



BALANCEDPEOPLE

NATURAL ANTI-AGE
& LONGEVITY
DETOX RETREAT
at Can Goddess



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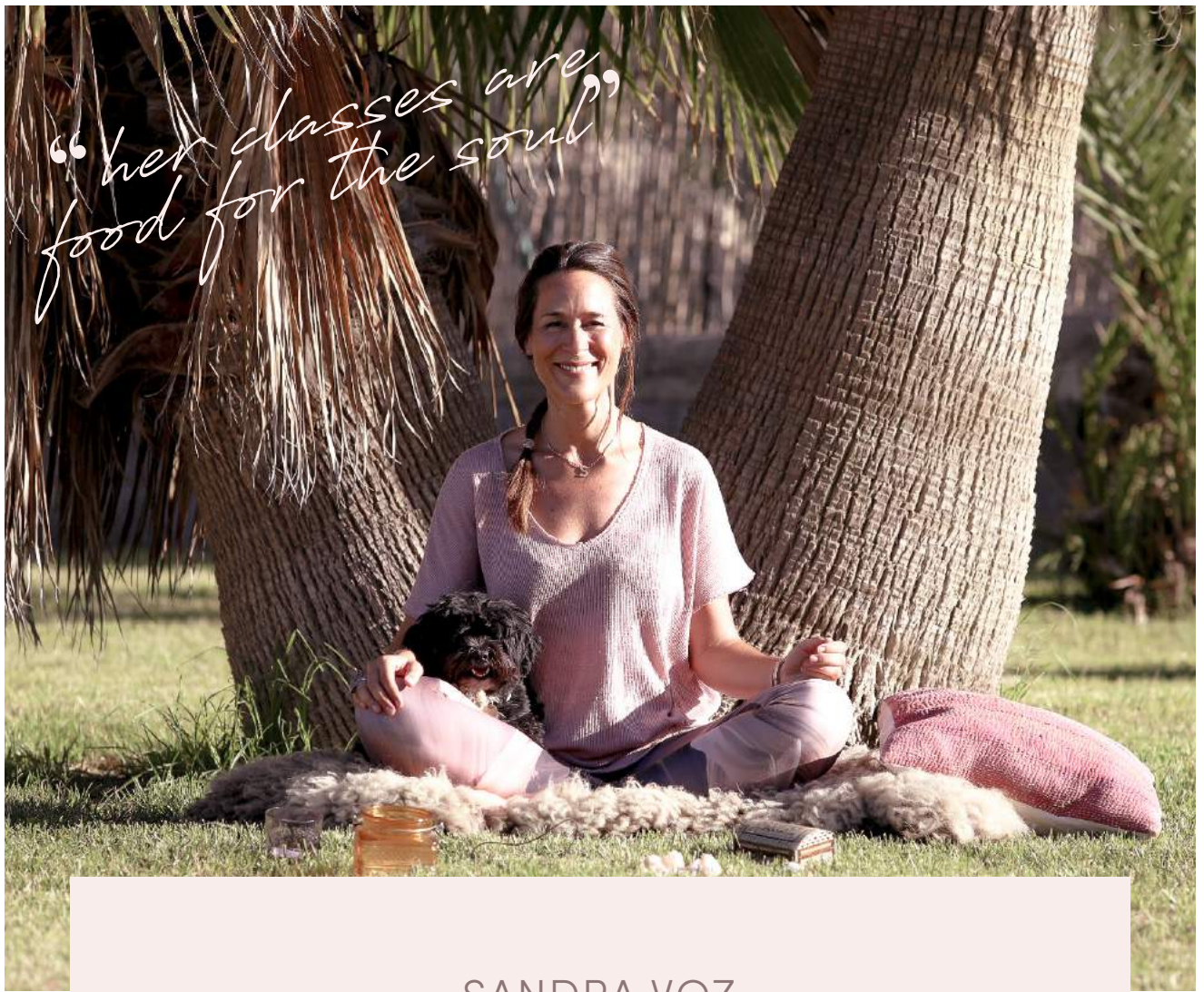
IBIZA RETREAT 06 May to 10 May 2020

You are invited to the magical island of Ibiza, in a beautiful villa, surrounded by nature where you will experience a special 4 day program that will show you how to visibly delay the age process and gain optimum longevity, through natural daily rituals.

We will do so, through a very effective and gentle yoga branch known as Kundalini yoga, accompanied by stretch, breathwork and meditation, in addition to delicious and lean organic vegan cuisine, prepared by our distinguished chef Anita C.

