



information

# Private Retreat Ibiza

Real time and attention for each other. Stepping out of everyday life and being together. Surrounded by nature, peace, space and the sun. Of course the sun.

Moving on is 'easy'. Choosing something together, embarking on an adventure requires courage and daring.

Your relationship as a source of growth. During your days in Ibiza you will create even more fertile ground and you will feel more connected. And really see and hear each other again. Our basic human need.

A huge gift for you together, but also for both of you as people (and for your children). Recharging, relaxing, lightness.

Doing the work and deep relaxation.



## Making real *connection*

Connection with yourself is essential to connect with others.

You are responsible for your own happiness, your own feelings and emotions, for your own life.

This same principle applies within your relationship. Being together, and growing together, but from connection with yourself. If you skip this step, you will notice this in the exchange and energy in your relationship. Take good care of yourself, and therefore of others.

I expect openness and a strong desire from you. You can expect keen awareness and complete confidentiality from me. Space for you and everything there is.

We work in a future-oriented and meaningful way. Lots of exercises, lots of feeling and experiencing. Working with the deeper layer.

*Sabine*

## halfday *intensive*

Half day (4 hours) Relationship Coaching  
Customization  
In-depth exercises  
Body work  
Homework exercise  
Incl. drinks and snacks

€495

(incl. VAT)

## *What to expect from the retreat*

Expect deep work, a lot of feeling and experiencing. Careful but not cautious. A combination of doing your work and relaxing and enjoying magical Ibiza at the same time.

## *Location*

biza is holding the space. The sessions take place at my home (north-east Ibiza), in our old finca, on top of a mountain, with a sea view, surrounded by the forest.

## *4-days deepdive* - on request

For couples who really want to check out completely and invest intensively in their relationship. 3 nights, 4 days in Ibiza, a program with accommodation exclusively for you. If you need this, send me a message.

## *FAQ*

Q: When can we do this?

A: For the half-day you have the option to schedule this via my website, matched with your stay in Ibiza. If you choose the 4-day retreat, we will find a period in consultation

Q: What should we bring?

A: An open heart, commitment and awareness. And a notebook. You will receive a packing list for the 4-day retreat.