

AWAKEN YOUR INNER POWER

IBIZA RETREAT
SEPTEMBER 21ST - 25TH



INSPIRED LIVING
RETREATS AND EXPERIENCES

An oasis of serenity in the
Mediterranean.

Nestled in the picturesque
southwest of Ibiza, The Retreat
House is as an idyllic setting for
our Awaken Your Inner Power
retreat.

4 days of connection in stunning
nature, this exclusive retreat
offers a unique opportunity to
relax, reset and discover.

You will participate in
interactive coaching workshops,
daily fitness and yoga sessions,
and experience the
transformational power of
bespoke private coaching
sessions.

THE RETREAT

Access your Inner
Power.



THE RETREAT HOUSE

An oasis of serenity in the Mediterranean



**A welcoming energy
will make you feel at
home from the moment
you arrive, offering
peace and tranquility.**



FEATURES

This stunning villa offers a unique setting: a blend of magical charm and convenience. Situated in the picturesque Southwest of the island, it is close to Port des Torrent beach and just a 15-minute drive from the airport.

- 120m² of dreamy swimming pool
- relaxing outdoor lounging areas
- luxurious outdoor dome, comfortably accommodating 15 yoga mats
- outdoor yoga deck
- shaded outdoor dining space
- sauna & hot tub
- WiFi
- on site parking



RETREAT Package

The retreat package includes accommodation from September 21st till 25th, all meals for the duration of your stay, prepared with fresh produce from the local area, and all the yoga, fitness and workshops.

Exclusive to the Ibiza retreat, you will also receive a bespoke 1:1 coaching session with either Fleur or Lucia.

Fees:

£1,797 shared occupancy - £1,597 if booked before June 15th

£2,997 single occupancy

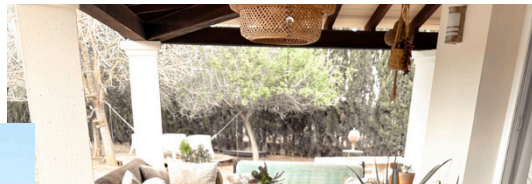
What's not included

- Flights
- Transfer from Ibiza airport to villa (return)
- Insurance

Please contact us if you need assistance with any of the above.

What's on offer

- Our agenda is designed with plenty of free afternoons for you to explore local activities and attractions.



Meet the Team



Patricia Leggatt - [@patricialighthouse](#)

Patricia has run successful retreats all over the world. She is a highly qualified Yoga teacher, Yoga therapist, astrologer and Yoga Nidra Instructor. Patricia is warm, intuitive and teaches from the heart. She is passionate about the transformative power of Yoga and how it can potentially help others to feel healthy, happy and whole. Her classes include mindful vinyasa flow, Iyengar inspired asanas, Yin Yoga, Pranayama (Breathwork), and Yoga Nidra (The heart of yoga - similar to a guided meditation which is deeply healing).



Lucia Paredes - [@coachingwithlucia](#)

Lucia is a Happiness Coach and an experienced Marketeer with a 20-year award-winning career. Her deep understanding of the fast-paced corporate world combined with her expertise in Happiness, Positive Psychology and Optimal Well-being, help her understand the challenges of everyday life and living on autopilot. This allows her to create a safe space and bespoke coaching sessions designed for individuals to both thrive and revive in life.



Fleur Prime - [@fleurprime](#)

Fleur Prime is a life coach like no other. As a Mum of three she is a highly skilled expert who blends her 20 years of working in education with a deep intuition and empathy to help transform the lives of others. Through a unique blend of education principles, Holistic Psychology, Health Optimisation and Neuroscience, Fleur is helping people, children and teenagers rebuild the relationship they have with themselves, to help them lead a happier, more fulfilled life.

