



SUNSHINE WONDER

31.08 - 05.09

IBIZA RETREAT

OPEN YOUR
HEART &
EXPRESS
YOUR
UNIQUE
BEING

yoga | meditation | breathwork
innerdance | cacao ceremony
aquatic therapy | sound bath
art & creativity | voice, body & mind
sun & beach



CONTACT US FOR + INFO & PRICES
+34667832777 OR +41793778097

www.meditactionworld.com



WELCOME TO THIS
MAGICAL JOURNEY...

RETREAT PROGRAM



DAY 1 - 31.08

15:00-18:00

Arrivals, Settling in
& Discovering Casa Solara

18:00-19:30

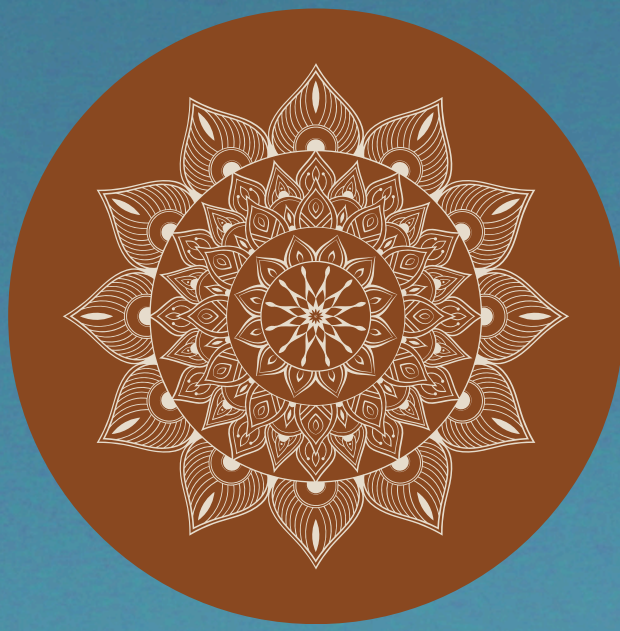
Opening Ceremony Circle

20:00

Dinner

22:30

Silence & Rest



DAY 2 - 01.09

08:00-09:15

Yoga & Meditation to Open Heart
with Tati

09:30-10:45

**Art & Heart: working with plastic art to express
your true intention**
with Dea

11:00-13:00

Brunch

13:00-18:00

Free time (Rest, Beach, Hike...)
Optional: Individual Aquatic Therapy sessions
with Sofia

18:00-20:00

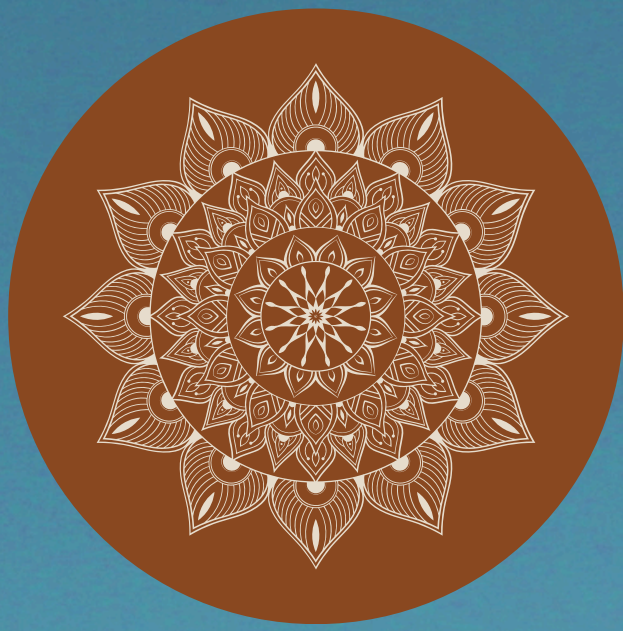
Breathe & Dance - Inner Dance
with Flor

20:00

Dinner

FROM 22:30

Silence & Rest



DAY 3 - 02.09

08:00-09:15

Energy Healing Yoga & Meditation
with Tati

09:30-10:45

**Cacao Medicine: connecting with and preparing
the sacred medicine together**
with Dea

11:00-13:00

Brunch

13:00-16:00

Free time (Rest, Beach, Hike...)

