



RETREATS-WELNESS-COACHING

7-Day IBIZA RETREAT

3-9 October 2026

Discover yourself — mind, body & soul.
Realign, awaken, and taste
the magic of Ibiza.

Welcome

At Awaken Your Inner Power,
it's all about creating space for growth,
connection and discovering deeper
layers within yourself.

At Innerpower Retreats, it's not just about relaxing for a moment - it's about unlocking new possibilities and truly feeling your life force. We believe that everyone deserves to get the most out of life.

In these seven days, you will embark on a journey of self-discovery to restore your energy, awaken your intuition, and realign with your true essence. Through daily yoga, Pilates, meditation, sound healing, and nature walks, you will release tension, activate your energy, and unlock new possibilities.

All in a peaceful sanctuary surrounded by nature. You will be nourished with wholesome meals, supported in a safe empowering space and surrounded by likeminded people.

Feel the joy of being alive!

A journey back to your essence



Do you feel the call to slow down, go deeper and truly feel again?
To release the noise of everyday life and return to your body,
your breath and your inner power?

What to expect

7 days of pure relaxation and fun with:

Daily yoga & pilates

Open, strengthen, and rebalance your body

Guided meditation & sound healing

Deep relaxation & inner transformation

Embodiment & embodied practices

Practices that help you soften, ground, and feel more at home in your body

Nature walks

Connect with the stunning landscapes of Ibiza

Delicious healthy vegetarian / plant-based meals

Eco-friendly, nourishing cuisine

Free time to unwind

Swim, sunbathe, read, or explore Ibiza

A supportive & intimate community

Limited to 9 participants



day 1
SATURDAY

The journey within starts here

Arrival

15:00

Check in & welcome treats

Settle into your room & enjoy welcome treats

Vegetarian / plant-based dinner

Opening ceremony

With Yoga Flow- Yin & Yoga Nidra Meditation

Wellness

Is living in alignment
with the needs of your
body mind and soul





day 2
SUNDAY

*Return to your body, breath
and inner power*

Pilates core training

Healthy breakfast

Free time

Lunch

Free time / optional private sessions (€)

Massage (thais- deep tissue) | Reiki | Spinal NRGY

Vegetarian / plant-based dinner

Evening session

Breathwork and guided meditation
to unwind and restore

"You yourself, as much as anybody
in the entire universe, deserve your
love and affection."

- Buddha





day 3
MONDAY

Magical sunrise & time to unwind

Yogaflow with sunrise
At a magical place at Ibiza!

Healty brunch

Free time / optional private sessions (€)
Massage (thais- deep tissue) | Reiki | Spinal NRGY

Evening session
Time to rest, restore, and reconnect with yourself



“All of Ibiza is a dimension
of the imagination.”



day 4
TUESDAY

Breathe - feel and let go

Pilates and Pranayama breathing

Healthy breakfast

Free time / optional private sessions (€)
Massage (thais- deep tissue) | Reiki | Spinal NRGY