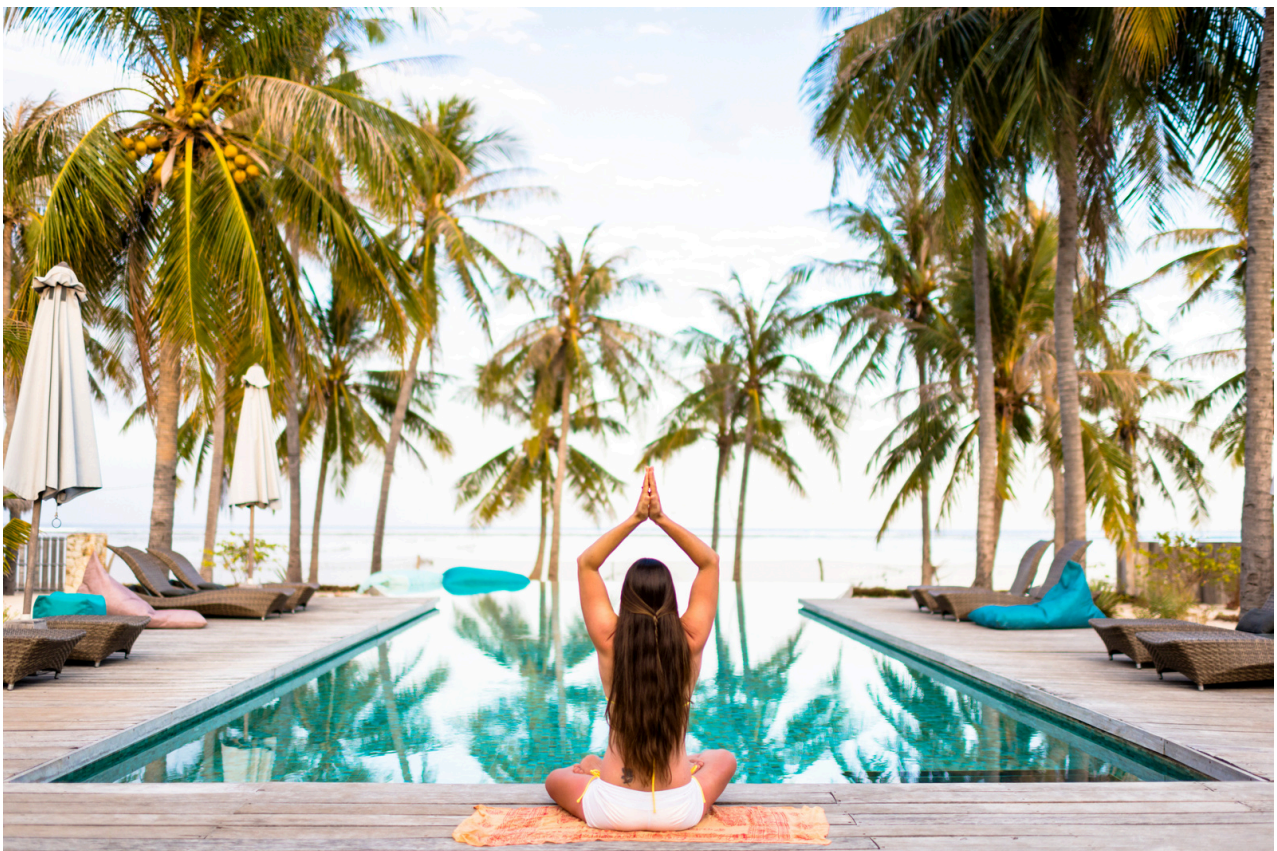
WHY JOIN US?

The benefits of attending a retreat

Research has shown that thanks to yoga, meditation and fitness, attending a retreat can improve your metabolism, with a daily release of happy hormones.

Attendees report to have more clarity, feel empowered and motivated to make more conscious decisions in their life on their return.

Our retreats are designed to provide a safe space where attendees can explore and get curious about what lights them up. With a blend of learning in Neuroscience of Change, Happiness, Positive Psychology, Science of Wellbeing, Somatic Coaching, fitness and yoga practices, we work together, aligning mind - body - soul. We will help you unlock your inner power, move past blocks that may be holding you back and open to receiving the wisdom from your inner teacher.



