

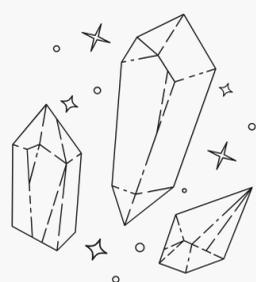
WEEKLY ACTIVITY CALENDAR

NOVEMBER 2022

Monday 7th

9 am
Social Running
@The Gym 30'

9 am
D.I.P. Yoga
@Yoga Deck 45'



4 pm
AGORA Tour
"Men's Style"
@Agora 30'

4 pm
Body Balance
Meditation
@Yoga Studio 30'

Tuesday 8th

9 am
Healthy Spine
Workout
@Yoga Studio 30'

11 am
Bees Wax Wrap
@Earth Lab 45'

11 am
Facial Yoga
@Yoga Studio 30'

4 pm
AGORA Tour
"Life Style"
@Agora 30'

4 pm
Alchemy Bar
Workshop
@Alchemy Bar 30'

5:30 pm
SANCTUM
Mindful
Movement Breath
Journey &
Breathwork by
Anika
@Yoga Studio



Wednesday 9th

9:30 am
Mat Pilates
@Yoga Studio 30'

10 am
Sustainability
Tour
@Reception 30'

11 am
Sound Healing
@Yoga Studio 30'

3:30 pm
Kundalini Yoga
w/ Anat
@Yoga Studio 75'

4 pm
AGORA Tour
"Jewelry"
@Agora 30'

5 pm
Fascia Body Work
@Black Box 60'

Thursday 10th

9:30 am
Animal
Movement
@Yoga Studio 30'

11 am
DIY Natural
Toothpaste
@Earth Lab 60'

3 pm
Alchemy Bar
Workshop
@Alchemy Bar 30'

3:30 pm
Yoga in motion
w/ Martina
@Yoga Studio 60'

4 pm
AGORA Tour
"Woman Style"
@Agora 30'

5 pm
Core Workout
@The Gym 30'

5:30 pm
SANCTUM
Spirit +
Movement+Sound
Journey by
Cristina
@Exp Den

Friday 11th

9 am
Chakra Balancing
Meditation
@Yoga Deck 30'

10 am
Sustainability
Tour
@Reception 30'

12 pm
Boxing Club
@Boxing Ring 30'

3 pm
E-Bike Tour
@Reception 90'

3:30 pm
Mindful Yoga
w/ Satya
@Yoga Studio 60'

4 pm
AGORA Tour
"Cinderella
Experience"
@Agora 30'

5 pm
Full Body
Stretching
@Yoga Studio 30'

5:30
Sunset Ritual
@Farmers Market

Saturday 12th

9 am
HIIT
@The Gym 30'

10 am
E-bike Tour
@Reception 60'

11 am
Aromatherapy
Candle Making
@Earth Lab 45'

12 pm
Alchemy Bar
Workshop
@Alchemy Bar 30'

3:30 pm
Yoga Nidra, Reiki,
and Oracle Card
Circle w/ Joëlle
Jelisa & Sascha
Vos
@Yoga Studio 75'

4 pm
AGORA Tour
"Home Decor"
@Agora 30'

5 pm
Mat Pilates
@Yoga Studio 30'

5:30
Sunset Ritual
@Farmers Market

Sunday 13th

9 am
Cross Training
@BlackBox 30'

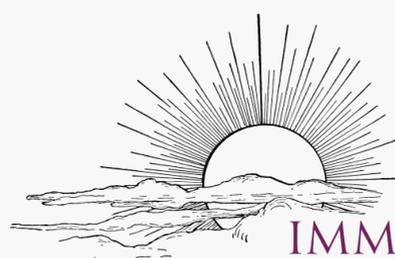
10 am
Walking Tour
@Reception 60'

3:30 pm
Moving meditation
& Mantras w/
Martina
@Exp. Den 45'

4 pm
AGORA Tour
@Agora 30'

