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Reset Your Coordinates

SUP:YOGA RETREAT IBIZA

Join us for a sun soaked long weekend of paddling, yoga, Pilates and gentle exercise. A truly unique holiday experience – we're one of the very few retreats who work with a fully qualified SUP Yoga & Pilates teacher to complement our team of dry land yogis and trainers. Cap that off with a stretch of stunning coastline, warm temperatures and clear turquoise seas and you've got yourself a body strengthening, mind enhancing and soul satisfying holiday.

Our Stand Up Paddle (SUP) yoga and Pilates long weekend (Thurs – Sun) really does offer the perfect balance to transform the body and the mind. If you're an avid yoga and Pilates lover you may actually find some of the moves like inversions easier, as there's less pressure on your body with the water's buoyancy. On the flip side, you'll require more balance on the SUP board, which will test your core strength. Your host instructor is not only certified in Pilates and yoga, but SUP and SUP yoga – so you're in excellent hands.

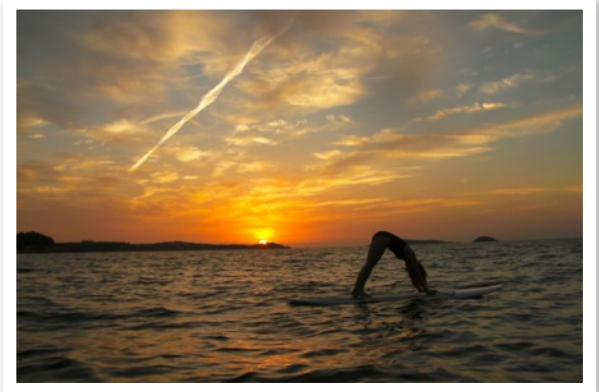
On dry land, you'll get the chance to practice more yoga and Pilates, as well as try your hand at other training if you wish, such as circuits and kettle bells – which will inevitably help build your core strength and fitness for SUP. You'll also have the opportunity to relax and rejuvenate in the stunning surroundings or lounge by the pool. Breakfasts and lunches are included, with evenings left free for you to explore the nearby local restaurants.

- Small group (max 8) for personal attention & safety
- Opportunity to practice yoga and Pilates on the open water
- Funky, luxury accommodation
- Passionate, happy and highly qualified instructor
- Down time to relax by the pool or explore the surrounding area
- Opportunity to try other training sessions to improve your yoga and Pilates practice
- Outdoor activities to ensure you spend time in nature

Example Itineraries



08:30 Breakfast
10:00 SUP session
12:00 Beach Yoga
13:00 Lunch
15:00 Relax in the spa or use our fitness centre
17:00 Pilates or yoga session



08:30 Breakfast
10:00 SUP session
12:30 Yoga
13:30 Lunch
15:00 Optional Circuits
16:00 Pilates session
18:00 Free time to explore the area



What's Included:

- 3 nights and 2 full days of activities
- Bed, breakfast and lunches
- All equipment & instruction
- 4 SUP sessions
- Yoga and Pilates sessions on dry land
- Optional conditioning and fat burning training

The team is looking forward to welcoming you.
Please feel free to contact us with any further questions.

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