“Awaken Your Inner Power” will help you connect to yourself, to nature and to others. Feel refreshed, relaxed and empowered to create your own happiness.

WHY JOIN US?

Our reviews

Having never been on a retreat before, I really didn't know what to expect but whatever my assumptions or hopes for what I would get out of it were, it surpassed them all. Every workout, workshop and activity was perfectly planned by Lucia, Fleur and Trish to take you on your wellness journey and give you the tools you need to continue that journey once you leave. The villa was idyllic, the food incredible and the people were extraordinarily welcoming. I'd do this all again in a heartbeat. (Ailsa Scott)

What an amazing 5 days away... I felt totally refreshed, relaxed and rejuvenated. The villa is magical, it has such a great aura and you relax the minute you walk in. the food was delicious and the ladies in the kitchen just couldn't have been more accommodating.
Lots of "me time" to just relax, read and "take it all in". (Nicki Saker)

What an incredible experience. The schedule flowed easily and left plenty of time to relax, connect and integrate the experience. The coaching was enlightening, yoga refreshing and soothing, and exercise invigorating but not exhausting. There was a wonderful mix of people and activities, including alone time. I needed time to unwind and rebalance after months of chaos, it was exactly what I needed to restart life refreshed and inner balanced.
Thank you Fleur, Lucia and Trish, a beautifully restorative retreat full of laughter, love and enlightenment (Diane Strait)

Would absolutely attend the retreat again, learnt so much and the kindness and understanding of everyone attending was second to none! Would definitely recommend to all my friends (Amber Tempelaars)



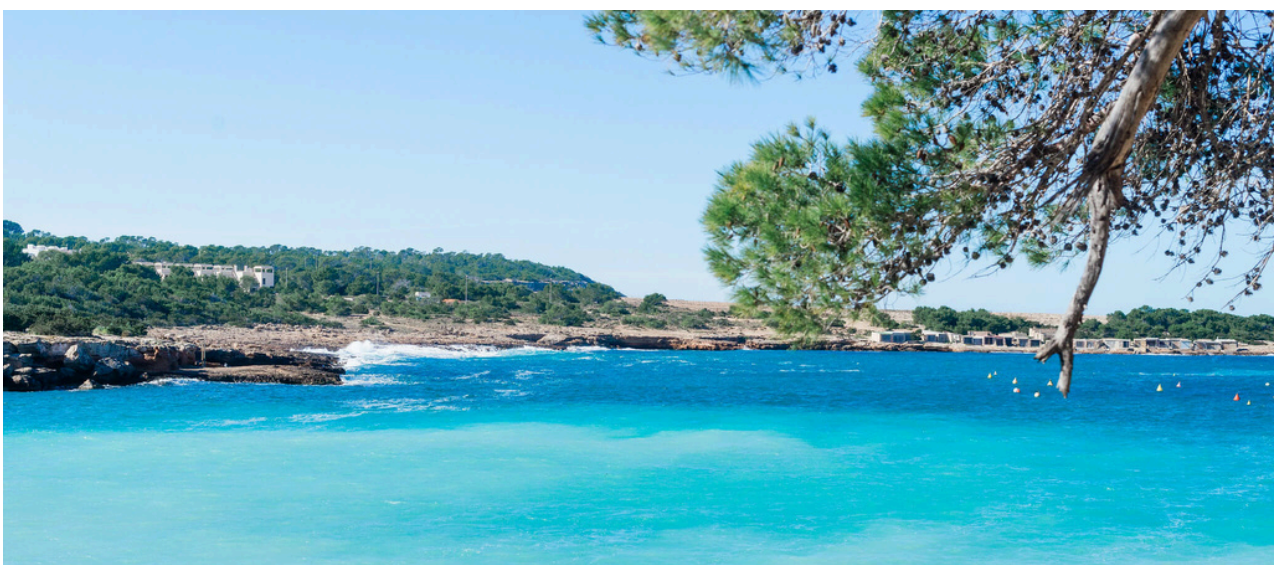
WHY JOIN US?