5 pm
Healthy Spine
Workout
@Yoga Studio 30'

5:30
Sunset Ritual
@Farmers Market



IMMERSE YOURSELF IN THE SPIRIT OF IBIZA

*No service charge included

Yoga Nidra, Reiki, and Oracle Card Circle with Joëlle Jelisa & Sascha Vos de Wael | Saturday 12th of October

Joëlle and Sascha invite you to receive a deeply relaxing Yoga Nidra session, enhanced through personal Reiki healing. At the end of the session, you choose an Oracle Card to provide you guidance on your current state of being. (1 hour, max 15 participants)

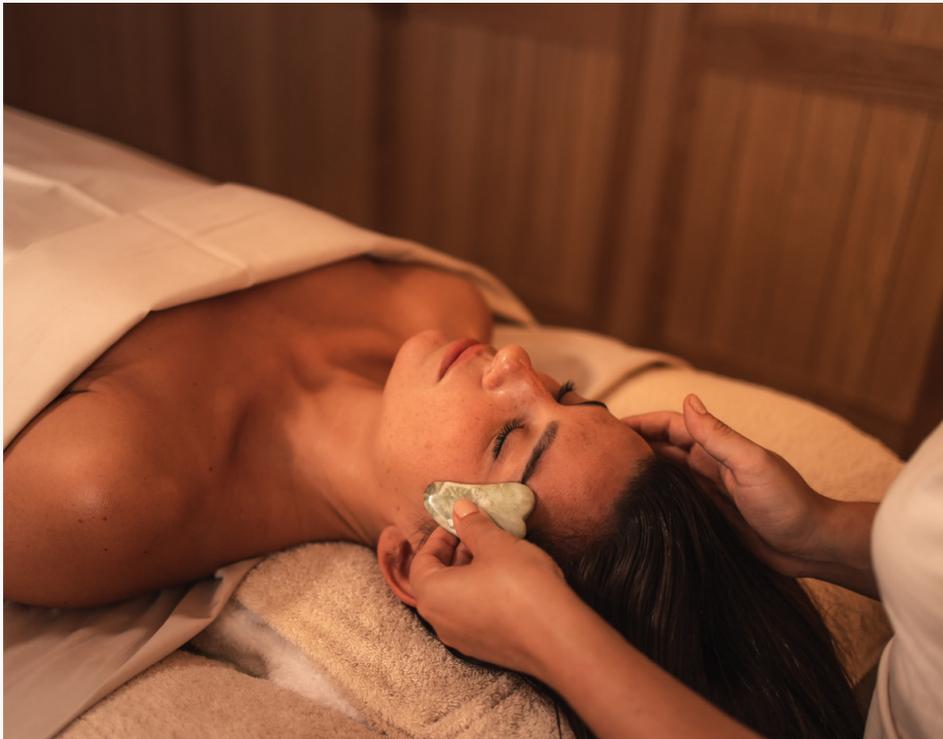
Highlight of the Week

Feel your Best – Wellness Highlights

Sound Healing Private Session

Allow the sacred sounds to reverberate in your innermost. A transcendent experience not to be missed. Let the sound and vibration allow you to experience your true, limitless nature. We highly recommend sharing this transformative experience with your loved one

For info and bookings, speak to our Spa team or email spa-ibiza@sixsenses.com



Anti-Aging Gua-Sha Facial

Multisensorial Experience with fresh and local Alchemy Bar products and the unique Gua Sha massage techniques with CBD face oil. This holistic facial will soothe the nervous system, stimulate circulation, boost luminosity and improve skin tone.

For info and bookings, speak to our Spa team or email spa-ibiza@sixsenses.com

RoseBar Longevity IV Infusions

For an immediate energy-boost, try our RoseBar longevity IV infusions. Do you need an intensely hydrating pick-me up on the morning after or an immunity enhancing fusion for perfect wellbeing? RoseBar's medical team will choose the optimal IV blend of vitamins and minerals for you.

For info and bookings, speak to our Spa team or email spa-ibiza@sixsenses.com

