

## Kirsty Gallagher for Ibiza Yoga - Ibiza

Improving ones agility has been a long an arduous battle. A self declared enemy of the gym I surprised others and myself when I decided to dabble in Yoga. Ibiza, long famed for its frivolity and frolics like me has also emerged as a surprise contender when it comes to wellness. These days it's difficult to say whether there are more yoga retreats or nightclubs on the island, a hybrid will be born...

Ibiza Yoga is a retreat located in the north of the Island in a place called Benirras. The location is stunning; the two villas are nestled neatly into the hills and give the illusion of being part of the landscape itself. There's nothing garish here, it's all nature, light and love. The terrace on which the daily 3-hour yoga sessions take place overlooks the sea and even the most inelegant Downward Facing Dog is part of something beautiful.



Finding a yoga teacher who's right for you is the trick to enjoying your practice. Some like them airy-fairy and full of mantras and others prefer a harsh tone and firm discipline. In my opinion Kirsty Gallagher was spot on, the class was a creative fusion of Ying and Yang, a playful, flowing, dynamic vinyassa. The personal touches were what made it; from the little vicks rub massages to the soft lull of her northern accent, positively dreamy. We left the class feeling revitalised, light and strong.



My accomplice went on to compare the effects of the class to smoking a giant spliff, with Kirsty's yoga coming out trumps. If you knew my accomplice you'd understand what a fine testament to the class that is.

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

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