16:00-18:00

Aquatic Therapy Group Session
with Sofia

18:00-20:00

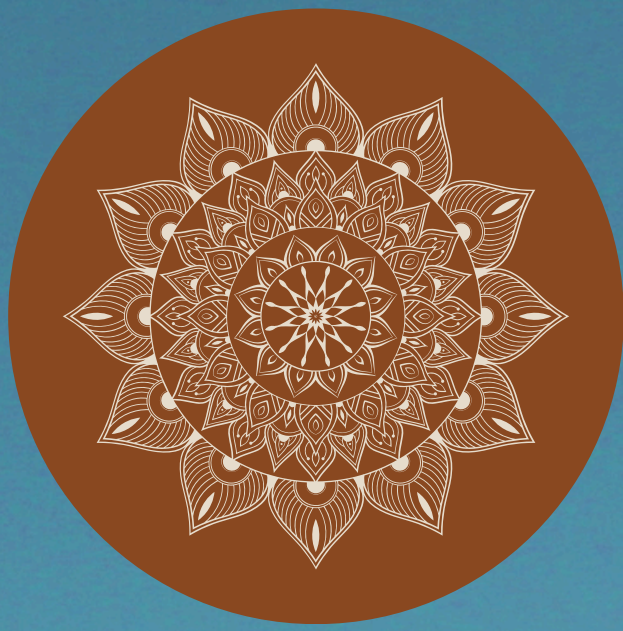
Cacao Ceremony & Drum Circle
Benirràs Beach

20:00

Dinner
(pic-nic at the beach)

FROM 22:30

Silence & Rest



DAY 4 - 03.09

08:00-09:15

Yoga & Meditation: Express Your True Self
with Tati

09:30-10:45

Voice & Body: working with 2nd & 5th chakras to liberate blockages. Voice Improvisation
with Dea

11:00-13:00

Brunch

13:00-18:00

Free time (Rest, Beach, Hike...)
Optional: Individual Aquatic Therapy sessions
with Sofia

18:00-20:00

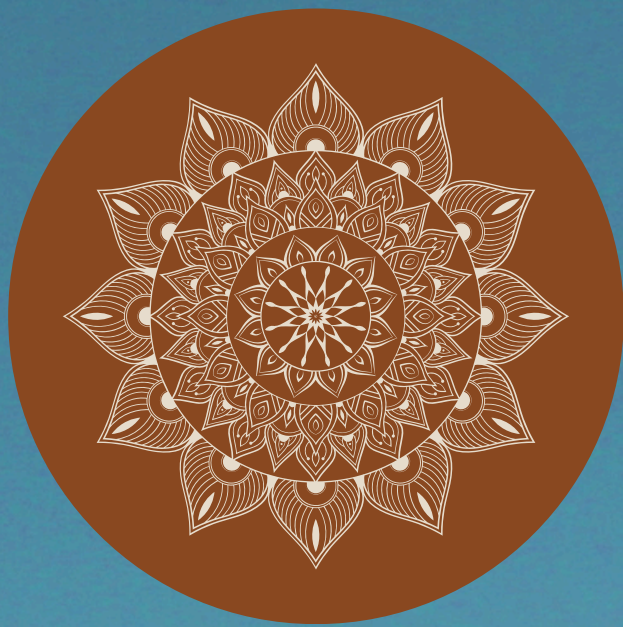
Sound Bath & Healing Session
with Chamo

20:00

Dinner

FROM 22:30

Silence & Rest



DAY 5 - 04.09

08:00-09:15

Yoga & Meditation for Grounding & Presence
with Tati

09:30-10:45

**Ritual with Clay: manifesting your creativity
in the physical world**
with Dea

11:00-13:00

Brunch

13:00-18:00

Free time (Rest, Beach, Hike...)
Optional: Individual Massage Therapy sessions
with Chamo

