

# A MULUX RETREAT



CALA XARRACA  
SIX SENSES IBIZA

OCTOBER 15~19, 2022

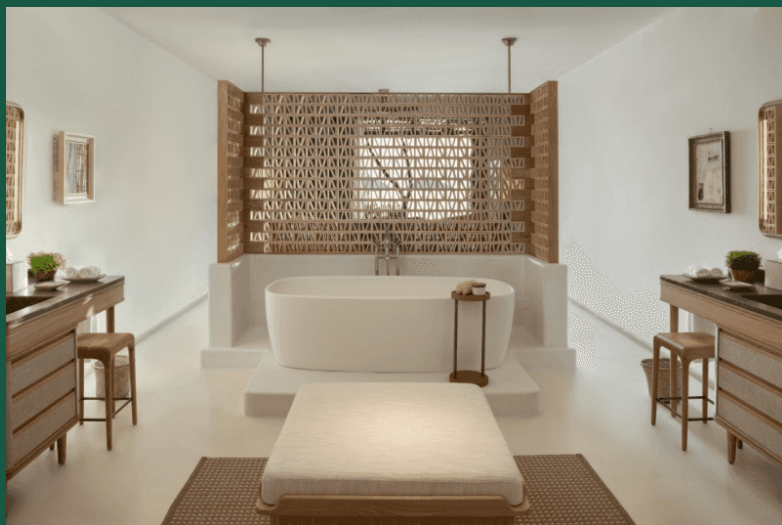
FEATURING:  
JAMES D'SILVA AND  
THE GARUDA METHOD





# YOUR ACCOMMODATIONS

## SEA VIEW JR SUITES



ALL MULUX RETREAT GUESTS WILL BE ACCOMMODATED IN SEA VIEW SUITES (4X UPGRADE!), WITH PRIVATE TERRACES AND SPACIOUS ENSUITE BATHROOMS.

613 INDOORS & 215 OUTDOORS SQ.FT.

57 INDOORS & 20 OUTDOORS SQ.M.

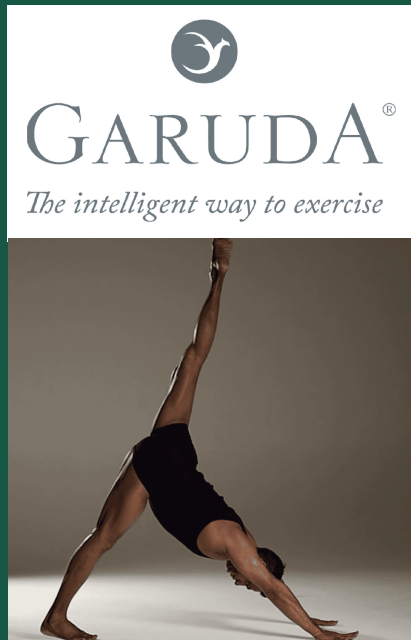
FOR AN EXTRA FEE, AN ADDITIONAL UPGRADE TO A PREMIUM SEA VIEW SUITE CAN ALSO BE ARRANGED. THESE SUITES ARE SLIGHTLY BIGGER THAN THE SEA VIEW JR SUITES AND BOAST PRIVATE OUTDOOR AREAS OF 958 SQ.FT OR 89 SQ.M.

## PREMIUM SEA VIEW JR SUITES





# RETREAT PROGRAM



AT THE HEART OF THIS RETREAT ARE 8 CLASSES LED BY JAMES, THE EXTRAORDINARY FOUNDER OF THE GARUDA METHOD - THE INTELLIGENT WAY TO EXERCISE. IT IS OFTEN SAID THAT "WHERE PILATES ENDS, GARUDA BEGINS," BUT THE METHOD OFFERS THAT AND SO MUCH MORE.