Most importantly we will be staying in a magical bohemian luxury home-from-home, set atop of one of Ibiza's stunning rolling hills, overlooking sunset over the sea and sunrise over the valley.

DESIGNED BY SANDRA VOZ



*“her classes are,
food for the soul”*

SANDRA VOZ

Life Balance Coach, a Kundalini Yoga, meditation and breathwork teacher and a qualified fitness instructor.

With a Masters degree in law and extensive experience as an entrepreneur, Sandra knows what the rewards, the challenges and the pitfalls of a high-profile lifestyle can be. She has been successful in setting up and running a recruitment firm and several digital start-ups.

In this process, she has grown both as a professional and as an individual. She has also successfully dealt with the need to transform unhealthy lifestyle choices and the need for recovery from burn-out. Re-connecting to her body through yoga & meditation played a crucial part in finding her way back to an authentic and balanced way of living.

Sandra has studied closely the top scientists of new biology, Bruce Lipton, Gregg Braden and Joe Dispenza. Their research and findings have inspired Sandra in putting this curriculum together for her clients.





What to expect
VISIBLY DELAY THE AGE PROCESS,
OPTIMISE HEALTH & LONGEVITY

An array of gentle yet effective practices and experiences
carefully designed to help you look and feel younger.

Yoga, meditation & resting

Breathwork

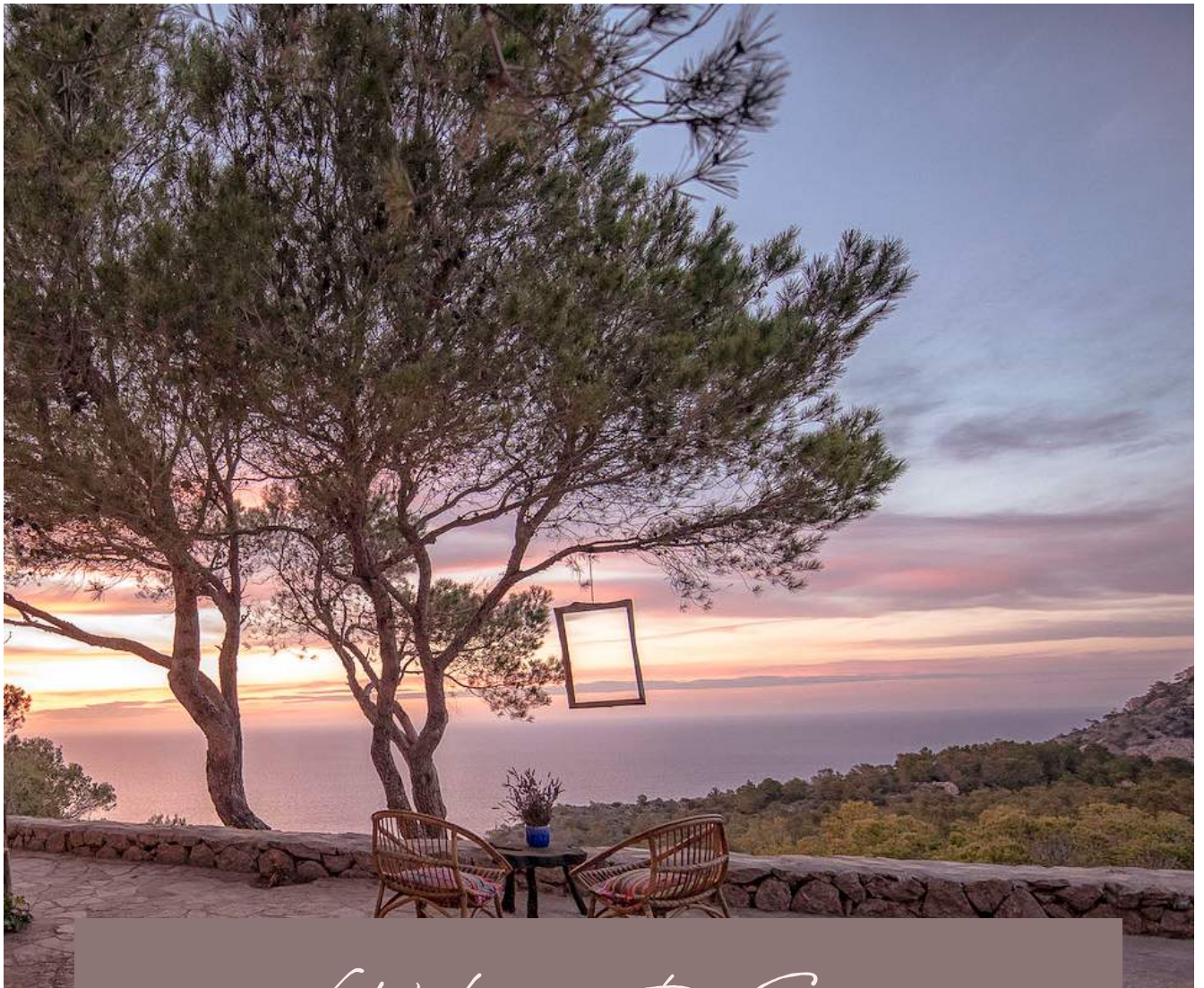
Daily hikes to the sea

Professional massage

Tasty healthy food

Take time away from your everyday life to be inspired, learn how
to combat the signs of ageing through new self-loving & healthy