18:00-21:00

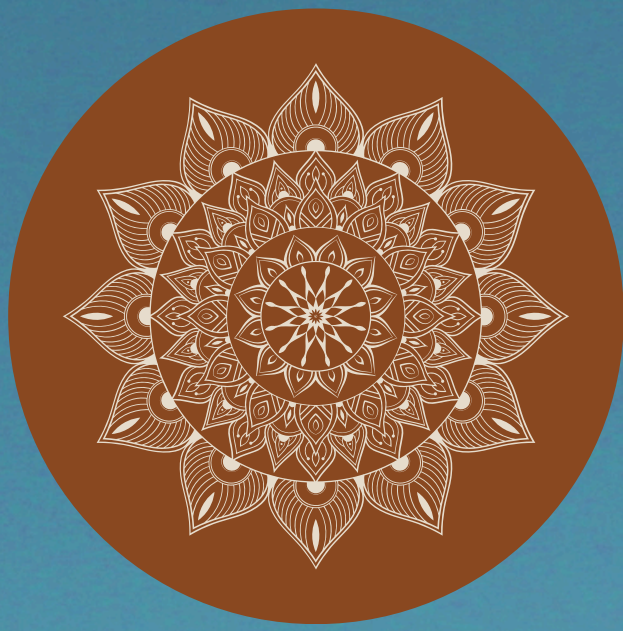
Dinner & Es Vedrà Sunset
at the beach

21:00

Closing Ceremony Circle

FROM 22:30

Silence & Rest



DAY 6 - 05.09

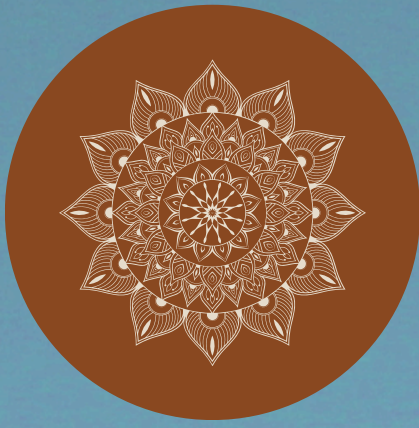
FROM 08:00

Breakfast

BEFORE 11:00

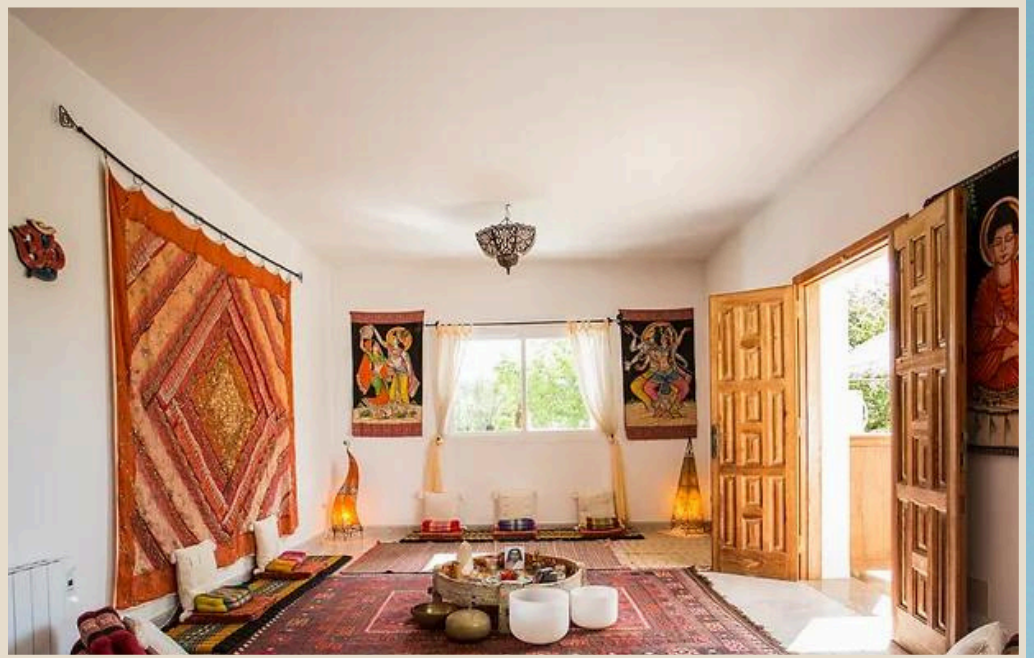
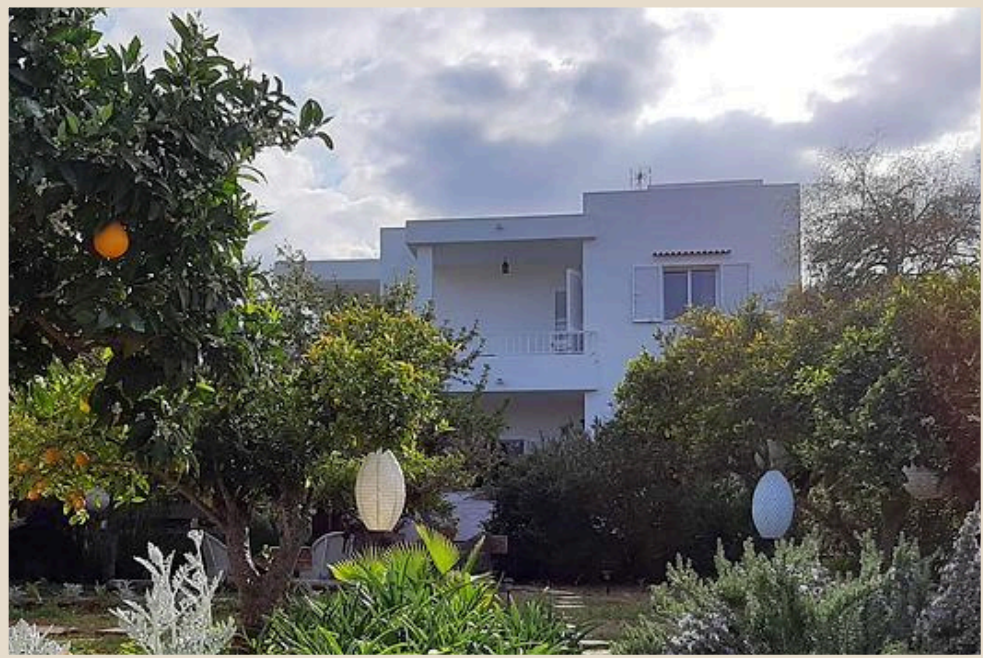
Check-out

LET'S CREATE A
SENSE OF WONDER
TOGETHER !



AT CASA SOLARA IBIZA

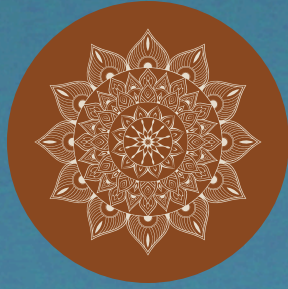
5 DAYS ALL INCLUSIVE
brunch & dinner



<https://ibizacasasolara.wixsite.com/retreats>



MEDITATION



OUR TEAM MEMBERS

ANDREA REZES

Andrea is a solar being. Anthropologist and sociocultural animator, emotional educator, Yoga teacher, Sahumadora initiated in the Malinche tradition of Mexico. Lover of Astrology and facilitator of the Sinodic Cicle of Venus and ritualistic practices. Carrier of dragon energy, she is a master at sustaining spaces and people, with creativity and unconditional love for all beings. She has traveled the world visiting ecovillages and co-creating the foundations for the new regenerative paradigm. Andrea will accompany us facilitating different sessions, offering her gifts and talents to the service of the evolutionary synergy that is created when we come together with an open and solar heart.



