



BE IN THE
PRESENT MOMENT







WELCOME TO
THE *Flow* EXPERIENCE

Welcome to our ebook of everything you need to know about **Flow Retreats**. Here to guide you through all we have to offer. At Flow, we take great pride in providing you the ultimate and incomparable luxury retreat experience. Our beautiful Ibiza home, freshly made Vegan food, celebrity chef, dining experiences and hollistic services are all yours to take advantage of during your stay with us.

Now allow this ebook to take you on a journey through the **Flow Experience**.



RECEIVE

A FULL HOSTING SERVICE

Flow Retreats wants to give you time & space to completely relax. That is why we have taken care of everything. The staff at our villa could not possibly do any more for you. You will be waited on from the moment you step into your home away from home- from the smell of insense in a morning, to the fresh herbal tea, fruit-infused water, daily housekeeping & so much more!

We want you to feel accomodated entirely from the moment you land on the magical island.



EMERGE YOURSELF IN
THE *Flow* CUISINE

At Flow, we live and breathe beautiful food. Our celebrity Chef, Remko, takes the time to prepare and deliver something truly exceptional and utterly nutritious.

Our food ethos is based on using fresh, 100% organic, plant-based ingredients, sustainably sourced to create dishes bursting with flavour. As foodies we recognise that what you eat plays a very important aspect of your experience. Therefore our chefs always go the extra mile to ensure all dishes are made to a 5 star standard.



OUR FOOD STRATEGY

FOOD GLORIOUS FOOD

A great dining experience is not just about the food. Of course we want to stimulate your taste buds, but we also want to stimulate other senses too. At Flow Retreats eating is not only about healthy food, but also about bringing people together, creating an experience that encourages retreat friendships to be made. This is what we proudly call the **Flow Retreats** way of dining.



LUXURY RETREAT VILLA

CAN LIMON

As you enter the grounds of the Can Limon it will become evident that this is not just a holiday villa but a very much loved Ibiza family home. With its lush tropical gardens, modern furnish & spacious feel - the house and the grounds are the perfect place for you to retreat, relax & restore.

CAN LIMON

WHAT TO EXPECT

- Peaceful & secluded surroundings in the Ibizan countryside, just perfect for rest relaxation & reflection
- Light-filled ensuite rooms
- Terrace surrounding the villa with countryside views
- An outdoor terrace for Pilates & Yoga practice with views to the stunning pool & Ibizan countryside
- Closely located to the beaches on the East coast of Ibiza plus the local Hippy Markets





SO MUCH MORE THAN JUST A VILLA
RETREAT IN STYLE

At Flow, anything and everything is done to the highest standard to ensure you have the most comfortable stay. The villa's amenities are 5 star, with everything you need at your fingertips.

SLEEP IN COMFORT

'A Home Away from Home'.



ECO-FRIENDLY

We only use 100% organic,

- fair-trade bed linen



TAKE A MOMENT TO DO

ALL THE THINGS THAT MAKE YOU FEEL ALIVE

At **Flow Retreats** we value the importance of self-care & self-love, and that's why we include all the things that make you feel ALIVE. Whether that be sunrise Yoga or Sunset meditation, Pilates outside- breathing in the crisp fresh air or just simply taking a moment to enjoy all of Ibiza's beauty.



LEARN HOW TO NOURISH YOUR BODY NUTRITIONAL TALKS

Remko is our chef at **Flow Retreats** and he will be preparing fresh, vegan food for the duration of your stay. Remko will be offering his knowledge and expertise through a cookery lesson during your retreat. You will receive advice on all the best foods for a healthy and balanced lifestyle, and learn how to prepare a healthy vegan meal! Remko will also be honoured to share all his secret yummy recipes with you.

We also have other nutritional talks during your stay such as - 'The Benefits of Juicing' and 'Hormones & Nutrition'. This allows you to learn more about your body and how nutrition plays such an important role in our health and wellbeing.



CALMING MIND & BODY

YOGA & PILATES

At **Flow**, we believe that a retreat is the perfect environment for you to disconnect from your home lifestyle, and connect to your inner being. We give you the opportunity to do this through Yoga, Meditation, journalling, making vision boards & just simply being.

Allow your retreat hosts; Carol- founder of **Fitness Flow Pilates** & Liz- **Energy Flow Yoga**, take you on a journey of strength, health & self-discovery through daily Pilates & Yoga held outside amongst tropical gardens. It's a scientific fact that exercising outside in the sunshine is more calming to the mind & more motivating for the body. The warmth of the sun allows your muscles to stretch more, & the fresh air allows you to breathe deeper. With our retreat running during the month of May, the weather conditions are perfect for moving your body & stilling the mind.





CATCHING
IBIZA SUNRISES & SUNSETS





ENJOY

LAUGHTER & TOGETHERNESS

At **Flow**, we believe that retreats are all about being happy, content & in the present moment. A chance for you to laugh at the silly things & to connect back to that little child inside of you.

We love to bring a group of people together & watch the friendships form between likeminded souls - its truly magical.

If you are coming with a friend, or by yourself, you will certainly leave with more than you came with!





DISCOVER THE MAGIC OF IBIZA

HIDDEN BEACHES & GUIDED WALKS

Ibiza is the home to some of the finest secluded beaches and rural woody landscapes- perfect for our guided meditation walks. The meditation walks will begin amongst nature & end at a hidden beach enjoying a freshly made picnic.

There is something about this magical island that keeps people returning year after year - like us! The crystal clear waters and the soft white sand; hidden caves and beaches; the green nature and sunsets of course. That is why we want you to experience all of Ibiza's beauty with us.



TREAT YOURSELF TO
OPTIONAL EXTRAS

We have all of your pampering needs met with our in-house beauty therapist that has a wide host of services to offer. From a full body massage to a luxury facial- with the option of using dermatologically tested products or 100% natural products.

Alongside this we have Ibiza's best clairvoyant who will visit the villa to give you your own personal reading. Elaine, is well-known for her brilliance in what she does giving you her spiritual insight and guidance.



SAY YES TO

MAKING UNFORGETTABLE MEMORIES

For further information visit our website: www.fitnessflowpilates.co.uk/flowretreats

Or our social media pages:



 @flowretreatsibiza

 Flow Retreats