

IBIZA ITINERARY

11-16th June 2026

Discover your week of transformation

DAY 1

- **Morning** Arrival from 10am + Villa Tour
- **Afternoon** Welcome Brunch, Free Time, Opening Flow + Ceremony
- **Evening** Welcome Party + Sunset BBQ

DAY 2

- **Morning** Sunrise Meditation, Power Vinyasa, Breakfast + Inversions and Arm Balance Masterclass
- **Afternoon** Lunch, Midday Reset, An Introduction to Journalling + Guided Hike
- **Evening** Yin, Dinner + Sunset Meditation

DAY 3

- **Morning** Sunrise Meditation, Power Vinyasa, Breakfast, + Dopamine Hacking and Manifestion Workshop
- **Afternoon** Lunch, Midday Reset + Mandala Magic
- **Evening** Restorative and Yoga Nidra, Dinner + Sunset Meditation

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DAY 4

- **Morning** Sunrise Meditation, Power Vinyasa, Breakfast + Backbends Masterclass
- **Afternoon** Lunch, Midday Reset + Guided Hike
- **Evening** Yin, Dinner + Sunset Meditation
OR
***SUP (stand-up paddle-board) Guided Tour + SUP Yoga - dinner included**

DAY 5

- **Morning** Sunrise Meditation, Power Vinyasa, Breakfast + Guided Mindfulness Workshop
- **Afternoon** Lunch, Midday Reset + Free Time
- **Evening** Restorative and Sound Bowl Healing, Sunset Tapas + Surprise

DAY 6

- **Morning** Sunrise Meditation, Power Vinyasa, Closing Ceremony + Farewell Brunch
- **Noon** Departure

***optional extra for £100**