

Six Senses Ibiza
Spring Retreats 2022
PREVIEW



Dance, detox, improve your sleep or fitness - you choose your retreat flavour and we bring you a line-up of internationally renowned experts to inspire and equip you with tools that last a lifetime.

time to retreat

Cool Season is Retreat Season at Six Senses Ibiza!

MARCH

19-23 Samiya Noordeen: Santosh Dance Retreat
23-27 Bodyflow Detox Retreat

APRIL

TBA Patrick McKeown et al: Runners Retreat
3-8 Dr. Nicola Finley: The Pleasure Principle

MAY

6 – 10 Dr. Breus: Solving the Mystery of Your Sleep



more retreats announced soon

SANTHOSH DANCE RETREAT

with Samiya Noordeen & teacher team

19-23 March 2022

A real feel-good retreat for anyone with a passion for dance and music, but also beginners! Learn to dance or improve your moves, guided by professional international dancers. Styles range from Argentine Tango to American Smooth, Latin Ballroom, Salsa and Bachata/Kizomba.

Santhosh means happiness in Sanskrit and relaxing massages and delicious food are part of the daily menu along with a good dose of laughter and fun. Santhosh founder Samiya Noordeen also offers one life coaching session to combine the movement of your dance with the unravelling of your mind in the process.



SAMIYA NOORDEEN

Samiya Sahabdeen, founder of Santhosh Dance, moved from a career as successful lawyer in the UK to take up motivational speaking, life coaching and dancing. She started Santhosh Dance almost 12 years ago. Her London studios offer dance classes in various disciplines taught by highly experienced dancers.

Samiya, who was born in Sri Lanka, uses the creative and life giving force of dancing to empower and ultimately give purpose to the life of an individual. All her professional dancers are experienced in many different disciplines of dance, with years of experience. They are not just great dancers but also charming and fun.



BODYFLOW DETOX IMMERSION

with Shlomo Dharma & Ibiza Healers

23-27 March 2022

Detox served with a big slice of joy: Shlomo and his dream team of Ibiza's best sound healers, breath workers and guides will set you on a path to a more relaxed, more joyful you. You shake off worries while dancing with your tribe.

Benefits:

- Improves sense of life enjoyment, clarity and calm
- Supports natural healing mechanisms
- Boosts energy levels and immunity
- Relieves digestive imbalances and related symptoms such as skin disorders, migraines and allergies



SHLOMO DHARMA

Israel born detox expert Shlomo Dharma, curated Bodyflow specifically for Six Senses Ibiza, bringing together some of island's most talented healers in an environment conducive to unlocking the best in you.

Based on the teachings of natural health guru Dr. Bernard Jensen and with over 30 years of experience as a natural healer, iridologist, Reiki Master and in Tibetan pulse medicine, Shlomo developed a unique multi-dimensional method of healing. It targets all aspects of being and achieves powerful synergistic effects by combining modern detoxification concepts with ancient healing practices.



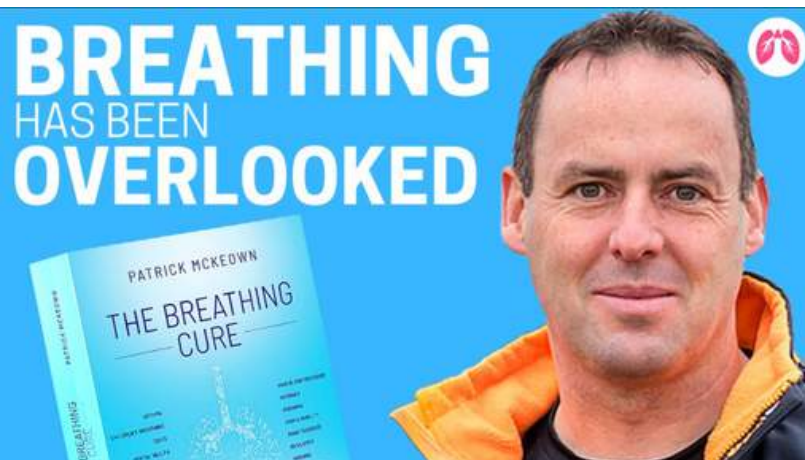
RUNNERS RETREAT

with Patrick McKeown, Dr. Eric Cobb & Rhiannon Lambert

Dates to be announced

A unique retreat for runners that want to improve their performance while keeping a balanced and sustainable approach to training and lifestyle, delivered by three leading experts in their fields.