habits that can easily be worked into your everyday life.





Welcome to Can Goddess

Welcome to Can Goddess an oasis of MAGIC and beauty where subdued luxury meets comfort and style.

A unique bohemian hideaway set within peaceful, unspoiled surroundings, Can Goddess is totally secluded offering an authentic Ibiza experience where you can watch the sun set over the the Mediterranean sea and rise from over the valley in one of the best vantage points on the island.

11 Rooms | 6 Bedrooms | 6 Bathrooms | 3 Outdoor Bathrooms

Library | TV Room with Film Projector

Large Swimming Pool | 4 Outdoor Seating Areas

Outdoor Sea-facing Plunge Pool & Yoga Deck

Indoor & Outdoor SONOS Sound System

Welcome to Can Goddess

AN EXTENSIVE GARDEN

An extensive vegetable garden and a food forest with over 20 different types of fruit trees, all organically grown according to permaculture principles.



LIVING

Can Goddess is the epitome of classic Ibizan style fusing natural materials with high spec finishes throughout. The living spaces offer total comfort whilst remaining cool and spacious.

SLEEPING

The expansive residence includes five independent houses each with its own bedroom, bathroom and kitchen and a separate house for the live-in staff.



DINING

Multiple outdoor dining and seating areas for both sunset and sunrise views, perfect for intimate group dining.



WHAT YOU WILL TAKE HOME

*Besides days of relaxation,
inspiration & fun...*

We'll have the opportunity to create a tailor-made plan of what you'd like to implement in your everyday life so you can keep up your practice in the comfort of your home.

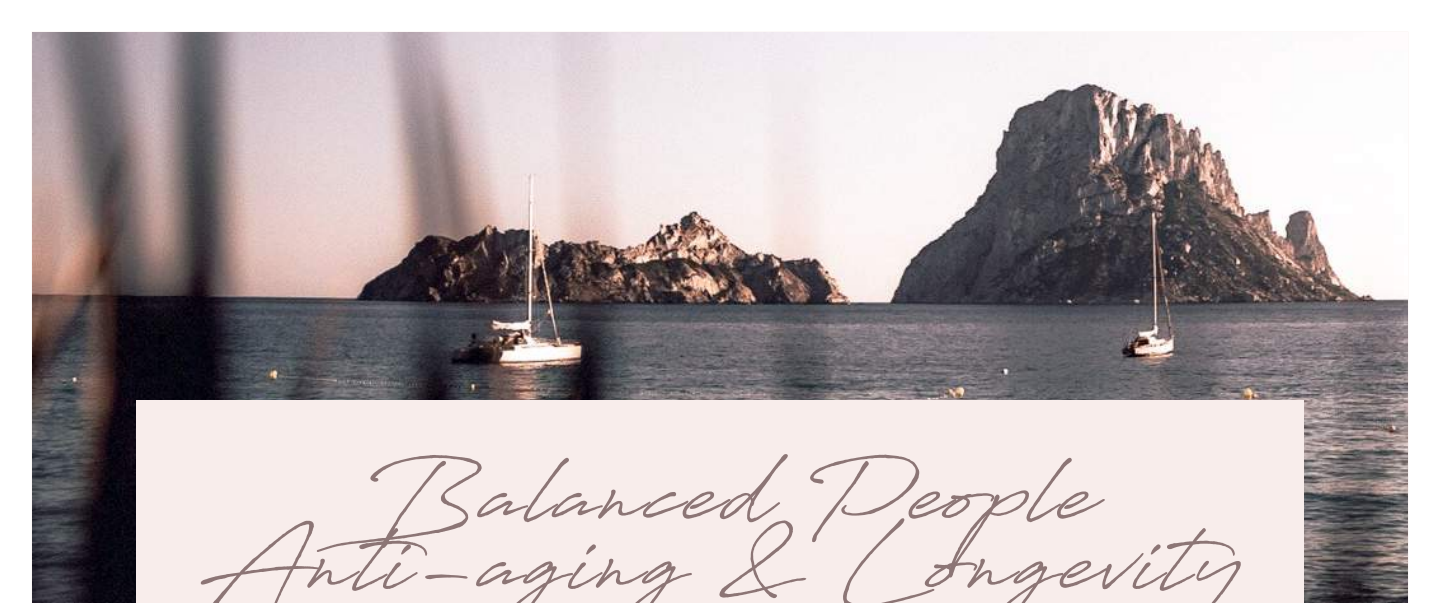
Easy applicable tools and inspiration on how to look and feel younger.

