

R2

R E S E T . R E N E W

YOUR 5 ★ IBIZA RETREAT EXPERIENCE



YOGA
BY MELISSA MAYR



ALAKOA
EVOLUTION

WWW.MELISSA.YOGA

WWW.ALAKOA.CO.UK

LUXURY
GETAWAYS

IBIZA TRIP

*R² offers a powerful
reset to elevate your
daily performance
by introducing
healthy habits, so
you can return
home feeling
renewed, and ready
to thrive.*

THE PROGRAMME

S C H E D U L E S & D A T E S



R² is for people who want more from life and experience more joy, purpose, and fulfilment. Whether you're a high-performing professional or a busy parent, R² is a place to take a break and start investing in yourself. Our days will include movement (e.g., yoga, callisthenics, boxing), fun trips, and interactive coaching sessions focusing on mindset, purpose, and better performance. After the programme, you will return home with easy-to-integrate healthy habits to continue to thrive and live a happier life.

WHAT YOU WILL RECEIVE



ENJOY 5 ★ CARE EVERY STEP OF THE WAY

- Airport transfers to and from Villa
- Luxurious accommodation for the duration of your stay
- Welcome hamper containing high-quality essentials like a yoga mat, water bottle, notebook & pen
- Concierge service to assist with organising and booking optional activities

ALL INCLUSIVE EXPERIENCE

- Three delicious meals daily throughout the retreat
- Free wellness treatment on the day of arrival
- Access to all activities and coaching sessions
- 1-month post-retreat integration support package
- Access to WhatsApp Support with R² leaders



5 Day Programme

WEDNESDAY

Arrival
Aperitivo
Relax, SPA & Lunch
Opening-Dinner
Live Music by the fire

THURSDAY

Morning Yoga
Breakfast
Opening Circle
Relax, SPA & Lunch
Interactive Coaching
Dinner
Yoga Nidra

FRIDAY

Fitness
Breakfast
Hike
Relax, SPA & Lunch
Free-time
Sunset Dinner
Sound Bath

SATURDAY

Yin Yoga
Breakfast
Interactive Coaching
Relax, SPA & Lunch
Elixir Workshop
Dinner

SUNDAY

Breakfast
Closing Circle
Check-Out

DATES & PRICING

5 days / 4 nights

27th until 31st of March

SOLD OUT

9th until 13th of April

(Max. 8 visitors)

Single bed, shared room &
bathroom: €2,995

Double bed, private room,
shared bathroom: €3,495

Double bed, private room,
Ensuite: €3,995

7 Day Programme

| | | |
|--|--|--|
| <p>MONDAY</p> <p>Arrival Aperitivo Relax, SPA & Lunch Opening-Dinner Live Music by the fire</p> | <p>TUESDAY</p> <p>Morning Yoga Breakfast Opening Circle Relax, SPA & Lunch Interactive Coaching Dinner</p> | <p>WEDNESDAY</p> <p>Fitness Breakfast Hike Relax, SPA & Lunch Interactive Coaching Sunset Dinner Yoga Nidra</p> |
| <p>THURSDAY</p> <p>Sleep-in Breakfast Boat Trip Dinner</p> | <p>FRIDAY</p> <p>Morning Yoga Breakfast Human Design Workshop Relax, SPA & Lunch Free-time Cacao Ceremony Dinner</p> | <p>SATURDAY</p> <p>Yin Yoga Breakfast Interactive Coaching Relax, SPA & Lunch Elixir Workshop Dinner</p> |
| <p>SUNDAY</p> <p>Breakfast Closing Circle Check-out</p> | <p>DATES & PRICING</p> <p>7 days / 6 nights</p> <p>5th until 11th of May (Max. 8 visitors)</p> <p>Single bed, shared room & bathroom: €3,995</p> <p>Double bed, private room, shared bathroom: €4,895</p> <p>Double bed, private room, Ensuite: €5,595</p> | |

"NEED-TO-KNOWS" AND BOOKING DETAILS

PERSONALIZED BOOKING ASSITANCE

Before making any decisions, we ensure you fully understand what our retreat offers. Contact us first to discuss the best options for your experience—completely without obligation—and let us handle all the details. Reach out now to get started!

