

Yoga Holidays with Harmonic Ibiza

a touch more of loveliness...

**Yoga and healing retreat with Samanta Duggal
from Mumbai, India
Saturday 2nd – Saturday 9th June 2012**

Following six years in Goa, Harmonic is now offering yoga and healing retreats in Ibiza.

Harmonic's founding Director, Natalie Matos, spent the summer on the Spanish island and fell in love with its energy, beauty and people.

The retreat will take place in a wonderful house with swimming pool on the quieter north end of the island, located just a short walk from Benirras beach with its sheltered unspoiled bay and crystal clear turquoise water. Benirras is also famous for its drumming and every Sunday people come from all over the island to drum at sunset.

Continuing with the essence of Harmonic, the retreat will offer a full range of classes and treatments, including twice daily yoga, as well as sanskrit chanting, bollywood dance, music, meditation, healing, massage and bowen therapy.

As always, the retreat is designed to accommodate any level, whether you are a beginner or an experienced yogi.

Samanta Duggal is the Director of Yoga at a popular boutique yoga studio in Mumbai. Having taught at Harmonic Goa, she is now coming to join us in Ibiza.

'The paths are many but the goal is one' has been her learning over the years, appreciating the classical Sivananda hatha style of yoga as well as the more dynamic vinyasa styles of practice.

'I have had the opportunity to study in many schools of yogic discipline which has helped me to understand that there cannot be only one way to present yoga to the student. Hence I use a more integrated style combining classical, dynamic, therapeutic and restorative practices according to the students age, profession, physical and mental temperament'.



The ancient technique of **vedic chanting** which uses sound energy is gaining popularity all over the world. These classes include simple asana work with sound energy, followed by mantra chanting / adhyayanam listening and chanting as well as pranayam/meditation.

Bollywood dance is a great work out for mind body spirit, a consistent feature at Harmonic over the years. These classes are suitable for all ages and abilities and are lots and lots of fun!

Natalie Matos, Healer and founding Director of Harmonic, will be offering advice and support throughout your stay as well as healing treatments. There will also be an evening of acoustic music (musicians are welcome to join!). With music and lyrics inspired by love and life, Natalie's songs will feed the heart and lift the soul.

Other treatments will be offered by gifted practitioners that live on the island.



Price per person:
Shared suite: €825
Twin Room (2 pax): €910
Double Room (1 pax): €1,150

All rooms are ensuite

Included in your retreat:

7 nights accommodation, plus delicious, home cooked local vegetarian food including: pre-yoga tea / coffee fruit, post yoga brunch, afternoon snack, evening meal.

Twice daily yoga, 2 classes in meditation, 2 classes in Sanskrit chanting, 1 Bollywood dance class, consultation and support throughout as well as an evening of acoustic music.

In the afternoons you are free to visit the beach, go for a walk or simply relax by the pool whilst listening to the sounds of the island. There will be one day off from classes, so that you are free to explore many of the other delights that Ibiza holds.

Attendance at classes is optional. However, we ask that you come with the intention of supporting what is on offer at the retreat and do not distract the other students.

Treatments are an additional cost paid locally



Other dates available on request
www.harmonicingoa.com
info@harmonicingoa.com
Tel: Goa +91 8007198029, Ibiza +34653312608