YOUR WELLNESS RETREAT IN

IBIZA

WITH NATALIE HESOUNOVA

14TH - 17TH MAY, 2026



LITTLE BLUE DOOR

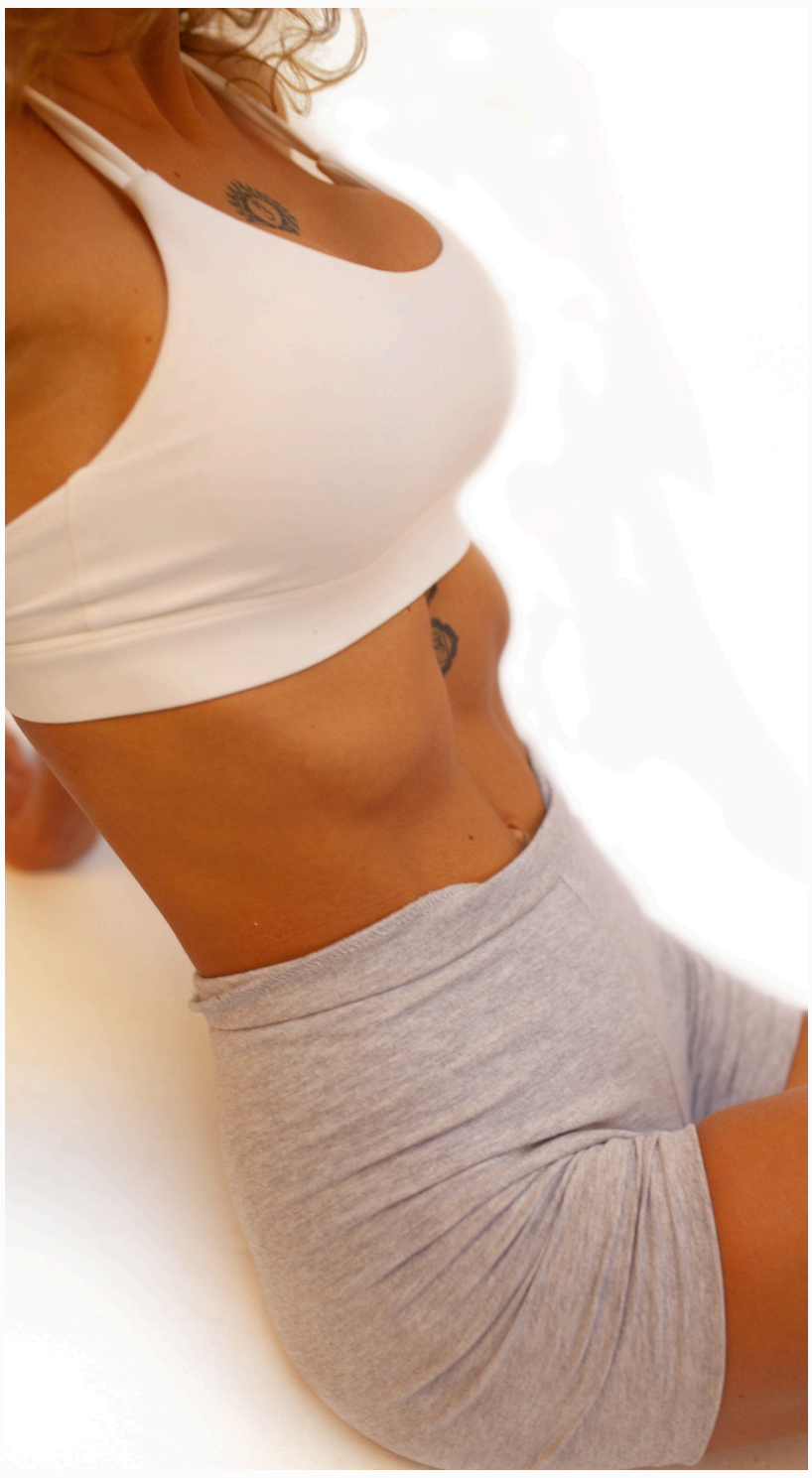
ABOUT HOST

Natalie is a **barre, pilates & yoga** instructor devoted to helping women reconnect with their feminine energy, confidence, and inner strength. With years of experience she creates soulful spaces where movement becomes more than exercise, it becomes a path back home to yourself.

