



HEALING RETREAT

*IBIZA*

July 4TH - 7TH 2024  
NEAR EIVISSA/ IBIZA  
SPAIN





EXPERIENCE THE  
MAGIC OF IBIZA  
WITH ME

# PROGRAM

## THURSDAY

3PM CHECK-IN  
5PM WELCOME CIRCLE & SOFT GROUNDING  
8PM DINNER

## FRIDAY

COFFEE, TEA, FRUITS, NUTS  
8:30-10AM MORNING YOGA  
10:30AM BRUNCH  
FREETIME  
6PM HEALING & RELAXATION CLASS  
8PM DINNER

## SATURDAY

COFFEE, TEA, FRUITS, NUTS  
8:30-10AM MORNING YOGA  
10:30AM BRUNCH  
FREETIME/ HIPPIE MARKET  
6PM HEALING & RELAXATION CLASS  
8PM DINNER

## SUNDAY

COFFEE, TEA, FRUITS, NUTS  
8:30-10AM MORNING YOGA & CLOSING  
10:30AM BRUNCH  
12H CHECKOUT



# Mediterranean Hideaway to Relax & Recharge

## Want to get away from it all for a bit and crave a mini time-out?

A yoga weekend is an opportunity to pause for a moment and catch your breath. You finally have time to gather new strength and are together with like-minded people.

Casa Wonne is a hidden private gem on the island of dance and music. This weekend is your chance to experience the crystal clear ocean of this special island. The Hippie Market, Las Dalias. Secret spots like caves and “Es Vedra”. Being nourished by healthy vegetarian or vegan food with so much love. This is your little time out from work, family and all your daily tasks. Deep connection from within with the island, your soul and your body. Ready with a lot of clarity to take your next steps.

Give yourself this time to recharge, let go and realign and nourish all your layers and bodies from deep within. Deep release and feeling more relaxed. A calm nervous system and much more clarity with improved mental health. More flexibility and strength on a physical level. Me- time for relaxation at the pool or ocean. Your Time to reconnect with the wisdom from within.





## The Location





# INCLUDED

°TEA, COFFEE, FILTERED WATER, FRUITS AND NUTS

\*ORGANIC BRUNCH & DINNER

\*3 NIGHTS ACCOMMODATION

°ALL YOGA & HEALING SESSIONS & FURTHER GUIDANCE

°TONS OF JOY, LOVE & NATURE

\*YOGA PROPS ARE AVAILABLE AT CASA WONNE

NOT INCLUDED, AIRPORT TRANSFER (15 MIN.), ADDITIONAL TREATMENTS, FLIGHTS

# PRICES

1 PERSON: 1028 EUROS

EARLY BIRD DISCOUNT UNTIL DEC 31ST 878 EUROS

(RECOMMENDATION & FOOD ARE AROUND 580 EURO - IN THE PRICE INCLUDED)

## CANCELLATION POLICY:

100% DEPOSIT REFUND  
60+ DAYS BEFORE RETREAT START DATE

50% DEPOSIT REFUND  
30-59 DAYS BEFORE RETREAT START DATE

0% DEPOSIT REFUND  
0-29 DAYS BEFORE RETREAT START DATE  
REMAINING BALANCE

- REMAINING BALANCE IS DUE 30 DAYS BEFORE THE RETREAT START DATE.
- IF PAID AT THE TIME OF BOOKING, A FULL REFUND OF THE REMAINING BALANCE IS AVAILABLE UP TO 30 DAYS BEFORE YOUR RETREAT START DATE.
- IF YOU CANCEL 0-29 DAYS BEFORE YOUR RETREAT START DATE REMAINING BALANCE IS NOT REFUNDABLE.



# Ulrike Manhart

I AM A CERTIFIED YOGA TEACHER, THERAPEUTICAL BODY WORKER AND TRAINED IN BIODYNAMIC CRANIO SACRAL THERAPY AND MANY OTHER THERAPY TECHNIQUES WITH OVER 23 YEARS OF EXPERIENCE & A CERTIFIED MEDIA ENGINEER AS WELL AS A AKASHIC ASCENSION FACILITATOR. I AM AN INTERNATIONAL HOLISTIC MEDICINE TRAINING FACILITATOR AS WELL.

MY PARENTS (GENERAL MEDICAL PRACTITIONER AND KINESIOLOGIST) LAID THE FOUNDATION FOR MY LOVE OF HEALTH AND PREVENTION.

YOGA AND BODY-CENTERED ACTIVATION OF THE SELF-HEALING POWERS IS MY GREAT PASSION. BRINGING MORE OF YOUR SOUL ESSENCE INTO YOUR BODY BY WORKING IN THE QUANTUM FIELD IS MY SPECIALITY.

MOVEMENT FOR ME MEANS LOVE, POWER, INNER JOY AND LIGHTNESS, AS WELL AS ACCELERATING, HEALING, BALANCING AND TRANSFORMING INNER PROCESSES.

MY YOGA CLASSES INCLUDE VINYASA FLOW, YIN YOGA, MEDITATION, PRANAYAMAS (BREATHING TECHNIQUES) AND POSITIVE LIFE PHILOSOPHY. THEY SUPPORT YOUR PERSONAL AWAKENING AS WELL AS YOUR POTENTIAL DEVELOPMENT ON A CELLULAR LEVEL. THROUGH DANCE WE CREATE CONNECTION BETWEEN COSMOS AND EARTH. RE-CONNECTION.

HEART-CENTERED AND HEART-BASED, IN OUR HEALING SESSIONS I OPEN THE DOOR TO RELAXATION AND SELF-LOVE AND WE CLEAR THAT DOESN'T SERVE OUR HIGHEST GOOD.