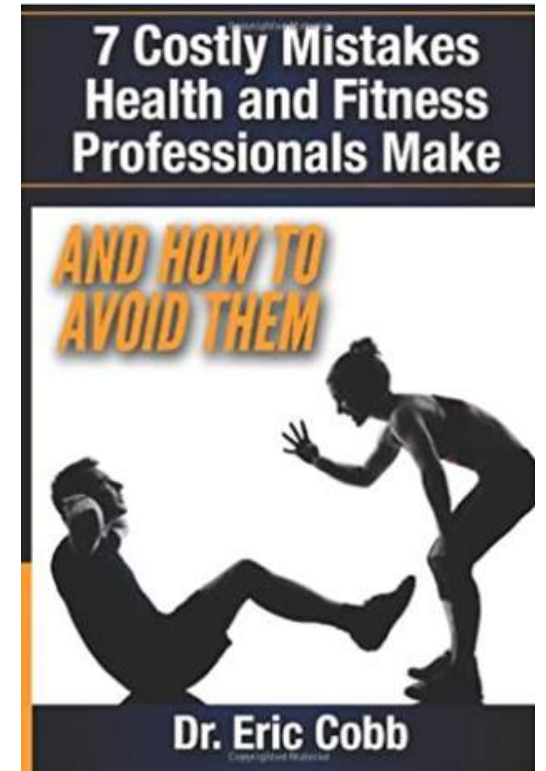
PATRICK MC KEOWN



World-acclaimed author and breathing instructor Patrick McKeown will teach practical breathing techniques to enhance athletic performance and recovery. He has worked with thousands of clients, including elite military special forces, Olympic coaches and athletes.

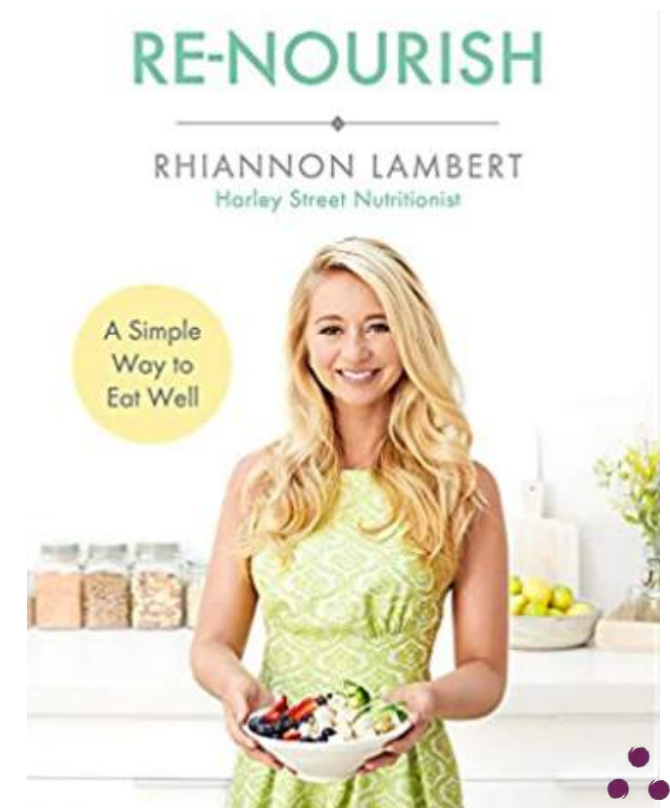
DR. ERIC COBB

Considered one of the world's foremost experts in advanced, neurologically-centered rehabilitative and sports performance programs, Dr. Eric Cobb will share new methods derived from the field of applied neurology.



RHIANNON LAMBERT

Rhiannon Lambert, one of the UK's leading Registered Nutritionists will talk about how food can help boost performance, strength and endurance; and support swift recovery and fewer injuries.



THE PLEASURE PRINCIPLE: WOMEN'S SEXUAL WELLNESS

with Dr. Nicola Finley MD

3-8 April 2022

Join Nicola Finley MD, integrative medicine physician and thought leader, for an engaging and insightful retreat about the key pleasure principles of women's sexual wellness.

This retreat will focus on this important yet often overlooked aspect of health for all women. Dr. Finley will share the latest research about sexual wellness as we strengthen a community of empowered women.



DR. NICOLA FINLEY MD

...is a board-certified internal medicine physician and an adjunct faculty member at the Mel and Enid Zuckerman College of Public Health at the University of Arizona.

