

## **Family Yoga & Massage Retreat**

Come and play with yoga and massage!

**From 02 to 06 April 2015**

Adults and kids over 12: from 650 Euros

Kids under 12: from 500 Euros

(The prices are per person, including 5 days /4 nights accommodation, all yoga classes, breakfast, lunch, dinner, water, coffee, tea, fruits and snacks available unlimited, transfer from the airport to the retreat and from the retreat to the airport)

### **Location: Sunset Mountain Ibiza Yoga Retreat**

for to see accommodation: [www.ibizayogaretreat.com](http://www.ibizayogaretreat.com)

A connecting retreat for tall and small, a long weekend together in Ibiza!

During this retreat **Anneke van Bokhoven** shares the program she designed especially for kids: yoga, massage, games, music and more.

The adults will be treated with their own yoga asanas practice led by Yoga teacher **Esther Triviño**

Meditation, yoga philosophy and Ayurveda workshop for adults guided by Yoga teacher **Lena Tancredi**.

Super cool to practice yoga together with your kid(s)!

Together with Anneke, Esther and Lena , you are going on an adventure!

In this moment all attention is focussed on each other, rediscovering each other in a new way, which can be really surprising!

A yoga journey which takes you to different yoga postures, tender loving and playful massage skills using team work and creativity towards a relaxing mode and finally experiencing complete silence. Join in for 4 full days!

It is a diverse programme in which adult and kids join in together or play separately.

Time to yourself and each other.

Grandpas, Grandmas, uncles and aunts are welcome too! Kids of all age can come along: Yoga will be from age 4 and up. The little ones will be warmly looked after in the nursery during the grown-ups classes. Everything concerning kids will be done in Dutch, the yoga classes for adults will be done in English.

It will be a melting-pot of languages throughout the weekend: Lena and Esther are teaching in English, the super chefs in the kitchen are cooking in Portuguese/Brazilian and of course you will hear Dutch.

Next to this all, you can always book a massage for both kids and adults.

## **Let's get connected first!**

**Anneke van Bokhoven**

" My name is Anneke van Bokhoven (1980) and I am the creator and initiator of Balanns. I enjoy making connections between people. It is amazing to see parents & kids practicing yoga together and giving each other massages. This is what I call being connected!

I have worked as a teacher in special education for 9 years, when I personally had the need for 'more, something different'. This is how I started my personal journey in my development as a '*body worker*'. Later, my activities of a school teacher expanded to children's yoga and giving massages especially for kids.

Teaching *mutual children's massage* was my favorite subject.

Combining all these experiences in my daily ('work') life emphasized for me the necessity for people to work with their own bodies, besides the constant mind.

I love to build a bridge between mind and heart and I introduce this to kids and grownups through yoga and massage.

My own heart moved me to the wonderful island of Ibiza and through this i hope to inspire a different way to journey: to go by your feelings: Dare to play it by ear and let life surprise you!"

### **Parents & kids Yoga**

This practice of yoga stimulates security & contact and builds self-confidence. It feels great to relax with your child and to be a kid again for just a moment. And above all.....it's FUN!

### **Children's yoga**

By teaching this kind of yoga for the kids I want them to feel worthy and good about themselves in just the way they are. There is no competition and nobody has to be or need to be the best. They learn to be themselves with respect to one another and without interfering with their own instincts and openness. Kids know from within what is good for them; yoga helps to develop this. If they are more connected to their own body, their own feelings about what is right for them will improve.

The yoga poses will make you

*As strong as an ox  
As smooth as a cat  
As flexible as monkey  
As relaxed as toad*

### **Massage workshop**

Create a bed-time ritual with your child.

*To touch is a necessity of life. A massage helps kids to process the impressions of the day and to let them go. They will come at ease and gain new energy.*

Giving massages is not hard, anyone can do it. It comes in handy to master some massage skills and to know how to handle this together with your child. Sometimes good conversations will develop during a massage. Next to that it is a way to show your child your love for him or her. By a tender loving touch the hormone oxytocin, counterpart of adrenaline, will be released, which makes your

child feel relaxed and safe. It will improve the concentration and balance in life; conditions for taking in new information.

More info about Anneke:

[www.balanns.nl](http://www.balanns.nl)

## ESTHER TRIVIÑO

"I am a Hatha and Vinyasa Flow Yoga teacher, Thai massage with oil and herbal sacks and Nuad Nam Man therapist. One of my greatest interests in life is the field of human potential and development. Many years ago, my passion for this fascinating subject had an immediate and strong influence on me. Through the desire to understand the extent of my own human potential, my life naturally began to move in this direction.