New breathing techniques (*90% of us don't know how to breathe properly!*) to help you quiet the mind, feel centered and grounded. Correct breathing techniques will help you clear away old stresses and stuck emotions.

A new found energy & lots of inspiration on how to eat healthily and cook your own tasty and nutritious dishes.

ALL IN ALL THE PERFECT KICKSTART TO IMPLEMENT SOME NEW ANTI AGING & HEALTHY HABITS INTO YOUR EVERYDAY LIFE.





Balanced People Anti-aging & Longevity

RETREAT RATES - 1.000- 2.800 €

		Single	Double	Triple
BUDDHA SUITE	Ultra Private Chalet with en-suite bathroom and living room w fireplace. Large double bed with panoramic view over the sea from the inside and outside with large terrace surrounded by nature and rolling hills with a private path down to the sea. This suite boasts an outdoor shower overlooking the sea without any neighbours in sight. A true gemstone, nothing compares to this master suite.	2.800	1.800	-
APHRODITE SUITE	Large suite with desk, walk in closet, terrace w panoramic valley view, double bed, large private bathroom en suite & extra outdoor shower	2.000	1.500	-
KALI SUITE	Private casita, with own living room, private terrace pool view, double bed & possibility of 3rd guest, private bathroom en suite	2.000	1.500	1.200
YEMANJA SUITE	Private casita, with own livingroom, private terrace pool view, double bed & possibility of 3rd guest, private bathroom en suite	1.900	1.400	1.100
MOTHER NATURE SUITE	Ultra private casita/glamping, private terrace full valley view w panoramic sunrise, 2 single beds, private outdoor bathroom & shower	1.600	1.200	-
LAKSHMI SUITE	Divine small suite with double bed. Shared bathroom with athena suite	1.300	1.100	-
ATHENA SUITE	Cozy small suite with single beds. Shared bathroom with lakshmi suite	1.200	1.000	-

Prices are per person. Flights and travel insurance are not included in the price.





Reviews

MY EXPECTATION WAS SURPASSED 100X

"Dear Sandra, you are an incredibly gifted teacher, healer and mentor. I cannot express my gratitude for everything that you gave me over the past four days. My expectation was surpassed 100x – your loving guidance will remain with me forever. To be continued...
With love and affection and eternal blessings."

- Linda, United States

PEACEFUL MOMENTS COMBINED WITH FUN

"I can only say that Sandra is an amazing person. I have been to her retreats the last two years and it has been a very special moment each time. The combination of taking time out for yourself to enjoy some quiet peaceful moments combined with fun and laughter on a beautiful island as Ibiza is quite something.

Thank you Sandra." - Katrine, Denmark

CLEAR YET GENTLE GUIDANCE

"Sandra's silent acknowledgement of what truly matters speaks through her teachings beautifully. Whilst still keeping her feet firmly on the ground she is able to empathise honestly and compassionately when it comes to the day to day struggles. I cannot thank her enough for her strong yet gentle guidance."

- Sarah, UK.

IT HAS BEEN A GIFT TO SHARE THESE DAYS WITH YOU

"Dear Sandra and team, it has been a gift to share these days with you all! Your training, your details up to perfected, your true 'hygge' spirit, all the knowledge, the food, the location, the massages, all has been wonderful! Hope to come back many times."

- Marisa, Switzerland



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BOOKINGS

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*there is an anti
ageing possibility,
but it has to come
from within.*

- SUSAN ANTON



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