journeyed to India and found her true passion in yoga, breathwork, meditation and coaching. She has travelled the world and completed various teacher trainings and immersions to deepen her knowledge and practice.

Saskia has guided many retreats and workshops to a global community of yogis of all levels. She ran her own yoga school while living in Medellin, Colombia for six years and currently teaches in the Netherlands. Her virtual sessions and international retreats transcend borders to create an open and nurturing space for people to connect with each other and with their inner universe.

Saskia loves taking yoga beyond the mat and finding new ways to explore and express different sides of ourselves. She wakes up every day dedicated to guiding people to live a more healthy, meaningful and empowered life.



What others say

“A knowledgeable and thorough instructor! Saskia’s sessions explore mindfulness, breathwork, the spiritual self and the physical body. Her flow is balanced and she is thoughtful about poses and counterposes. I have seen positive physical changes in myself and I also feel more confident when I practice on my own. I’ve been practicing yoga for over 15 years and I highly recommend Saskia as an instructor!”

-Kai, USA

“For me Saskia’s sessions at this retreat are much more than a space to practice asanas. It’s a space to heal. The stories she tells make sense to the practice and leave you with life lessons for your daily life. It doesn’t matter if you have practiced yoga before, everyone is welcome. I feel more quiet, more conscious and ready to recognize my feelings and my inner strength.”

- Katherine, Colombia

“Saskia is an intuitive, grounded and nurturing teacher who effortlessly guides you through a conscious flow. She gently inspires you to explore the limits of your practice while offering encouragement and support with perfectly timed and meaningful prompts. She exudes a natural ease and grace in her movements and instructions and I feel completely physically, emotionally and spiritually satisfied at the end of every class. Her retreats will leave you feeling connected, inspired and rejuvenated.”

-Linsey, England

“I was very lucky to be a part of the five-day Inner Radiance retreat in Colombia. Saskia is a truly warm-hearted person. She was able to connect the whole group over the course of seven themed classes. The physical flow she created is so natural, it feels like a song. The classes were challenging without pressure, I felt very satisfied afterwards. It was a true blessing - physically and mentally - to learn so much from her.”

-Julia Zaaijer, The Netherlands

“I love everything about Saskia’s yoga classes and workshops. Her welcoming spirit created a beautiful space to practice. Each movement is intentional, which allows me to trust the process. I especially love the variety she incorporates into each class, from breathing practices to vinyasa flows to challenging postures and time to go within. Each time is different yet always leaving me feeling more at peace when I’m done.”

-Kimberly, USA.



Practical info



The soul journey retreat runs from Saturday October 29. Check-in begins at 3 pm and check-out is on Friday, November 4 at 10 am.

Accommodation

The hillside property features a centuries-old finca, or traditional farmhouse, one adobe cottage, and two detached stone dwellings. The property is eco-friendly with a state-of-the-art solar energy and water recovery system. It is perfectly located in a peaceful, agricultural area of the island with plenty of horses and sheep to be seen.

There are 7 bedrooms (and 5 bathrooms) :

- 3 double rooms (Cocoon, Zen, Terra Cottage), twin or queen : 6 persons
- 2 double rooms (Yin, Yang), queen only: 2 persons
- 1 quad duplex room (Nest - Perch), twin (Nest) + twin (Perch): 4 persons
- 1 teachers room (Haven)

*The prices vary according to the size and utilities of the room

*By booking you will be sharing the room with another retreat guest, except Yin/Yang

*A minimum of 9 guests is required for this retreat



Practical info

The main house

There is one double-occupancy room (COCOON) and a single teachers room (HAVEN) that share a bath, another double occupancy room (ZEN SUITE) with ensuite bath, private terrace, and additional private hot outdoor shower, and one duplex quad room (NEST garden level & PERCH mezzanine level, both double occupancy) with private rooftop terrace and ensuite bath.

Prices per room

ZEN SUITE 2 persons

Price €1,699,- per person

Twin or queen bed. Double Occupancy. Ensuite bath.

The largest double room, and the undisputed favorite. Luminous, with beautiful volume and noble Sabina beams. Private terrace with hot outdoor shower, direct access to swimming pool, separate access to small inner courtyard, dressing room, and additional wardrobe area. Stairs leading to the yoga dome can be accessed directly from the private terrace.



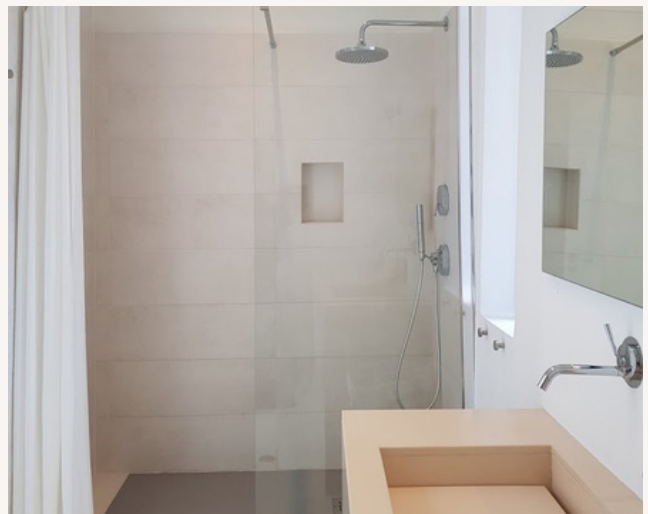
Practical info

COCOON 2 persons

Price €1,550,- per person

Twin or Queen bed. Double Occupancy. Shared bath with Haven (teachers room)
This generous room of lovely proportions is a quintessential light-filled cube, hallmark of the traditional finca room, with deep set window and the hush of meter-thick stone walls.