She practices integrative medicine with an emphasis on prevention and wellness. Additionally, she is the founder of a consulting company focusing on health disparities, employee health and women's health as well as serves on the advisory board of the Global Wellness Summit.



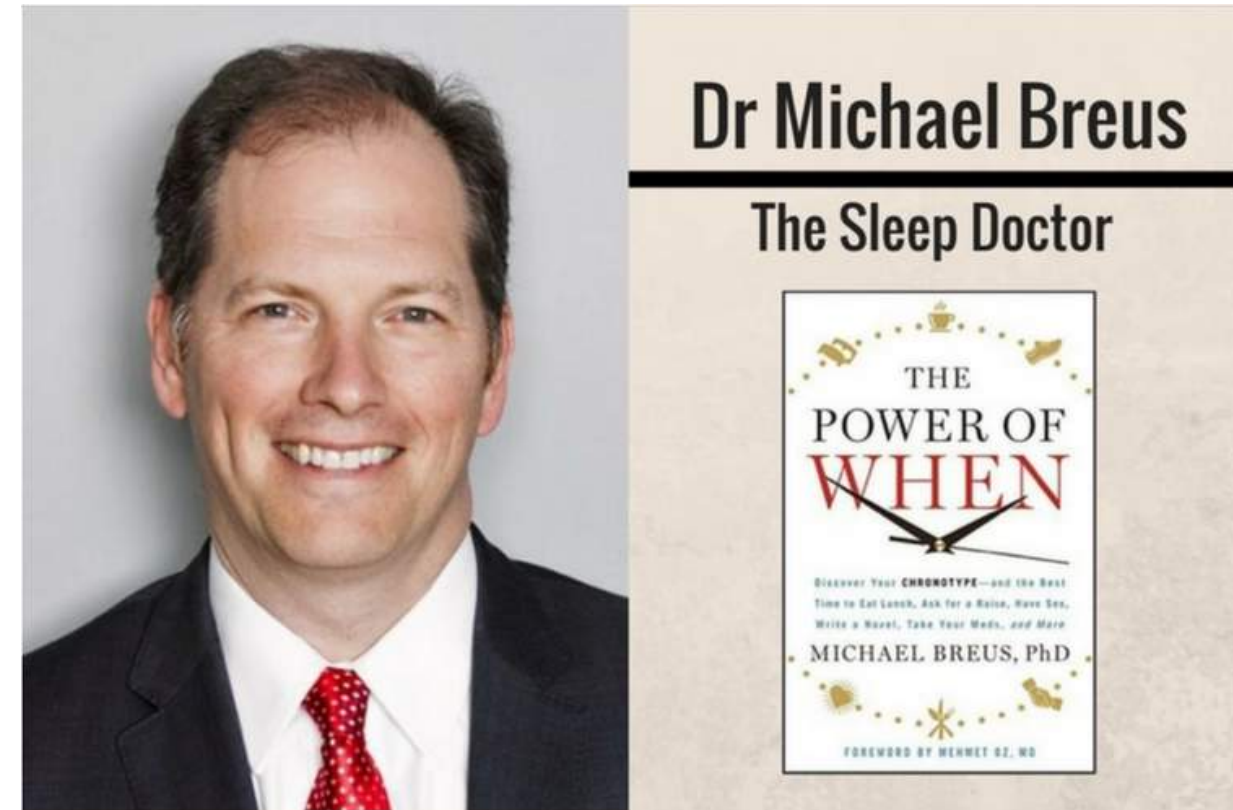
SOLVING THE MYSTERY OF YOUR SLEEP

with Dr. Michael Breus

6-10 May 2022

Do you find it hard to get to sleep or sleep through the night, or you often wake up feeling groggy and unrefreshed? We spend a third of our lives asleep and the quality of our snooze time has a major impact on our health and wellbeing.

In this retreat, sleep expert Dr. Michael Breus will share knowledge and tools that can help you make the most of these important hours. We have all the resources you need to combine advice from our sleep doctor with the many benefits of yoga nidra and meditation, relaxing treatments and amenities, wellness therapies, nutrition and low intensity training.



MICHAEL J. BREUS, PH.D.

...is a Clinical Psychologist and both a Diplomate of the American Board of Sleep Medicine and a Fellow of The American Academy of Sleep Medicine.

He was recently named the Top Sleep Specialist in California by Reader's Digest, and one of the 10 most influential people in sleep. Dr. Breus is the author of "The Power of When", giving readers the perfect time to have sex, run, a mile, eat a cheeseburger, ask your boss for a raise and much more.

