



ALCHEMY IBIZA RETREAT

SANT MIQUEL DE BALANSAT

19TH - 26TH MAY 2023



Situated in the north eastern town of San Miguel in Ibiza, this beautiful, rustic retreat will hold host to 7 days of ceremony, holistic treatments, yoga, wellness practices, relaxation and nourishing food.

Helen O'Brien and Sharon O'Neill, sound healing and plant medicine practitioners, will provide an experience to enable you to switch off from the everyday and focus your awareness and love on your Body, Mind and Spirit.





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During the 7 days you will have the freedom to choose from a variety of healing ceremonies and practices to make up your day. These include:

- Breath work
- Yoga
- Sound healing
- Cacao, Blue lotus and Kambo ceremonies
- Guided meditations
- General wellness practices
- Bespoke holistic treatments



Throughout your time spent in this intimate setting you will be held and fully supported by Helen and Sharon. The medicine they will invite you to take part in has the power to heal and bring you closer to your authentic self. Your body will be nourished with locally sourced, organic produce covering a range of dietary requirements and will be well rested in the uniquely decorated rooms available at the retreat.



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Room availability & rates

£1800-£2350 per person depending on room selection:

**single supplement applies

Kings Room: 3 single beds - £1950

Prince Room: 1 single - £2150

**these 2 rooms share a big bathroom, have a little room with a pool table and a private terrace with stunning views

Buddhas Room: 2 Queen size beds & 1 single bed - £2150

**This room has an en-suite bathroom that would be shared

Brown Room: 1 Queen size bed - £2350

**with en suite bathroom

Red Room: 1 Queen sized bed - £2350

**with en suite bathroom

Arches Room: 1 Queen size bed & 1 single bed - £1800

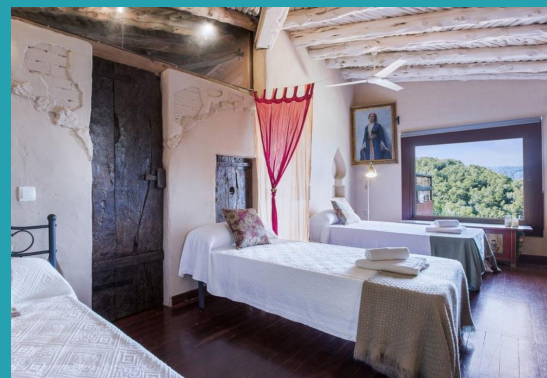
**Beds are separated in different spaces but there is no door between them, just an arch

Yogas Room: 4 single beds - £1800

**Arches room and yoga room will share the bathroom

Stones Room: 1 Queen size bed - £2350

** with en suite





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How to book

EARLYBIRD DISCOUNT -
SAVE £100 BOOK BY 21/09/2022

To secure your place please send £250 non-refundable (unless the retreat is cancelled) deposit to:

Account Name: HE O'BRIEN

Account Number: 10914806

Sort Code: 163113

Reference: Name and Ibiza

Payment in 3 instalments or individually negotiated payment plan via bank transfer. All full payments are non-refundable and must be completed 60 days before travel (10/04/23).

If the retreat has to be postponed or cancelled due to Covid or travel restrictions, full refunds will be paid. Please see our cancellation policy & T's & C's for full details.

Optional extras are provided by the retreat centre and are paid for individually. Any questions please email or call us.

**Please also inform us at the time of booking of any special dietary requirements, additional supplement may apply.

** Flights and Travel Insurance not included.



It is with excitement, love and joy that Helen and Sharon invite you to join them in this beautiful, sacred space to give yourself the time and energy for a well-deserved moment of self-love.

Love and blessings,
Helen and Sharon.