The room has a second door for direct access to the garden and steps leading to the yoga dome.



Practical info

NEST AND PERCH 4 persons

Price €1,450 per person

Nest and Perch are two levels of a duplex quadruple room (garden level and mezzanine respectively). They should not be considered as two separate bedrooms. Twin beds (Nest, garden level) + Twin beds (Perch, mezzanine level). Quad occupancy (double occupancy on each level). Ensuite bath. Private rooftop terrace. This room has beautiful architectural details with its soaring beamed ceiling and medieval meurtrières. It is important to note that Nest and Perch are open to each other, share the same room entrance, ensuite bath, and rooftop terrace. A mezzanine wall and wood lattice panels surround the upper floor for added privacy.

To access the ensuite bath, guests in Perch must pass through Nest. And to access the private rooftop terrace, guests in Nest must pass through Perch.

This room is suitable for a group of 4 same-sex guests or for those who don't mind mixed accommodations. It has more privacy than a classic quad as the two sleeping areas do not share the same floor. This room is generally not suitable for couples.

- Left a picture of Nest right Perch below the private terrace and bathroom



Practical info

Garden dwellings

There are 3 double occupancy rooms a stone's throw from the Main House. TERRA COTTAGE with ensuite bath and private terrace, and the Twin Flame Micro-Suites YIN and YANG that share a bathhouse and private patio. The garden rooms were also part of the original finca and built as corrales to house farm animals.

TERRA COTTAGE 2 persons

Price per person € 1,650

Twin or queen bed. Double Occupancy. Ensuite bath. Private Terrace.

Just a few steps from the main house but hidden from view, this adobe bungalow is perfect for guests who prefer to relax and recharge in semi-solitude. The terra cotta brick floor against whitewashed walls gives a warm glow to the room, and the shaded terrace and lounge areas extend the living space. It is heated in the cooler months with an enchanting wood burning stove (wood and lighting materials provided).



Practical info

TWIN FLAME MICRO-SUITES

Price 1 person € 1,599

Queen beds only. Shared bathhouse. Private patio.

The Twin Flame Micro-Suites YIN and YANG are a pair of detached stone dwellings representing the twin flames of yoga theory that all you have is all you need. These havens are a delight for those who are comforted by cozy spaces. Intimate in scale, but long on charm, these rooms are physical reminders that we have everything we need to lead happy, healthy and fulfilling lives without frills or fuss. The micro-suites YIN and YANG share a bathhouse nestled between the two suites.

These 2 rooms do not share a common wall with the main house, are situated in the garden and separated by a stone patio, and share an exterior bathhouse that is accessed by stepping a few paces from each bedroom door. These rooms are quite charming, wonderfully private, and typically Ibicencan. It is not for those who want to be near the kitchen or who are skittish about being in a detached room. But they are literally a few steps away from the main house along a quaint lighted pathway, so it's not a question of being isolated or far-flung!



Practical info

Yoga dome

The geodesic Yoga Dome is a unique space specifically designed for retreat groups. Its luminous and airy volume, tranquil interior, and views of the verdant countryside enhance a sense of well-being during practice. It is fully equipped with yoga mats and props, so no need to bring anything

Food & Drinks

Our Chef Natalia, with more than 15 years of experience in gastronomy, is responsible for developing our menus using top quality local products. She adapts to the requirements and needs of each of her guests achieving tasty nutritionally balanced menus.

The kitchen as a meeting point, love as the main ingredient and her meticulous vision for service make each meal a pleasant experience.

Alcoholic beverages, such as wine and beer, are not provided but you may bring your own if you wish. Drinking water, coffee and herbal tea are available all day in the afternoon we serve healthy snacks.



How to book?

Early bird

10% discount until March 30th

Terms and Conditions

To confirm your booking at the soul journey retreat:

- a 30% deposit of the total price is required to secure your spot.
- All deposits are non-refundable if the booking is cancelled
- The rest of the payment should be paid latest 30 days before arrival

Cancellation Policy

For bookings paid in full and then cancelled, the following applies:

- More than 8 weeks before the start of the retreat : 100% refund minus the deposit.
- 4 to 8 weeks before the start of the retreat : 50% refund minus the deposit.
- Up to 4 weeks before the start of the retreat : no refund will be given.

It is advisable to take out travel insurance in the event that you are obliged to cancel due to unforeseen circumstances.

I will be happy to help you and talk you through any questions. Feel free to send me an email or give me a call.

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If you feel a YES I want to be a part of this transformational retreat please reach out and I will send you the next steps in the booking proces.

Looking forward to hear from you!

With Love

Saskia

