



Ibiza Retreat

DESIGN YOUR DREAM LIFE

9-13 oktober 2024 in Six Senses Ibiza

Your car, your house, your laptop and your mobile phone and basically everything around you has first been carefully designed.

Then why not carefully design the most important thing in your life, YOUR LIFE, for a fulfilling and happy life: your dream life where you will fall madly in love with!

After all, it's about not only being good at your work, but at your life..... something we don't actually learn at school, strange enough.

The end product is your life book full of inspiration, images, quotes & text that inspiringly reflects the design of your life. Something to be proud of and to cherish!

Designing your life is one of the best ways to manage your energy because it balances all categories in your life, preventing you from leaking unnecessary energy and at the same time giving you enormous energy to live an extraordinary life.



IN THIS 'DESIGN YOUR DREAM LIFE' RETREAT WE INSPIRE YOU TO TAKE UP DESIGNING YOUR LIFE IN 12 CATEGORIES:

- 1 Your health and fitness
- 2 Your career
- 3 Your financial life
- 4 Your emotional life
- 5 Your intellectual life
- 6 Your spiritual life
- 7 Your love life
- 8 Your character
- 9 Your parenting
- 10 Your social life
- 11 Your quality of life
- 12 Your vision of life

From now on, take control and design your life the way **YOU** want to live it.

Where better doing this than in Ibiza? Ibiza is a true paradise for everyone looking for tranquility, reflection, wellbeing and personal growth & development.



ARE YOU READY AND OPEN TO PROFOUNDLY TRANSFORM YOURSELF ON A PERSONAL, PROFESSIONAL AND SPIRITUAL LEVEL?

Surrounded by professional guidance and like-minded people, you rediscover the power and intimacy of authentic human connection. Open your heart, relax your mind and revitalize your body!

HIGHLIGHTS

- ➔ Designing your life in 12 categories in a 5 day program with 4 nights in the fantastic Six Senses Ibiza
- ➔ 1:1 personal Being in Balance QuickScan coaching session (with a body-mind scan with the advanced Being in Balance technology) prior to the retreat as input for your life design
- ➔ Heart coherence stressregulation with scientifically proven biofeedback on the computer to quickly move from stress to flow and back to your heart, where the design of your life takes place
- ➔ 1 year access to Mindvalley, the largest platform worldwide in the field of personal growth & wellbeing
- ➔ Mindfulness & Meditation to relax deeply
- ➔ Daily restorative yoga class
- ➔ A blessing and aura cleaning session at sunset
- ➔ Daily meals
- ➔ Sungazing
- ➔ Bare foot exposure for earthing
- ➔ 24/7 access to the Gym
- ➔ Daily Access to the Six Senses Wellness Spa





YOUR RETREAT LEADER: DANIEL ZAVREL



Join Daniel on this life-altering retreat, where his dedication to personal development and family values intertwines to create a profound experience of growth and fulfillment.

Embark on a transformative journey with Daniel Zavrel in Ibiza at the 'Design your Dream life' retreat.' With over 25 years of coaching and training experience, Daniel's path is a testament to his commitment to consciousness and personal growth.

From a corporate background at Accenture to becoming a pioneer in wellbeing and consciousness development, Daniel's journey is marked by a profound shift guided by his heart's compass. His extensive expertise spans disciplines like Change Management, NLP, HeartMath, Mindfulness, Iyengar Yoga, and more, fostering holistic development.

Having worked with renowned organizations like ABN AMRO, Unilever, Shell, and the National Police, Daniel's impact reaches far and wide. His 'Walk your Talk' ethos underscores his belief in living the principles he imparts, contributing to three Eredivisie championships as a mental coach with PSV and a KNVB Cup with AZ.

In addition to his professional commitment, Daniel is happily married to Andrea and together they are the proud parents of seven children. His family is a source of joy, responsibility and inspiration.



CONSCIOUZ
WELLBEING



THE ACCOMMODATION: SIX SENSES, IBIZA

When you travel to Six Senses resort on the northern tip of Ibiza, you not only arrive at a destination, you travel to a different frequency. Escape to a crystalline Cala Xarraca, where the 137 guest accommodations, residences, mansions, pool suites and beachfront caves are a meaningful setting for deep spiritual experiences rooted in the local culture, celebrating music, art, sustainable fashion, wellness and spirituality that has become synonymous with the island.

The 19 residences and 2 townhouses are the perfect conditions for a sophisticated retreat, offering a beautiful location, large en-suite bedrooms, indoor gathering areas, private pools, outdoor areas for sunrise greetings and sunset cocktails, and special services such as an in-villa chef, concierge, spa treatments and more.

Nothing in Ibiza is too far away. The resort is beautifully secluded yet only an easy 35-minute drive from Ibiza's international airport, which in itself is around a 2-hour flight from most major European cities.

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Daniel Now!

Daniel Zavrel

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