Her approach blends powerful, **feminine movement** with **mindfulness** and **emotional healing**. Mornings begin with energizing Power Pilates or Barre sessions that awaken the body, build strength, and ignite confidence. Evenings slow down with restorative yoga, sound healing, or gentle Pilates, inviting participants to reconnect, reflect, and release. Each day is thoughtfully designed to balance activation and softness - strength and surrender - helping every woman reconnect with her highest self.

Natalie’s retreat energy: grounded yet high-vibe, structured yet free, transformative yet nurturing. She believes in presence over perfection, guiding each woman to move in a way that feels **magnetic, embodied, and unapologetically confident.**

In Ibiza, she brings her signature mix of movement, healing, and connection, from sunrise practices overlooking the sea to long, laughter-filled meals shared in sisterhood. Under her guidance, this retreat becomes more than a getaway, it’s a reset for your body, mind, and spirit. A space to slow down, reconnect, and remember who you are when you feel fully alive.



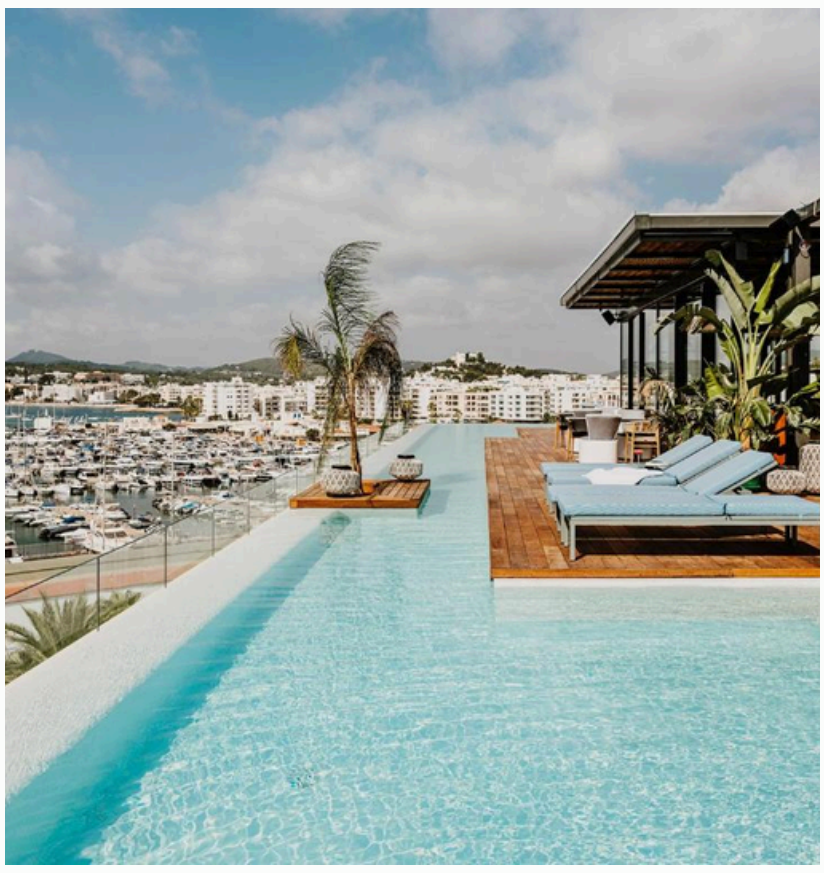


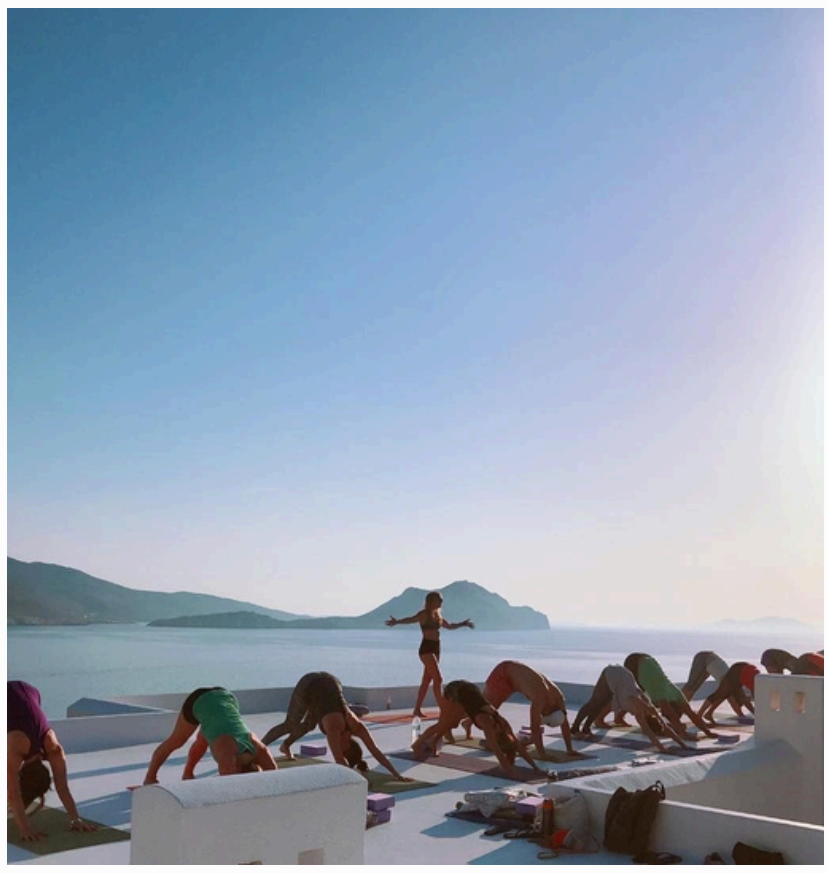
WHERE YOU WILL BE STAYING

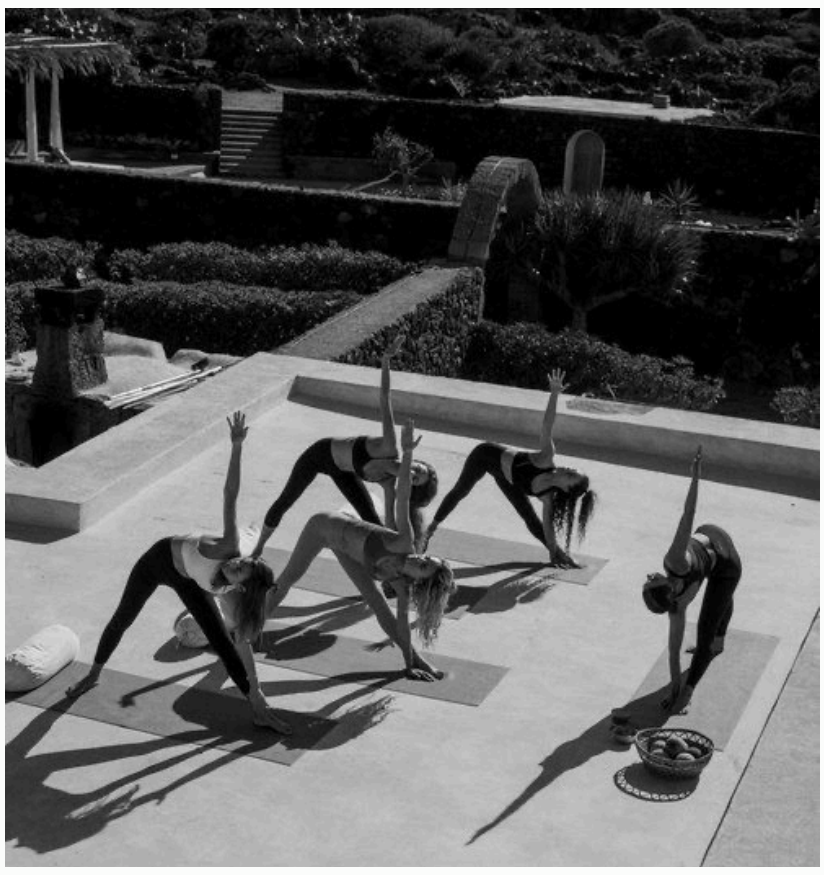
5* Boutique Property
4 Days · Summer 2026
14 - 17th May

