



# IBIZA GLOW RETREAT

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WITH SUSIE HOWELL & SARAH OLIVER

At long, long last we are delighted to be able to run our retreats again, and to celebrate we have a VERY special long weekend retreat to offer you;  
The Ibiza Glow Retreat.

We have designed this retreat to give you the ultimate heart-opening and soul-soothing experience in the most stunning surroundings...

Our beautiful location is the stylish, bohemian-luxury retreat venue of [Can Verru](#), near San Augustin, on the West Coast of Ibiza.

This truly unique Ibizan property will be your home for our four night retreat, where we'll dive deep into juicy, soulful yoga led by Susie - who many of you will already know from her Glow Yoga classes that have kept us all balanced, grounded and sane throughout lockdown.

Susie will be the Lead Teacher on the retreat, with wellness coaching and hosting support from Sarah, who worked closely alongside Susie at Ibiza Retreats for many years. Between them, they have coordinated over 100 successful retreats, both of their own and for many international wellness leaders and corporate clients.

**From Thursday 24th of June 2021**, this four night retreat will bring you back to your own true sense of self as we collectively heal from the pressures we've all been under, and will ease you back into a place of calm, inner-peace, happiness and a renewed positivity for our ongoing lives.



Our daily programme is going to look something like this, with some other lovely complementary extras included

- Light breakfast bites
- Morning meditation & breathwork with Sarah
- Morning Yoga with Susie
- A satisfying, healthy brunch with Susie and Sarah - including a 'check-in' about your practice and any questions or queries about your personal experience on the mat.
- Chill Time round the pool or visit to the nearby beautiful Cala Bassa beach for those that want to.
- Afternoon Tea & Light snack
- Early evening meditation & a gentle, restorative stretch (optional)
- Leisurely evening Supper beneath the stars
- Some very special 'sprinkles of Magic' to make you fall in love with life again...

Our purpose on this retreat is to allow you to free-flow with what you feel you need each day.



After all the restrictions we have all been through, our aim is for you to feel free to completely relax and enjoy your time on the island. We will offer optional extras that you can take part in if you want to, but there is no obligation to. This retreat is YOUR time, to rediscover your Glow, and go with the flow - or to simply relax and just BE in this beautiful space.



## INCLUDED IN THE 4 NIGHT RETREAT

- Accommodation in a choice of shared twin or private rooms at the luxury Can Verru retreat venue - ONLY 3 ROOMS REMAINING!
- All meals (delicious, satisfying plant-based cuisine) prepared by our fantastic private chef
- A glass or two of organic wine with dinner if desired
- Unlimited herbal teas, filtered water, fruit and healthy snacks
- One to One Wellness check in with Susie or Sarah
- Daily morning meditation with Sarah followed by a full Yoga practice with Susie
- Full Body holistic, diagnostic massage (further massages & treatments can be arranged at extra cost)
- Stand Up Paddle tour or SUP board Yoga session
- Cognitive Behavioural Therapy workshop with Sarah (Certified CBT Practitioner) & optional One-To-One mini consultations.
- Sound healing session
- Evening meditation and short restorative / Yin yoga sessions (optional)
- Inbound airport pick-up



[Click here for the full Gallery of Can Verru](#)





### Investment for the 4 night Ibiza Glow retreat

Prices and Remaining Availability;

We have 4 shared places in twin or double rooms at £1595 per person

We have 1 private single occupancy room at £2195 per person

All bedrooms have their own private bathrooms.

*"We both look forward to welcoming you to what we know is going to be a deeply relaxing but also uplifting and rejuvenating retreat, here on the stunning island of Ibiza."*

If you have any questions at all, you can contact us directly by Whatsapp or Email.

Sarah - Whatsapp - 0034 648 793 633 - Email [canverruibiza@gmail.com](mailto:canverruibiza@gmail.com)

Susie - Whatsapp - 0034 662 093 499 - Email [susie@ibizaretreats.com](mailto:susie@ibizaretreats.com)

## Terms and Conditions

A 50% deposit is required to secure your place.

Balance due 4 weeks prior to arrival

After the full balance is paid on 8th August no refunds will be offered but if you are unable to attend the retreat you can transfer your place to a friend (subject to room sharing suitability if you have booked a shared place.)

If you have to cancel, we will also try to resell your place, but we can not guarantee this. If we do manage to resell your place we will of course refund your money, minus any deductions for marketing costs or discounts if we have incurred any,

Can Verru is a licensed, registered & insured Villa Rental venue, however all guests are required to purchase their own travel insurance policy to cover cancellation or medical emergencies.

### NOT INCLUDED IN THE COST OF THE RETREAT

Flights and PCR tests or other Covid compliant travel / arrival health documentation required by departure or arrival destinations.

- Departure airport transfers

Payments to be made via UK Bank Transfer or Paypal

Paypal payments incur a 3% additional service charge.

### BANK DETAILS

Account Details

- Sarah Oliver (UK account)
- Acc No 75211130 / Sort Code 04-00-04

PayPal - [straight2sarah@gmail.com](mailto:straight2sarah@gmail.com)