

VIVA Yoga Retreat



Formentera

MAKE YOURSELF
A PRIORITY

19th to 25th of May 2024

WWW.VIVASTUDIOBERLIN.COM

VIOLA & VANESSA INVITE YOU TO JOIN THE CIRCLE!

After the success of last year's retreat, we're thrilled to offer
another week of yoga, community, and nature.

Come and be a part of this transformative experience!





When was the last time that you truly recharged your batteries?
When you allowed yourself to just breathe and enjoy the moment?
Close your eyes and imagine a fresh breeze from the sea weaving
through you, refreshing your soul. You smell the pine trees, hear the
birds singing and feel the warmth of the sun on your skin.

Welcome to Formentera!



Formentera is one of the most beautiful islands in Spain. Laid back,
with little traffic and hassle, only reachable by ferry from Ibiza.



Our Team from VIVA offer you an intimate unique experience in a
selected luxury environment.





VANESSA MUNOZ-PRETZELL

I am a Desert Rose because my home is the High Desert of Texas and New Mexico where the Desert Rose, whose flowers I love, is widespread. Like the Desert Rose, I feel most comfortable in nature where there are high temperatures and lots of sunshine. Oh and I love the song Desert Rose by Sting. I have been a Nomad and a Free Spirit all my life. Yoga is much more than a hobby to me: it is my lifeblood.

When my father, a Kundalini Teacher, introduced me to Yoga in my early Twenties, I was a lost soul. The minute I discovered Yoga I knew that I was found.

Not a day went by when I didn't hear the mat calling to me. In October 2012 I decided to turn my passion into my profession and became an RYT 200 Yoga Alliance certified Yoga Teacher with Anamaya in Costa Rica, under the supervision of Paula Tursi from Reflections Yoga in New York.

I immediately started teaching at Casa de Yoga in El Paso, Texas and have never looked back. I have continued to expand my knowledge and thirst for growth or "picking at the wound" as some call it, becoming E-RYT 500 certified Teacher with School Yoga Institute (SIY) on Bali in 2019, a Kundalini (KRI 300) teacher in 2020 with Panch Nishan in Berlin, an Ayurveda Wellness Coach with Katie Silcox's Shakti School and Yin Yoga Teacher (Soma Chandra, Persia Juliet) in 2021, a Crystal Bowl Facilitator with Irina Stern's Sound Alchemy in 2022 as well as a Breathwork Facilitator in Portugal in 2023 (Mela Mariposa). I am also a Teacher Trainer with SYI, to whom I am grateful for continuing to ask me to facilitate teacher trainings around the world.

I now channel my passion for Yoga into passing on my knowledge and experience to others, utilising a broad set of influences and knowledge acquired over time, including TCM, Ayurveda, Shamanism, Breathwork, Meditation and Sound Healing. My teaching style is a reflection of me, a melting pot of influences and inspirations from around the world.

Our Team



SIMONE

Simone teaches Yoga from the heart. Her passion is teaching pregnant women and new mothers, this powerful energy is beautiful and magical and fills her with pure joy.

Qualifications:

2018 certified 300h Hatha/Vinyasa Yoga teacher
2020 trained in Pre- and Postnatallyoga
2023 completing Ayur Doula training

MARCO

Marco is a leading instructor and therapist who spend over 18 years to travel the world and to master the ancient tradition of massage therapy.

Qualification:

Wat Po temple (Bangkok)
Old medicine hospital (Chiang Mai)
Kimura Sensei (Tokio Japan)
Kerala ayurvedic (India)
Sport academy (Spain)
Ancient Masters (Thailand, Himalaya)



Schedule



OPENING CEREMONY

We'll start the journey with a beautiful opening ceremony to welcome you all

Two Yoga practices per day

We'll have a great practice twice a day suitable for all levels



Two meals per day + snacks

Buffet, fruits and light snacks during the day

Boat cruise *(Optional bookable / approx. €120 per person.)*

One day during the retreat we'll enjoy a cruise on a private speed boat together and explore the beautiful nature



Closing ceremony

We'll finish our journey together with a beautiful closing ceremony



The package

What is included?



- Accommodation
- Welcome drinks & snacks
- Opening & closing ceremony
- 6 dinners & breakfast
- 5 morning & 4 evening Yoga sessions
- One 60 minutes massage
- Goodie bag
- Lotus Craft Yoga Props



Es Ram Eco Resort

BOHO CHIC ESCAPE

You can find the idyllic Es Ram Resort behind a mountain and a pine forest. A luxury finca-style, harmonically designed escape from daily challenges. You will find yourself in a breathtaking nature with amazing views from the different terraces and sunsets like a mediterranean dream.

CHUMBERA

Chumbera is the name of the main building. Here are also the kitchen, the dinner terrace and a roof terrace. The open and warm concept creates a perfect ambience to socialize.



THE YOGA TERRACE

Chumbera's terrace is enhanced by a beautiful pinetree. This is our sanctuary for yoga practice, embraced by nature





THE POOL

Between every practice you can enjoy swimming pool and let the sun on your body. There is also the surrounding beach to explore.



Rooms / Villas



PUTPUT

Putput is the name of one of the lush apartments with a big terrace. This beautiful one bedroom apartment is equipped with an en-suite bathroom.





ZARGANTANE

Zargantane is a luxury two bedroom apartment.
The two spacious rooms have a shared bathroom.





BREZO

This bohemian two bedroom villa with en-suite bathrooms was already hosted to celebrities like Kate Moss. The villa is equipped with a full kitchen, spacious terrace and a cozy living room with a fireplace.





MATA

The highlight of this luxury Villa is definitely a stunning winter garden with view into the nature. The Villa is equipped with a kitchen and en-suite bathrooms.





FRIGOLA

Welcome to Casa Frigola, your ideal Yoga vacation getaway with a capacity to accommodate up to 4 guests. This charming property features 2 bedrooms, each furnished with a comfortable double bed, ensuring a restful night's sleep. With 2 well-equipped bathrooms, a fully-furnished kitchen, a spacious living room, and a stunning terrace, you'll have everything you need for a memorable stay. Whether you're looking for relaxation indoors or enjoying the outdoor ambiance, Casa Frigola offers a perfect setting for your Yoga Retreat.





ROMERO

This chic two floor villa comes with a private swimming pool on the top terrace. The charming house has a kitchen, living room, big terrace and en-suite bathrooms.





WHAT TO BRING TO PARADISE?

- Yourself and good spirit!
- Flight and transport to the resort are not included.
- If you wish to explore the beauty of the island away from the resort- we recommend to rent a car as we're remote.
- We will provide you with all props that are needed to practice yoga with us.



THE PRICE

Villa with maximum occupancy: 1.800€

Villa single occupancy: 2.300€

Apartment: 1.950€*

** depending on occupancy*



Come on a journey with us – explore the
stunning and beautiful nature of
Formentera during a relaxing and
grounding Yoga retreat.

COME JOIN THE CIRCLE.

CONTACT

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