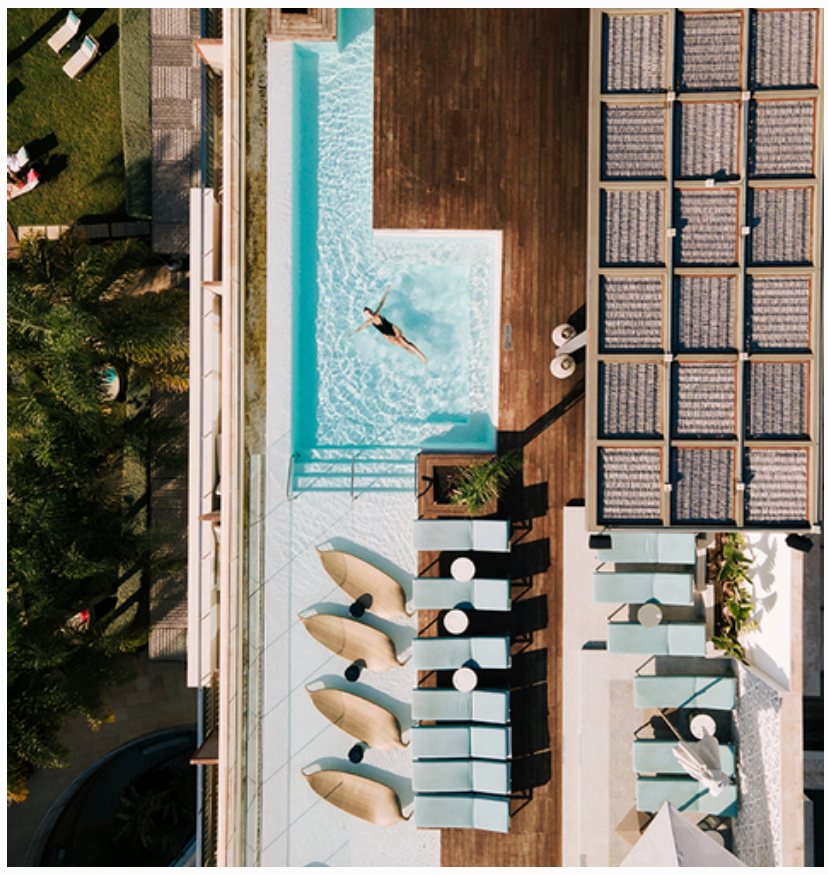
Daily Rhythm
Morning: Pilates, meditation, or yoga class Breakfast together at the villa
Afternoons: Mixing group meals, local exploration, or leisure time Evenings: Alternating shared dinners and free nights to explore Ibiza’s vibrant dining and nightlife

08:30–10:00: Morning practice with Natalie (Pilates / Yoga / Meditation)
10:00–11:00: Nourishing breakfast together at the villa
11:00–18:00: Free time to explore the island and lunch at leisure
18:30–20:00: Evening restorative session or circle with Natalie
20:30: Dinner together









TRIP OVERVIEW

4 DAYS IBIZA RETREAT





14 - 17TH MAY

Thursday
3:00 pm Check-in & welcome wellness drink
5:00 pm Opening circle with Natalie (1hr30)
6:00 pm Gentle yoga & grounding stretch (1hr)
7:00 pm change and shower for dinner
8:00 pm Welcome dinner at the hotel

Friday
8:30 am Meditation & Power Pilates (1hr30)
9:00 am Journaling workshop (45min)
10:00 am Breakfast at the hotel
10:00 - 6:00 Leisure time (lunch & afternoon free)
6:00 pm Barre Sculpt with Natalie (1hr)
7:15 pm Shower and change
8:30 pm Dinner at restaurant outside of the Hotel

Saturday
8:30 am Meditation & Pilates Flow (1hr30)
10:00 am Breakfast at the hotel
11:00 am *optional* Hike (1hr30)
10:00 - 6:00 Leisure time (lunch & afternoon free)
6:00 pm Transformative Sound Healing Ceremony Led by the Gong Warrior (1hr30)
7:15 pm Shower and change
8:00 pm Celebration dinner & closing circle at the Hotel

Sunday
7:30 am Morning pilates
8:30 am Breakfast at leisure & departure
11:00 Check-out

PRICE OVERVIEW

TOTAL COST PER PERSON:

€1,999 Shared Room
€2,399 Solo Room

Included:
2 Meals per Day
A Cocktail or Glass of Wine with Dinner
All activities in the itinerary
Enough downtime to recharge your batteries!
Accommodation
Transportation during the trip

Not Included:
Flights
Transfers to & from the airport
Lunch

If you'd like to share a room with a friend, please send us a message with your names, requesting to be accommodated together!



START YOUR DREAM RETREAT

WITH LITTLE BLUE DOOR

BESPOKE BOOKINGS

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