

Yoga Retreats in Ibiza

Compare these two retreats, designed to calm you down and chill you out.

Featured June 12 Words by Catherine Cooper



SAVE

STAY For a budget, back-to-nature retreat, Ibiza Yoga, on the bay of Benirras, is just the ticket. It has six basic two-bed huts and a gazebo in its Pagoda Garden, right by the beach, all beautifully lit by solar-powered lights.

YOGA Three-hour ashtanga yoga lessons take place every morning on a villa rooftop. Breakfast and one daily vegetarian buffet meal is included.

RELAX Afternoons are left free to laze on the beach, have a massage, go for a walk or a horse ride. On Sunday evenings, local drummers jam by the sea.

PAY Seven nights half-board starts at \pounds 310 (\pounds 380) per person. ibizayoga.com

SPLURGE

STAY At Formentera Yoga, on an island just a 30-minute boat ride from Ibiza. Guest villas are set on 7km of powdery, white sand, complete with pool overlooking the sea, en suite bathrooms, plasma TVs and air conditioning.

YOGA Each day starts with a silent sunrise meditation walk, followed by a dynamic yoga session. It ends with a gentle yin yoga class and evening meal.

RELAX Lessons are on Balinese-style outdoor yoga decks. Between these, lie on hammocks, enjoy massages or perhaps go windsurfing or sailing.

PAY Four nights half-board starts at \approx 830pp. formenterayoga.com