

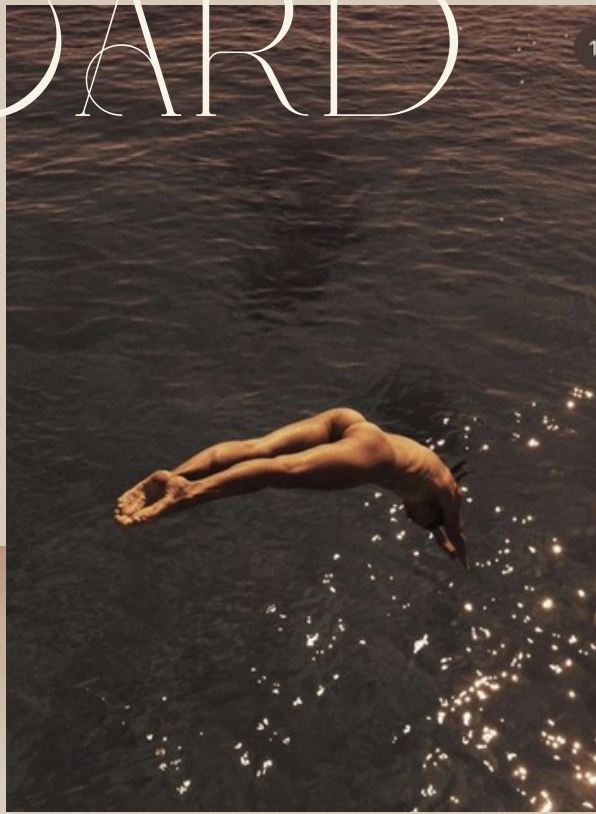
An aerial photograph of a group of people in the sea, likely participating in a water festival. The people are seen from above, with their bodies and limbs creating a rhythmic pattern against the light-colored water. Some individuals are wearing dark, possibly wet, clothing. The overall scene is dynamic and captures a moment of collective activity.

MINORCA, SPAIN

RHYTHMS OF  
THE HEART

JULY 20-24, 2025

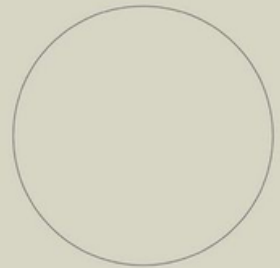
# VISIONBOARD



— The fact that the body can HEAL itself is a *truth*, not a theory



there is no audience to perform for.



there is just you.





*In the quiet  
beauty of  
Menorca, let us  
remember who  
we truly are.*

Welcome to a sanctuary of embodiment, where we come home to our bodies and our wild, natural rhythms. Against the serene backdrop of Menorca's sunlit beaches and ancient cliffs, we'll explore the depth of our being through yoga, dance, and somatic movement—uncovering and embracing every facet of who we are.

**THE LANGUAGE  
OF FEELINGS**





## 5 DAYS. 4 NIGHTS

*In the heart of Menorca,  
where earth meets sky and  
waves embrace the shore, we  
gather to remember, to move,  
to breathe as one.*

Each day is a ritual, an invitation to soften into our most authentic selves, to feel and connect with our natural state of being. We root ourselves in the wisdom of the land, feeling the pulse of the earth beneath our feet as we awaken our senses and our inner landscapes. Through flowing movement and gentle stillness, we will honor the primal wisdom that lives within our skin, our breath, our bones.



# MENORCA

Here, we embody the elements, flowing like water, rooting like trees, rising with the dawn like the sun itself.

Together, we will shed old layers in the cleansing sea, surrender to the rhythm of dance under starlit skies, and rediscover the beauty of moving as nature intended — free, powerful, and whole. Each moment becomes a step closer to the truth of our being, held by the land and lifted by the sea breeze.





## ARRIVE

You can fly to the island's main airport, Aeropuerto de Menorca. The airport is located south of the island, less than a 10-minute drive from the island's capital, Mahón.

You can travel to Menorca by ferry from the ports of Barcelona and Valencia in mainland Spain. The port of Barcelona is the one closest to the island, with the duration of the ferry ride ranging from 4 to 8 hours. There are also daily crossings from Mallorca to Menorca, with the fastest ferry taking a bit more than 1 hour to reach the island.