GET IN CONTACT WITH YOUR SOUL MISSION - RECOGNIZE - FREE YOURSELF AND BRING THIS INTO VISIBILITY. MORE FREEDOM AND CLARITY FOR YOU AND YOUR ENVIRONMENT.

MY STRENGTH IS TO ACCOMPANY PEOPLE IN SUCH A WAY THAT THEIR NEEDS ARE IN THE CENTER. TO LEAD VISIBILITY PROCESSES - TO SHOW POSSIBILITIES - TO FREE ON A PHYSICAL, MENTAL & EMOTIONAL LEVEL - FOR CLEAR THOUGHTS AND RIGHT DOWNLOADS TO LIVE YOUR HIGHEST POTENTIAL.

BLOCKAGE RELEASING ASPECTS. I MOBILIZE ALL LAYERS TO LIVE TRUTH. THIS ACHIEVES PATHBREAKING EFFECTS IN A GOOD ENVIRONMENT THAT RIPPLE OUT IN YOUR ENVIRONMENT WITH EASE.

[WWW.UMA-HEALING.COM](http://WWW.UMA-HEALING.COM)



# Additional Infos

GRAB YOUR BEST FRIEND, YOUR SISTER, MOM OR COME ALONE - AT CASA WONNE YOU'RE SURE TO MEET LIKE-MINDED PEOPLE!  
THIS RETREAT IS FOR MAN AND WOMEN! FOR COUPLES AND SINGLES. FOR YOUNG AND OLD.

YOUR YOGA VACATION YOU ENJOY IN A VERY EXCLUSIVE AND INTIMATE SETTING - MEANS ONLY 6 YOGIS. IF YOU NEED SOME TIME FOR YOURSELF, JUST STROLL THROUGH OUR 5 HECTARE GARDEN.

## AIRPORT:

IBIZA AIRPORT

LOCATED IN THE SOUTH OF THE ISLAND, IBIZA AIRPORT (IBZ)  
WITH A TAXI FOR EXAMPLE IT TAKES YOU AROUND 15 MIN. TO CASA WONNE.

## DO YOU NEED A RENTAL CAR?

IF YOU WANT TO EXPLORE THE ISLAND EVERY AFTERNOON, I RECOMMEND RENTING YOUR OWN CAR OR SHARING ONE CAR WITH THE OTHER YOGIS.

## WHICH YOGASTYLE IS IT?

MORNINGS ARE MORE DYNAMIC AND SLOW FLOW. EVENINGS ARE PASSIVE YOGA AND OTHER HEALING & RELEASING TECHNIQUES LIKE YIN YOGA & YOGA NIDRA. IT DOES'T MATTER IF YOU ARE A BEGINNER OR SUPER ADVANCED. I HAVE PEOPLE THAT HAVE NEVER TRIED YOGA AND ONES THAT ARE YOGA TEACHERS. COME AS YOU ARE.

*I am very much looking forward to  
this magical Weekend!*

*Wrike Manhart*





# RETREAT GOSSIP

## Karla Ramos, Healing Retreat Mallorca

This Retreat truly put me in touch with my essence even deeper. The love, peace and happiness I felt was so amazing. Ulli is a true gift for anyone who has the privilege of meeting her. The group of ladies was also beautiful, the finca and the food fantastic. Overall a wonderful experience. This trip was so important to me I feel I have quantum leaped in my spirituality I released so much and definitely touched my essence. Thank you Ulli

## Marco, Healing Retreat Austria

The "Rise-High-Healing" Retreat at Haarberghof actually deserves 6 stars!  
One star for the choice of this beautiful place in a dreamlike natural environment!  
One star for the accommodation, hospitality and the hospitality with "Soul-Food-Deluxe"!  
One star for the really great and above all balanced program, which lasted from early in the morning until late in the evening!  
One star for the empathetic and understanding cooperation and the possibility to "just be yourself".  
One star for the absolutely competent know-how in the many areas such as physiology, TCM, energy, yoga, breathing, etc.  
One star for the remarkable after-effect in the physical, mental and emotional area!  
One feels more agile, fresher, better, more refreshed!

## Martina, Healing Retreat Mallorca

Ulli is a true healer. This retreat made me "let go" "recharge" and "receive" in a way that I have never felt before. My antennas for the wonders of Mother Earth were sharpened, seeing the world through the eyes of a child more often again. Thank you Ulli

## Uta, Healing Retreat Mallorca

Ulli spreads a very loving warm atmosphere, leads very well, so that not only I had a great yoga practice, but also my husband has felt very well taken care of with her. (an absolute exception). The accompaniment by you, so close.... right in the middle and fully involved. The yoga sessions... never exhausting, always so that I had the feeling to come out of the class refreshed or activated, energized. At home it's more like incorporating quick session.

I also really like the scents, sounds, music in your classes....

Cosmicdance, the short workshop, the full moon evening at the beach, all very nice ideas! But I notice after the week that my body is much more relaxed. I am much more balanced despite the busy work week. The pain in my hips and back is sometimes noticeable, but not as persistent.

And little gets me off center.

I feel grounded.

All in all ★★★★★



# Thursday to Sunday

JULY 4TH- JULY 7TH 2024  
IBIZA ISLAND - SPAIN

JUST 6 SPACES

**RESERVATE YOUR SPACE NOW!**

WWW.UMA-HEALING.COM  
0043-650-8500936  
UMA@UMA-HEALING.COM

Let's have good moments to create  
memories!

Retreat Place:  
Casa Wonne

Check it out on Facebook & IG  
@wonneyoga\_retreat

IBIZA ISLAND - SPAIN

JOIN THE INSIDE - MOVE THE INSIGHT!