Healthy lunch

Free time

Vegetarian / plant-based dinner

Evening session
Energy breathwork & bodywork & cosmic meditation



day 5

WEDNESDAY

A journey of inner awakening

Cacao & microdosing truffle ceremony

Kundalini yoga / breathwork

Journey through the 7 chakras

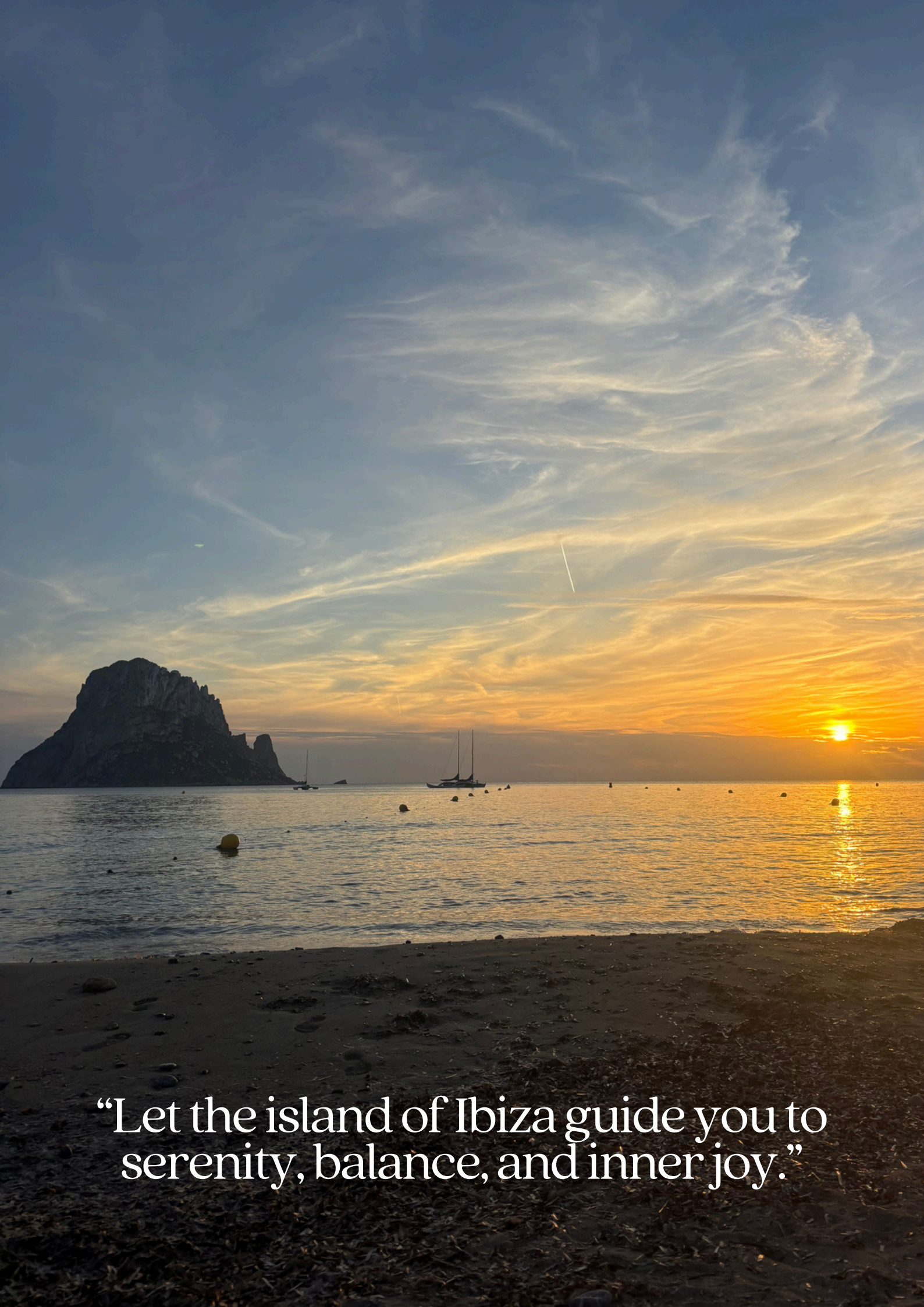
Healty brunch

Freetime

Enjoy free time to relax, visit the beach, swim in the pool,
or unwind in the sun.

Evening session (optional)

Yin yoga & meditation



“Let the island of Ibiza guide you to serenity, balance, and inner joy.”



day 6
THURSDAY

Integration & sunset magic

Morning session

Vinyasa flow & Cosmic Meditation

Healty breakfast

Free time

Healthy lunch

Free time / optional private sessions (€)

Massage (thais- deep tissue) | Reiki | Spinal NRGY

Vegetarian / plant-based dinner

Evening session

Closing ceremony at an unforgettable sunset spot



day 7
FRIDAY

Remember your inner power

Healthy breakfast

Gratitude & closing circle

Departure

11:00

EXTRA TIP:

For those extending your stay, Saturday is perfect to visit the iconic hippy market at Las Dalias, Ibiza.



Our stay:

'Villa Follow the Sun'
Santa Eulalia



Villa Follow the Sun Your Ibiza Sanctuary

Villa Follow the Sun is an authentic Spanish villa on the outskirts of Santa Eulalia del Río, set in the calm of the countryside with views stretching toward the sea. Step outside and wander straight into nature, ideal for gentle walks and mindful exploration.

The villa itself is a sanctuary of relaxation and connection. Lounge by the large 10 x 6 meter swimming pool, unwind on the spacious rooftop terrace, or find quiet corners throughout the lush garden. Mindful movement can take place on the rooftop, under the shaded canopy, or in the tranquil courtyard, allowing space for both body and mind to settle.