Upon moving to India, I began my studies of the ancient knowledge and wisdom of the Yogic traditions. Seeking to gain an inner balance of body, mind and spirit, the fundamental principle of Yoga, I found answers and unlocked doors that led to deeper understandings of the nature of my own consciousness. This allowed me to learn how to develop my potential and to be brave enough to simply 'Be', and thus then help

others to discover this and experience even greater expanded states of 'Being', such as love, compassion and balance through reconnecting with the purest and essential parts of the core of our spirit.

Using Yoga as a foundation, my life is now dedicated to the process of expanding my understanding of this natural state, a capacity and accessibility which we all possess. I am also studying Psychology and currently finishing my Master qualification in Gestalt Therapy.

We all have all that we need inside of us. This inner knowledge and inner technology has been forgotten, and so we just need to remember this and remind each other.

Massage graduation :

Nuad Nam Man, traditional Thai massage with oil and herbal sacks

My Yoga classes are adapted to all levels of ability and experience. You will learn Pranayama, which are methods for correct breathing, and the asana practice alternating Hatha and Vinyasa.

Hatha is primarily a static practice to go deeper in the asanas and Vinyasa, and means "breath-synchronized movement". I also teach how to flow and interconnect different asanas with Sun Salutations. There is music and always lots of fun!"

### **LENA TANCREDI**

"My name is Lena Tancredi, I am originally from Brazil living in Ibiza since 1990, I am an artist, hatha yoga teacher and the co-founder of Sunset Mountain Yoga retreat in Ibiza.

I started practicing yoga following a paralysis caused by a thermal shock . The doctor recommended, apart from acupuncture and other techniques for recovery, the practice of yoga. This is how I started to recover and regain the movements.

But I also discovered a big passion for this philosophy of life, which years later made me become a teacher.

Through yoga I have been changing my habits and way of thinking.

My desire in teaching yoga is to share the art of yoga that has changed my life, and brought joy, grace, strength, inner peace, beauty and a sense of empowerment to all that I do.

I am a certified Yoga teacher graduated in London and I studied Yoga and Ayurveda in Haridwar, a holy city in India, also known as the world capital of yoga. My teachers were graduated in Yogic Sciences, and both legitimate children of a marriage of Gurus.

After many years of teaching yoga classes in Ibiza , in 2011 ,we created Sunset Mountain Ibiza Yoga Retreat, where I have been teaching daily yoga and meditation classes from April to November to more than 450 yogis each year.

I am very happy to be your host hoping you will enjoy every moment in this little paradise on earth!

More info about Lena:

[www.lenatancredi.com](http://www.lenatancredi.com)

[www.ibizayogaretreat.com](http://www.ibizayogaretreat.com)

## DAILY SCHEDULE

### Thursday

13:00 - Lunch

15:30 to 17:00 - Yoga philosophy with Lena (adults)

15:30 to 17:00 - Introductory games with Anneke (kids)

17:00 to 18:30 - Yoga with Esther (adults)

17:00 to 18:30 - Yoga with Anneke (kids)

18:30 - Meditation with Lena (adults)

19:00 - Dinner

### FRIDAY

7:30 - Breakfast

8:30 to 10:00 - Yoga for adults and kids (Anneke)

13:00 - Lunch

17:00 to 18:30 - Yoga with Esther (adults)

17:00 to 18:30 - Yoga with Anneke (kids)

19:00 - Dinner

## **SATURDAY**

**7:30 - Breakfast**

**8:30 to 10:00 - Yoga with Esther (adults)**

**8:30 to 10:00 - Yoga with Anneke (kids)**

**13:00 - Lunch**

### **AFTERNOON ACTIVITIES:**

**Ayurveda workshop with Lena (adults)**

**Kids are going on an adventure with games with Anneke**

**19:00 - Dinner**

**20:00 to 21:00**

**Massage workshop with Anneke (adults & kids)**

## **SUNDAY**

**7:30 - Breakfast**

**8:30 to 10:00 - Yoga with Esther (adults)**

**8:30 to 10:00 - Yoga with Anneke (kids)**

**13:00 - Lunch**

**16:00 - Looking for the chocolate eggs! (game for kids)**

**17:00 - Closing surprise for adults & kids**

**19:00 - Dinner**

## **MONDAY**

**7:30 - Breakfast**

**SAYING GOODBYE**

**Tips for flight tickets:**

**[www.transavia.com](http://www.transavia.com)**

**[www.ryanair.com](http://www.ryanair.com)**

**[www.vueling.com](http://www.vueling.com)**

**With Love from your Sunset Mountain Team**