

ONE LOCATION, TWO BUDGETS

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Yoga retreats on Ibiza: Save or splurge on your karma - Mirror Online



A yoga retreat in Ibiza might seem like a crazy idea – after all, the island is considered the clubbing capital of the Mediterranean. But after reluctantly waving goodbye to the party animals heading to the famous clubs, I was whisked off to the remote northern part of this Balearic island.

Down past dirt tracks and up hills, we finally drew up at Villa Palma. Ibiza Yoga's base is reminiscent of university halls with two people to a room, shared bathrooms and a communal area.

Outside was a pool and a sunny terrace and on the roof was the private yoga area where classes were held exclusively for those staying there.

On the first day I had time to get my bearings as my session didn't start until 4pm – but the morning sessions started at 8.30am...

Yoga teacher to the stars Jax specialises in Dynamic Ashtanga yoga that involved twisting parts of my body I didn't even know bent that way. I looked forward to "savansa" – the part where I could lie down and sleep, which I mastered rather well during my stay.

Despite my aches, classes were surprisingly quick and after each one we were rewarded with a home-cooked vegetarian meal on the terrace. And once the morning class was over, our day was free. I often found myself dozing in the sun next to the pool, recovering from my exertions.

On Sunday night we headed to the beach for the sunset drums and fire shows. By the time the last day of my holiday arrived, not only were early mornings no longer a shock to the system but I felt quite virtuous after each class. Above all, it had been a revelation to discover a different side to the party island.

Save at Villa Palmas - from £345pp

Perched on a hillside overlooking the Bay of Benirras, this south-west facing country villa has five twin bedrooms, designed in the Moorish style, with authentic touches such as wooden ceilings and rustic floor tiles. Ibiza Yoga also offers accommodation across the road from Villa Palmas at Villa Roca, or experience the great outdoors with a stay in a Balinese hut in the Pagoda Garden.

[Retreat packages start at £345pp](#) for a seven-night stay in a twin room including breakfast, a cooked vegetarian meal on six days and Ashtanga yoga tuition.

Call: 020 7419 0999

The pool at Villa Palmas