@LEONALAVENUS

HAPPY TO GUIDE YOU THROUGH THIS JOURNEY

TATIANA ABREU

Tati believes a better world is possible and is here to help manifest it by building bridges between the material and spiritual dimensions. With a background in Leadership & Management, extensive global travel with a purpose, and a deep passion for Meditation, Yoga and Inner Peace, she's at her happiest when bringing people together to unite forces and to share their gifts in harmonious co-creation to help raise Consciousness on Earth. Tati invites you to take a deep inner journey towards a state of being of unconditional love and acceptance, and helps you connect with your infinite potential, for a happy and meaningful life in service of a peaceful humanity.



@MEDITATIONWORLD

FLOR CRESPO

Flor incessantly seeks to live from the Essence, that part of Divinity that resides in each one of us. Student of Prem Luca, a disciple of the great master Osho, and also a student of less renowned but equally important teachers of the esoteric arts who have guided her towards self-knowledge and healing, contributing to the connection of mind, body and soul, that part of the Higher Consciousness from which we come and to which we return; she works towards understanding and coherence among each of her bodies to live in harmony. With love and humility, she offers to guide and support you in your process, so that you can remember that your Essence is to live with unconditional love towards yourself and others.



@ALQUIMISTADIVINA

CHAMO BLANCO

Chamo is a 57-year-old Venezuelan living in Spain. Born into a family with deep interests in ufology and metaphysics, he became a vegetarian at a young age. His travels across Venezuela and the world, coupled with his passion for theater and spiritual quest, led him to live in Krishna temples and deeply explore his spirituality. After leaving monastic life, he experienced the profound joy of fatherhood with the birth of his son Ebay in 2002. Certified in therapeutic bowls, sports massage, Chinese, Thai and Ayurvedic massage, foot reflexology, acupuncture, osteopathy, and kinesiology, Chamo has realized his dream of opening his own massage center in Barcelona. He will be offering a sound bath experience and will be available for individual massage sessions.



@CHAMOSTEOPATA

SOFIA MAKAYA

Sofia is passionate about water. Over the years, she has deepened her studies on water in various parts of the world, leading her to a mission of spreading and growing its reach. She will be facilitating an aquatic therapy experience in the magical waters of the sea in Ibiza, incorporating the basics of flotation with partners, trios, and small groups. Agua Hara is an effective water therapy that combines subtle and dynamic movements with stretches and twists, resulting in a profound experience of relaxation and pleasure. It also works on energetic balance, helping individuals dive deep into their essence and remember who they truly are. For those who wish to have a more personalized experience, Sofia will also be available to offer individual sessions.

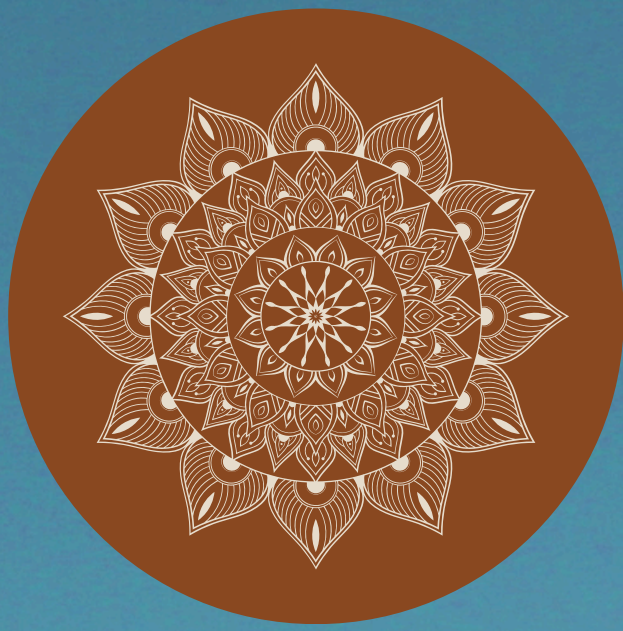


@AUTHENTIC_FLOW_

WE RISE LIFTING OTHERS !



MEDITATION



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