ACCOMMODATION

The retreat is offered at various villas, so the images you see here are a sample of what different locations offer. We will always send you pictures of your specific villa and room before arrival.

PRICING, PAYMENT & CONDITIONS

Price includes local airport transfers, accommodation, food and all activities throughout R² retreat, including 1x FREE treatment. Other activities, car rental, and flights are not included. (Full terms and conditions will be outlined in the booking forms.)

Meet the founders



MELISSA MAYR - YOGA INSTRUCTOR.

Melissa offers practical yoga designed to fit seamlessly into any routine. Shifting from high-stress habits to mindful practices, she teaches Hatha Yoga with a focus on real connection and results. With a direct, supportive style and 500 hours of certification in India, she shares life-changing practices that can fit into even the busiest lifestyle..



JOSHUA LIPSCHITZ - ALAKOA FOUNDER.

Josh is fully qualified life coach and retreat facilitator, running his own personal development brand - ALAKOA Evolution. After many years living in London, Josh decided for a more simple life in Ibiza. Drawing on experience from both ways of life, plus a diverse wisdom beyond his years, he offers unique insights into how to up-level and evolve.

TOGETHER they created R². An invitation to introduce healthy habits into your daily routine and discover new ways to live a happier and more energised life.

EXPERIENCE AUTHENTIC MEDITERRANEAN LUXURY



Picture yourself in a breathtaking mediterranean villa surrounded by pine trees, with panoramic views of Ibiza's most beautiful areas. We only work with 5 star villas ensuring that you have the most luxurious experience possible.

5 STAR VILLA

RESET.

Enjoy your down time by the pool, in the spa or garden, offering a relaxing way to switch off and **reset**. Our stunning villas will make you feel like you never want to leave.



We will take care of everything from the moment you arrive to the moment you leave, so you can switch off and be fully looked after. Come join us for a unique way to take a break and push the **reset** button on your busy life.



RENEW.

Feel healthier and happier through daily movement and practising new ways to feel more energised. Eat delicious food, have fun and enjoy day trips around the island to leave feeling refreshed and **renewed**.



You will return home after discovering and practising new healthy habits that you can quickly introduce to your weekly routine, ensuring you can continue feeling and looking great.



LUXURY

You can choose between a range of private suites and double rooms, including twin sharing options. Enjoy access to a spacious kitchen, outdoor areas, shared community spaces, and cozy relaxation areas.



FOOD

Healthy food is all about fresh ingredients and care. Plants are great, and so are fish and meat. Our R2 chefs use local, seasonal produce and serve responsibly caught fish and ethically raised meat.

We want you to enjoy life to the fullest, which is why we offer the option to enjoy a glass of wine or beer with lunch and dinner. Your comfort is our priority, so our chef happily accommodates any dietary needs you may have.



IBIZA LIFE STYLE

Why limit yourself to the retreat villa when you're in Ibiza? Let's explore the island with exciting activities and day trips, that may include hiking, quad biking, paddle boarding or a boat trip.



On our last night, we'll have a special dinner at one of Ibiza's best restaurants to say goodbye. You can continue the fun at one of the island's top parties. Also, if you want to stay longer, our concierge can help you book hotels, restaurants, or nightclubs so you can enjoy Ibiza to the fullest.

PREPARED BY:
MELISSA MAYR &
JOSH LIPSCHITZ
IBIZA 2025

R²

R E S E T . R E N E W

Melissa Mayr
info@melissa.yoga
www.melissa.yoga
+49 (0) 175 2055000

YOGA
BY MELISSA MAYR

Josh Lipschitz
joshua@alakoa.co.uk
www.alakoa.co.uk
+44 7305 136540



ALAKOA
EVOLUTION