Surrounded by a flourishing orchard of olive, orange, mandarin, fig, and lemon trees, Villa Follow the Sun brings a touch of nature's abundance to every moment. It's the perfect setting to unwind, reconnect with yourself, and soak in the beauty and tranquility of Ibiza — a harmonious blend of comfort, privacy, and natural serenity.

Double room



Double room





Triple room

OUR STAY INCLUDES

- 1 private room
- 3 double bedroom
- 1 triple bedroom
- 3 bathrooms to share
- yoga place inside/outside
- swimming pool
- terrace
- garden

Double room

Private room





INCLUSIONS

6 nights / 7 days accommodation

In a boutique villa with swimmingpool and sea view

Healthy vegetarian / plant-based meals

4x breakfast | 2x brunch | 3 x lunch | 4 x dinner

All group sessions / ceremonies

Yoga, pilates, breathwork, ceremonies, embodiment practices and meditation

One guided nature walk

Tea, coffee, fruits & water

Two professional, personal photos

Captured naturally by Roxanne during retreat activities;
a lasting memory of your retreat experience.



EXCLUSIONS

Flight to / from Ibiza

Alcohol and drinks

Lunch and dinner at day 3 & 5

Airport transfers

Can be arranged upon request

Excursions & private energy / massage sessions

Travel insurance

Optional add-on:

A mini photoshoot in nature
with Roxanne as photographer

Your facilitators this retreat

Lesley Harks

My journey into self-awareness began at a young age when I discovered yoga through burnout. By integrating yoga into my life, I became deeply aware of my body, emotions, and the balance between my mind and heart. Yoga taught me to find peace, relaxation, and the freedom to simply be.

This experience led me to pursue Yin 1, Yin 2, and Vinyasa Flow teacher training. As a Pilates instructor, personal trainer, and coach, I now guide people in their personal and mental development, helping them cultivate self-confidence, balance, and strength—the harmony between Yin and Yang.

Feeling the desire to deepen my growth, I crossed paths with Maxime. Lying on her mat for the first time, I immediately knew: this is the work I want to share. I integrated energy work, breathwork, yoga, and Pilates into my practice and immersed myself in techniques like Cosmic NRGY, Bodywork, and BRTT. These methods helped me release even deeper blockages, allowing my energy to flow freely and creating a profound connection with myself—a true homecoming.

My passion is to help others reconnect with themselves. With love, safety, and trust, I invite you to feel, experience, and simply be—returning to your true essence. From a place of balance, you can explore every part of yourself without judgment.



Roxanne de Leeuw

My healing journey began after the loss of my mother and the PTSD diagnosis that followed. During that time, I lived with daily panic attacks and a constant state of derealization. My body was sending clear signals, but I had not yet learned how to listen. Although conventional healthcare supported me in many ways, I soon felt that my healing needed to go deeper. The trauma was not only in my mind, but throughout my entire system.

My path led me to various forms of therapy, both conventional and alternative. Each approach contributed to my process in its own way. Working with energy, in particular, brought me into contact with deeper layers within myself. Emotions that had been held for a long time were finally able to flow. Through this, it became increasingly clear to me that true healing is holistic: mental, physical, and energetic.

Through my own intensive journey, I became an experiential practitioner. I know what it feels like to lose yourself, and what it takes to gradually find your way back home to who you truly are. From this place, I retrained as a transformational coach and deepened my work in NLP, systemic work, embodiment, and energy work. This combination forms the foundation of my guidance.

Today, I support others from the heart, with both gentleness and strength. I create a safe, nurturing space where there is room to feel, to recognize boundaries, and to embody your inner truth; so that healing becomes not just a process, but a true homecoming to yourself.





BOOKING AND RESERVATION

Retreat accommodation

Private room €1599 (Sold out)

Double room €1499

Triple room €1499

Early bird discount

Book by Juli 20th and enjoy 10% off your retreat!

Payment plans available on request

Sent email to: info@yourinnerpower.nl

Book your discovery call:

Lesley: +31 6 53 29 77 91

Roxanne: +31 6 46 19 45 12

TRAVEL SUPPORT

Arrival

Ibiza Airport - just 29 km from the villa

Your path to the villa

Our retreat takes place in Santa Eulalia, a short and scenic 20–30 minute taxi ride from the airport. Taxi fares usually range between €33 and €45, depending on the time and day.

A presto.

SEE YOU SOON



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