Our reviews (cont.)

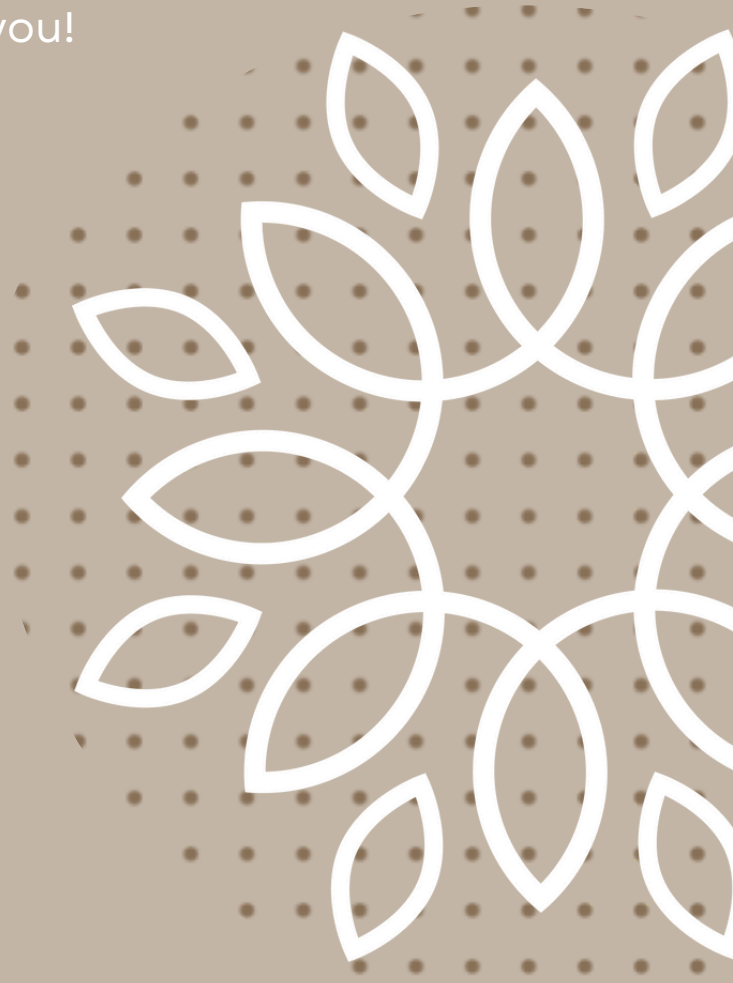
If you were doubting the purpose of going on the retreat or what you would get out of it - don't! Go and trust in it. Lucia's, Fleur's and Trish's are some of the safest and most caring hands you could put yourself in and the group dynamic was especially lovely. Fun was definitely encouraged and the odd drink freely enjoyed. So glad I went. (Katherine Sheerin)

Never have I felt so refreshed than returning from this amazing retreat. Our wonderful hosts and coaches couldn't do enough to support us during this time of reflection and relaxation - in one of the most beautiful locations on earth. Each day brought new thoughts, feelings and adventures- memories that will last a lifetime. Thank you, for helping me find my inner power

I chose to sign up to the retreat not knowing what to expect and not really knowing anyone that was going. I very nearly didn't go as it was completely outside of my comfort zone but I am so pleased that I did. The retreat was in the most beautiful private villa and as soon as we arrived I felt instantly relaxed. The sessions we had with Fleur and Lucia were very thought provoking and positive. The exercise with Fleur and the Yoga with Trish were suitable for all levels and really enjoyable. I wouldn't hesitate in attending their workshops or retreats in the future. Having told all my friends about it, they all want to come to the next retreat. Thanks ladies, for making it such an amazing and memorable trip. (Gemma Ryan)



We look forward to welcoming you!



BOOK YOUR
SPACE

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