### *TRANSFER FROM THE AIRPORT TO THE VILLA*

If you arrive from Menorca's airport, a transfer will be arranged for you at around 4pm, according to the participant's arrivals.

### *CAR RENTAL*

If you'd like to rent a car, the cost of a car rental on the island starts at around 10 euros per day.

### CHECK IN

We will be ready to welcome you from 4pm, in case you make your way to the villa on your own.



WHAT TO BRING  
*the list*

yoga mat

bathing suit

sunscreen

clothing that allow you to move freely

if possible, a white outfit for the closing ceremony

natural bug repellent

hat / sunglasses

a sweater (for the chilly evenings)

plug adaptor if you come from outside europe



# THE PROGRAM

## *themes and unfoldings*

### DAY 1. ROOTS

Opening Ceremony. Somatic exploration of grounding and rooting, with slow, mindful movements. Welcome dinner with a grounding, nourishing meal and journaling to set intentions.

### DAY 2. WATERS

Yoga flow by the water, with sequences inspired by fluid, wave-like movements. Workshop: Somatic dance session focused on releasing emotional energy, moving with grace and allowing feelings to be embraced. Free time to swim in the blue waters. Sunset beach meditation, connecting to the ebb and flow of waves and emotions.

### DAY 3. TRANSFORMATION

Dynamic somatic yoga and free-form dance session centered on release, transformation, and personal empowerment. Reflection on personal fire and passions; journaling or creative art to express these insights. Spa (sauna and bath) afternoon at ARTIEM. Sharing circle, letting flow what no longer serves and setting intentions for growth.

### DAY 4. INTEGRATION

Breathwork-focused yoga to explore expansion and lightness. Gentle somatic Yin yoga practice to go inward, tapping into intuition and inner wisdom. Workshop: somatic movement session with a focus on softer, more meditative dance, exploring the themes of introspection and intuition.

### DAY 5. WHOLENESS

Closing practice to honor each element and integrate the week's themes. Final Circle and farewell brunch for renewed clarity and connection to self.



# SAT-CHI-ANANDA

EXISTENCE. CONSCIOUSNESS. BLISS

सच्चिदानन्द

## *SPA SESSION AT ARTIEM AUDAX 5-STAR HOTEL*

A full 90 minutes in which to relax, be pampered and balance your body as you immerse yourself in the waters of the thermal spa circuit at ARTIEM Audax. Enjoy our new facilities and find your state of wellbeing.

Pool area: this includes two hydro-massage pools heated to 34°C and 38°C respectively, with a jacuzzi, bubble beds and massage jets, a toning pool cooled to 12°C, four types of special contrast showers and a Compostela foot bath.

Thermal suite: here you will find a Roman Bath, Swedish Sauna, Turkish Bath, two types of special contrast showers and thermal loungers.





# DAILY SCHEDULE

*that may change according to energy shifts*

## MORNING

*8:00*

morning beverage

*8:30*

embodied practice: movement, meditation, breath

*10:00*

journaling

*10:30*

brunch

*free time*

## AFTERNOON

*16:00*

workshop or activity

*18:00*

rolling and melting: gentle embodied movement and breath

*19:30*

dinner

*post dinner:* cards reading, circle or quiet time



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the body poet



LUNA

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Luna is an embodied yoga teacher, founder of Body Poetry™ - and creator of this retreat - with a rich background in dance, more specifically ballet. Drawing inspiration from her extensive dance experience and the principles of somatics, Luna crafts yoga practices that emphasize sensuality and the pleasure of free-form movement. Her classes encourage practitioners to explore and embrace their bodies, finding freedom and grace in motion. Through her unique blend of dance and yoga, Luna offers a transformative experience that nurtures all the subtle layers of You.

@lunajosephine\_\_

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the culinary poet



AGNESA

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Agnesa is a culinary and bake goods artist based in Amsterdam, renowned for her dedication to cooking with local and organic ingredients. With a deep passion for baking, Agnesa transforms the freshest produce from local farmers' markets into delightful and innovative dishes. Her expertise in the kitchen is complemented by a commitment to sustainability and a love for the vibrant flavors of the country she travels to. Whether crafting exquisite pastries or hearty meals, Agnesa brings a touch of creativity and care to every plate, making each dining experience a moment of joy.