ENCOMPASSING THE PRINCIPLES OF PILATES, THE BREATHWORK AND ASANA PRACTICES OF YOGA, THE GRACE AND ATHLETICISM OF DANCE, GARUDA IS THE FACE OF 21ST-CENTURY FITNESS. HOLISTIC, ORGANIC, DYNAMIC - GARUDA IS THE HYBRID THAT IS REVOLUTIONIZING OUR APPROACH TO MOVEMENT.

## OCTOBER 15TH (ARRIVAL DAY)

- 15:00 CHECK-IN
- 17:00 MEET & GREET
- 17:30 FIRST GARUDA SUNSET SESSION
- 20:00 WELCOME DINNER

## OCTOBER 16TH-18TH (2 CLASSES DAILY)

- 8:00 TEA/COFFEE/FRESH JUICE
- 8:30 MORNING GARUDA SESSION
- 9:45 BREAKFAST
- 13:45 LUNCH
- 16:45 EXTRA GARUDA GUIDANCE
- 17:30 SUNSET GARUDA SESSION
- 20:00 DINNER

## OCTOBER 19TH (DEPARTURE DAY):

- 8:00 TEA/COFFEE/FRESH JUICE
- 8:30 LAST GARUDA SESSION
- 9:45 BREAKFAST
- 12:00 CHECK-OUT

\*CLASSES WILL BE HELD IN THE INDOOR YOGA STUDIO OR ON THE OUTDOOR DECK. CLASS & MEAL TIMES ARE APPROXIMATE AND SUBJECT TO MINOR CHANGES





# YOUR MEALS

SIX SENSES IS SYNONYMOUS WITH SUSTAINABILITY SO IT COMES AS NO SURPRISE THAT ALL OF THE RESTAURANTS AT ITS IBIZA OUTPOST SERVE UP FRESH, ORGANIC, SEASONAL, AND RESPONSIBLY SOURCED INGREDIENTS - OFTEN FROM ITS OWN FARM IN NEARBY SANTA GERTRUDIS.



BREAKFAST IS SERVED AT THE FARMER'S MARKET WHILE LUNCHESES AND DINNERS WILL SAMPLE THE LOVINGLY PREPARED DISHES AT THE ORCHARD, HASALON, OR THE SEASIDE CAVES VENUE. THERE IS ALSO THE PHARMACY BAR POOLSIDE, OPEN THROUGHOUT THE DAY TO REFRESH AND REVIVE.





# YOUR RETREAT PACKAGE

## PACKAGE INCLUDES:

- 4 NIGHTS IN A LUXURIOUS SEA VIEW SUITE WITH A SPACIOUS BATHROOM & PRIVATE TERRACE
- ALL MEALS (EXCLUDING ALCOHOL, SNACKS & ROOM SERVICE)
- 8 GROUP GARUDA SESSIONS & SEMI-PRIVATE EXTRA GUIDANCE
- 15% DISCOUNT ON ALL SPA THERAPIES & TREATMENTS
- 20% DISCOUNT ON ALL AGE-DEFYING & LONGEVITY ROSE BAR TREATMENTS
- 20% DISCOUNT ON PRE-ARRANGED AIRPORT TRANSFERS
- 20% DISCOUNT ON ONLINE RATES FOR ADDITIONAL NIGHTS

## PACKAGE PRICES:

3,495 EURO /GUEST IN SEA VIEW JR SUITE - DOUBLE OCCUPANCY

3,995 EURO /GUEST IN PREMIUM SEA VIEW JR SUITE - DOUBLE OCCUPANCY.

SINGLE OCCUPANCY RATES ALSO AVAILABLE.



PAYMENTS IN FULL BY AUGUST 15TH WILL RECEIVE A SPECIAL GIFT.

SALES CLOSE SEPTEMBER 9TH.

DUE TO A VERY SPECIAL OFFERING & LIMITED AVAILABILITY,  
ALL PAYMENTS ARE TRANSFERABLE BUT NON-REFUNDABLE.

TO RESERVE, PLEASE CONTACT: [INFO@MULU-PRODUCTIONS.COM](mailto:INFO@MULU-PRODUCTIONS.COM)

