



SACRED SENSUALITY RETREAT

October 7-14 · 2017 · Ibiza, Spain



Love Yourself, Play, Be Free!

IT'S BEEN AN INCREDIBLE JOURNEY SINCE 2010.

From divorce and arriving in Ibiza, to waking up, through dancing across the Mediterranean, returning to the US to spread Shakti love and returning to Ibiza to launch the Sacred Sensuality brand on my 6 year anniversary of coming to the island. People have responded with such love to my books, stories, podcast, guided meditations and Goddess lifestyle. When I was living in New York from 2013–2016, I went through a journey of living in a mega city, burning out, hustling, over-masculinizing myself, creating a shell around my heart, and forgetting to nourish myself. When I would arrive in Ibiza for my annual vacation, the first things I did was do yoga on the beach, dance, play, listen to music, swim in the wild ocean waves, drink wine at sunset, skinny dip and surrender to nature. When I would return to NYC, all my girlfriends would be amazed at how I looked – skin soft and glowing, body toned and healthy, radiating love and joy from the inside. They even asked me, “whatever it is that you do over there, take me with you. I want to experience your Ibiza.” And that was it. That was where the idea came to me to start sacred sensuality retreats for women who are overworked, burnt out, going through a career meltdown or heartbreak and need a nourishing vacation. My mission was clear: to give women a safe sanctuary to receive love.



My Ibiza

Life on this island is a gorgeous blend of nature, Bohemia, cosmopolitan, marina and country living.

CAMPO BOHEMIAN MARINA PLAYA PUESTA DEL SOL

These are words we use every day. Meet me at the beach. Let's have a drink at the marina. Everything is accessible and within reach. Que Bella. Beauty is everywhere. It's a sensual and sacred feminine island. Magical. Sunsets that melt into the sea. Es Vedra. Turquoise waters and caves. Groves of fig and lemon trees. Come see for yourself... Come to Ibiza.

Getting to Ibiza is easy. Daily flights from JFK to BCN on Delta and Newark to BCN on Continental. Convenient 1-2 hour flights from all major European cities to BCN or Madrid are available. There are multiple flights from BCN to Ibiza on Vueling airlines that arrive in just 30 minutes.



WELCOME TO
SACRED SENSUALITY



*7 days of gentle stretching, dance,
detox, massage, nourishment and
feminine energy in San Miguel,
the calm north of the island.*



ALL INCLUSIVE

Yoga | Dance | Feminine Energy
Luxury Accommodations
Private Chef | Breakfast | Lunch | Dinner
Healthy Juices, Snacks & Treats | Wine
Beauty Photo Shoot | Feminine Massage

Saltwater swimming pool.

Private pine forest yoga platform.

Daily housekeeping.

Luxury Mercedes-Benz airport transfer.

*We want you to feel extra-pampered, nourished,
and loved up so we've taken care of all the details*

THE VENUE: CAN TERRA!



Saltwater Pool



Bedrooms With Private Views



Al Fresco Dining



PRIVATE CHEF



We'll have a private chef to cook all meals including breakfast, lunch and dinner. The house will be full of granola, juices, cakes, treats and snacks so that you feel you're at home and have access to delicious, natural foods all day long.

Cocina Mediterranean



Every dish deserves love. Our selection is based on healthy dishes, amazing and refreshing combinations. Enjoy a taste of Spain; our selection is perfect to be served with a refreshing glass of sangria.

Sample Menu



Breakfast - Fresh fruits and veggies, juices, scrambled eggs with fresh salad, smoothies, mango lassi

Lunch - Beet, endive and quinoa salad, grilled mixed peppers with sundries tomato and olive paste, Antipasti of mozzarella, chili and lemon crostini, ham, figs and mint.

Dinner – Roasted tomatoes, goat cheese, asparagus with basil dressing salad, wild sea bass baked in salt, tiramisu. mojito fruit salads and tartar tatin.

Passion Pantry



Our villa will be stocked for 7 days with healthy snacks and juices from Ibiza's top health food brand, Passion Café / Passion Pantry.

SENSUAL EXPERIENCES



Yoga, Dance, Feminine Energy



Zinnia and her sacred sensuality team will guide you through yin yoga, Goddess dance, gentle massage, sunset swimming, and align you to your feminine light so you can return home fresh, relaxed and rejuvenated.

Sacred Movement & Flow



Awaken Your Sensuous Goddess



Wellness Experiences

We've curated a breathtaking experience for you to relax, get nourished, eat and sleep in luxury, meet wonderful women in sacred sisterhood, dance, play, be wild and free and explore your sensuality and femininity with the best Goddess team in Ibiza. We'll have trips to beaches where you can enjoy Ibiza's magical sunsets and have plenty of free time for yourself to reflect and unwind. I welcome you to my house, where you are free to be yourself, away from the hectic pace of city and urban life. Relax, rejuvenate, enjoy the magic...

MORNING YIN YOGA

SENSUOUS DANCE

FEMININE MASSAGE

PRIVATE SESSIONS WITH ZINNIA
AND GODDESS READINGS

BEAUTY PHOTO SHOOT WITH #1 IBIZA
LIFESTYLE PHOTOGRAPHER

AL FRESCO DINING

BEACH EXCURSIONS

SUNSET SWIMMING

SUNSET YOGA

SEXY DINING, PARTYING AND FUN!

SAMPLE ITINERARY

8 – 10 am *Breakfast*

10:30 – 11:30 am *Yin yoga and deep relaxation*

11:30 – 12:30 *Sensuous Dance & Sacred Movement*

1 – 2 pm *Swimming, relaxing and free time*

2 – 3:30 pm *LUNCH & SIESTA*

4 – 6 pm *Crystal Healing & Sound Bath*

6:30 – 8 pm *Sunset drinks on the cliffs of San Miguel at Hotel Hacienda*

9 – 10:30 pm *Candlelight DINNER al fresco*

11 pm and onwards... *FREE TIME/ SOCIAL TIME/ SLEEP*



YOUR SACRED TEAM



Meet Your Beauty Photographer

Sofia is a Chilean born and raised photographer, who came to live in Ibiza in 2011. She loves light and bright imagery, soft focus, open spaces and intimate moments. She has been featured in Conde Naste Traveler and White Ibiza and has been photographing me for 4 years!



Meet Your Experience Director

Sascha has been living in Ibiza since 2011 and has partnered with Zinnia on healing projects, and dance retreats. She is a powerhouse fitness coach and healthy lifestyle expert who can brighten anyone's day with her vivacious smile and enthusiastic energy. You'll see Sascha around the house helping out and giving hugs!



Meet Your Feminine Massage Goddess

Emma has been vacationing on the island for years and having fallen in love with it, she decided to stay. She is an expert in massage, reiki and feminine healing techniques that will help you feel reeshed, rejuvenated and awake!



CELEBRATE
THE JOY OF LIFE!

Zinnia Gupte, Founder
 [sacredsensualityretreats](#)
zinnia.gupte@gmail.com
T 917.847.5165