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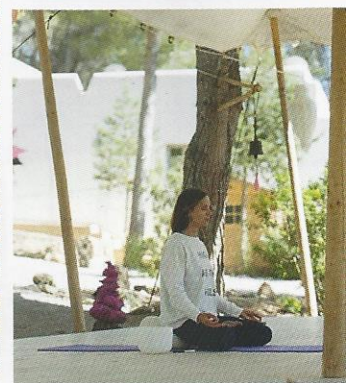
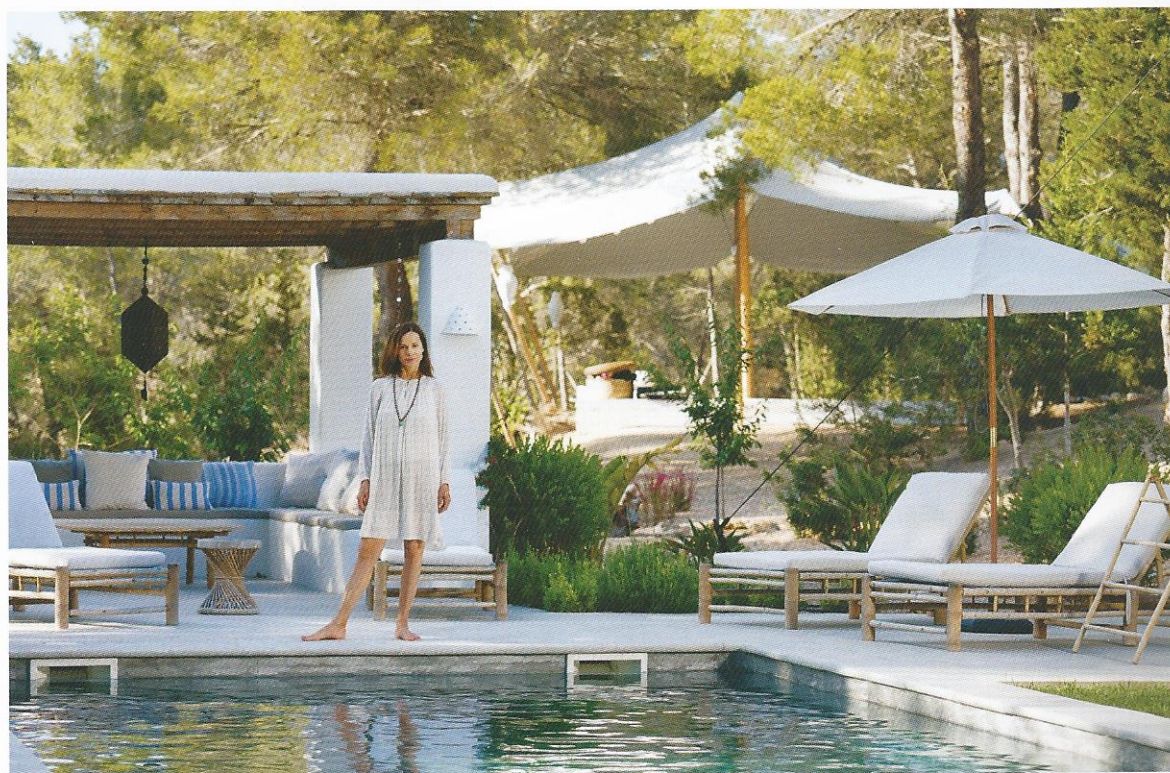
SPA & WELLNESS

COLLECTION

2017 EDITION

Yoga Rosa

SPAIN



Discover the healthy, holistic alter ego of the White Isle on an escape at Yoga Rosa — a serene retreat in rural Ibiza. The emphasis here is on quiet reflection and meditation, combined with a focus on healthy nutrition, which is prepared from artisanal, organic products. A visit to Yoga Rosa offers treatments and therapy to relax and detox while helping to alleviate existing conditions, prevent new ones and heal internal organs.

Deeply rooted in Indian culture, the retreat's yoga therapy seeks to focus the mind and is suitable for all levels and ages. Pranayama breathing is also at Yoga Rosa's heart — guests will practice deep breathing, which devotees believe will help the body rediscover fluidity of movement and enhance cell regeneration.

According to the retreat's philosophy, pranayama is the optimal holistic route to beautiful glowing skin; it's believed to encourage skin cell renewal and improve the oxygen circulation that fights free radicals. Also on the treatment programme is higher-vibration crystal-bowl sound-healing.

Also on offer are reiki healing and Thai massage, therapeutic massage, bio-resonance therapy and powerful body balance.

Between daily yoga, meditation and healing treatment sessions, guests bed down on soft organic cotton in the wood-beamed *fincas* — where easy-going elegance is the order of the day — wallow in the two pools, or stroll among the trees, shrubs and fragrant herbs of the lush grounds. There's even an animal sanctuary, where guests can meet ducks, chickens and Lola, the miniature pig. Beyond the retreat, walks through the Ibizan countryside and scuba diving in the warm blue Mediterranean are big draws.

Back at base, guests can indulge in a delicious vegetarian-vegan diet, all prepared by award-winning Austrian chef Philip Gandler. His menu uses fresh eggs from the retreat's hens, as well as locally grown fruit and vegetables, herbs from the property's garden, and other organic ingredients. And in between enjoying fantastically fresh meals, there are smoothies and fruit platters to keep guests ticking over.

NEED TO KNOW

KEY TREATMENTS

- Yoga asana flow
- Pranayama meditation
- Reiki healing and massages
- Energising Thai massages
- Bioresonance therapy
- Powerful body balance

KEY FACILITIES

- 4 suites
- Vegetarian-vegan chef
- Fresh and saltwater pools
- Pine forest

GET IN TOUCH

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Don't miss // An invigorating yoga session followed by a healthy and delicious meal prepared by an award-winning chef