@agnesaruse

# THE VILLA

Join us on this sacred island, where we gather in sisterhood and silence, laughter and movement, returning to the fullness of our bodies, the depth of our spirits, and the wisdom of our wild hearts.

*(5 min away from the villa)*





## ACCOMMODATION *options & prices*

### PRIVATE DOUBLE BEDROOM

1780 euros *earlybird* / 1880 euros *regular*

(whole room for yourself)

### COME AS A DUO

1550 euros per person *earlybird* / 1650 euros per person *regular*

(you get to share a double bedroom together)

### SINGLE BED IN TWIN ROOM (SHARED)

1580 euros *earlybird* / 1680 euros *regular*

*\*earlybird offer ends on December 11th, 2024*

Reservation: a non-refundable deposit of 500euros is required to book and secure a spot. The remaining amount can be split in two, three or four, according to the date of booking. The full payment must be completed by June 20th, 2025.



## INCLUDED

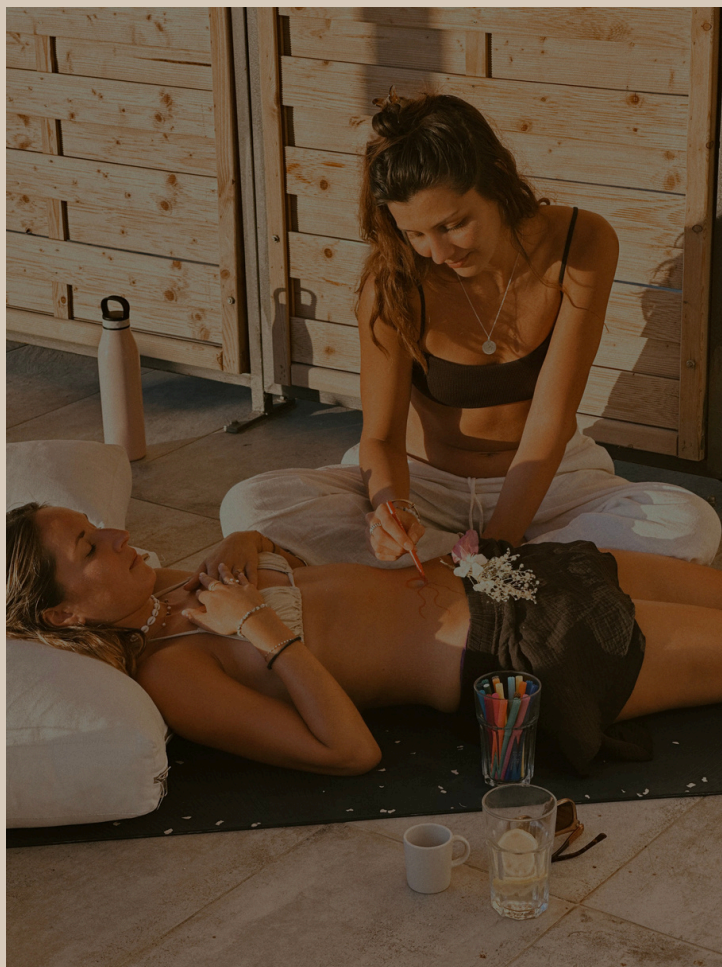
- a 5-day stay in a dreamy villa by the sea on Menorca island
- transfer from Menorca Airport to the villa in Arenal D'En Castell
- brunch and dinner freshly made everyday
- yoga, dance and movement classes, twice a day
- transformative workshops
- 90min spa circuit at 5-star hotel Artiem Audax
- curated presents
- being part of a loving, radiant, authentic community

## NOT INCLUDED

flights and insurance



MEMORIES  
FROM THE LATEST RETREAT





# MEMORIES FROM THE LATEST RETREAT





Join us on the divine *island* of Menorca,  
where we gather in sisterhood and silence,  
laughter and *movement*, returning to the fullness  
of our bodies, the depth of our spirits,  
and the wisdom of our *wild hearts*.

Con mucho amor,  
*Luna*

QUESTIONS + BOOKINGS

send an email to [bodypoetrycoordinator@gmail.com](mailto:bodypoetrycoordinator@gmail.com)

