

# THE OTHER SIDE OF IBIZA

*PW's Colette discovers the zen way of life at a luxe yoga retreat in stunning Ibiza*

**M**y first thought when I received the invitation to Soulshine retreat, was "In Ibiza? The party town?", followed by "But, I'm so bad at yoga!" But, as soon as I arrived at the villa, hidden

high up in the stunning mountains, every worry melted away.

If you're after a way to get your mind and body in shape before your W-day, then look no further: Run by Soulla Demetriou, a yoga and mindfulness guru, and her wonderful team, Soulshine is more than just a yoga retreat.

It really is a haven in which to escape hectic, modern-day life and to truly reconnect with yourself.

From the moment I arrived, I instantly felt like I was part of a brand-new family. The staff literally envelope you into their arms and wrap you up in a big, metaphorical security blanket. The surroundings are luxe, but their mantra is simple: to provide every guest with healing and empowering life-changing skills. Every retreat group is small in number to enable everyone to have a really personal experience, while meeting new people. You can even book with friends, so it

would be an amazing experience for you and your maid of honour.

Included in your stay is a pamper session and a number of workshops and classes, from nutrition talks to pranayama, cooking lessons to guided meditation – but what you do is totally up to you. No pressure.

I was a little apprehensive about the yoga, being a bit of a novice, but the teachers cater for all levels. With daily morning and evening practices, by the time I left the retreat I felt confident

**“I LEFT FEELING CONFIDENT AND INSPIRED”**

and inspired enough to continue my yoga journey.

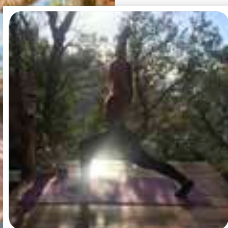
So, what makes this a

luxury retreat? A huge part of this is definitely down to the nourishing and utterly delicious food. All meals are catered for by a private chef – I'm still dreaming about the amazing chia puddings, chocolate and banana cake (refined sugar-free = guilt free, right?!) and quinoa and coconut porridge.

As my week at the villa came to an end, I felt confident, energised and rejuvenated – no wonder it's called Soulshine! The perfect pre-wedding escape. **PW**



THERE ARE SO MANY PEACEFUL SPACES TO HIDE AWAY IN. IF YOU SO DESIRE



FOREVER THINKING ABOUT THE INCREDIBLE BREAKFASTS...



**BOOK IT!**  
Prices from £1,260 for a shared room and £2,380 for a private room. All transfers, workshops and meals included.  
**ibiza.soulshineretreats.com**

