WEEKLY ACTIVITY CALENDAR

JUNE-JULY 2022

Monday 27th

8 am
Social Running
@The Gym
30'

9 am
Healthy Spine
Workout
@Poolside
30'

11 am
Let's Preserve
the Pickles
@Earth Lab
45'

12 pm
Conscious
Training
@Black Box
30'

6 pm
Core Workout
@The Gym
30'

6:30 pm
New
Satsang talk
w/Ashkaine
Embracing Your
Body
@Experience Den
90'

8 pm
30€
Sunset Yoga with
James de Maria
@Yoga Deck
60'

9 pm
Sunset Ritual
@Farmers'
Market & Pool

Tuesday 28th

9 am
Full body
Stetching
@Poolside
30'

10 am
Sustainability
Tour
@Reception
45'

10 am
25€
Quantum Yoga
with Lara
@Yoga Studio
90'

11 am
New
Satsang talk
w/Ashkaine - The
Secret Of Staying
Young at Any Age
@Experience Den
90'

12 pm
Facial Yoga
@Yoga Studio
45'

12.45 pm
New
Guided
meditation Qi-
Gong Influences
w/ Per Van Spall
@Yoga Studio
60'

5 pm
Beeswax Wrap
Workshop
@Earth Lab
45'

6 pm
Boxing Club
@The Gym
30'

7 pm
New
30€
KAP with
Josef Ajram
@Yoga Studio
90'

9 pm
Sunset Ritual
@Farmers'
Market & Pool

Wednesday 29th

8 am
Social Running
@The Gym
30'

8 am
Vinyasa Yoga
@Yoga Deck
45'

9 am
HIIT
@The Gym
30'

11 am
35€
Fermentation
Class
@Earth Lab
45'

12 pm
Sound Healing
@Yoga Studio
30'

4 pm
30€
Breathwork
with Annika
@Yoga Studio
90'

6 pm
Core Workout
@The Gym
30'

6:30 pm
Kundalini Yoga
with Anat
@Yoga Studio
75'

7 pm
Snorkeling
@Rocky Area
45'

8 pm
30€
Sunset Yoga with
James de Maria
@Yoga Deck
60'

9 pm
Sunset Ritual
w/ Hang
@ Pool

Thursday 30th

9 am
Mat Pilates
@Poolside
30'

12 pm
Conscious
Training
@Black Box
30'

1 pm
25€
Aromatherapy
Sense of Essence
@Alchemy Bar
45'

5 pm
DIY Natural
Lipbalm
Workshop
@Earth Lab
45'

5 pm
RoseBar°
Longevity
Thursdays
@Spa Lounge
45'

6 pm
Crossfit
Training
@Black Box
30'

6:30 pm
Stand up Paddle
@Rocky Area
60'

7 pm
New
Satsang talk
w/Ashkaine
All you want to
know about Love
@Experience Den
90'

7:45 pm
Body Balance
@Yoga Studio
30'

9 pm
Sunset Ritual
@Farmers'
Market & Pool

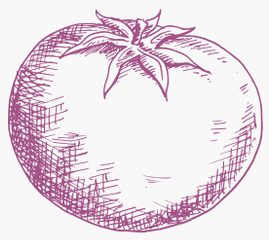
Friday 1st

9 am
Boxing Club
@The Gym
30'

9 am
E-bike tour
@Reception
90'

11 am
DIY Natural
Deodorant
@Earth Lab
45'

12 pm
Animal Flow
@Yoga Studio
30'



5 pm
Sustainability
Tour
@Reception
45'

6 pm
Healthy Spine
Workout
@Yoga Studio
30'

8:30 pm
Sunset
Walking Tour
@Reception
60'

9 pm
Sunset Ritual
w/ Guitar Show
@ Pool

Saturday 2nd

9 am
Full body
Stretching
@Poolside
30'

10 am
35€
Aromatherapy
Candle Making
@Earth Lab
45'

11 am
25€
Facial Skin
Glow Ritual
@Alchemy Bar
45'

12 pm
HIIT
@The Gym
30'

5 pm
Snorkeling
@Rocky Area
45'

6 pm
Mat Pilates
@Yoga Studio
30'

7 pm
New
Celestial
Communication -
Mudra Healing
Journey
@Yoga Studio
20'

8 pm
Vinyasa Yoga
@Yoga Studio
45'

8:30 pm
Sunset
Kayak Tour
@Rocky Area
60'

9 pm
Sunset Ritual
@Farmers'
Market & Pool

Sunday 3rd

9 am
Full body
Stretching
@Poolside
30'

10 am
DIY Natural
toothpaste
@Earth Lab
45'

12 pm
Cross Training
@Black Box
30'

6 pm
HIIT
@The Gym
30'

6 pm
New
Hatha Iyengar
Yoga with Delia
@Yoga Studio
60'

7 pm
New
Sound Healing
with
Christina Jade
@Yoga Studio
90'

9 pm
Sunset Ritual
w/ Drummers
@Pool

Disco Los Gatos
11pm - 3am
Xarraca Room at
Beach Caves

Experience | Fitness | Sustainability | Wellness | Sunset Ritual | Spa | Special Activity

Kundalini Activation Process with Josef Ajram | 28th of June at 7pm

Finance guru, KAP facilitator and triathlon athlete; sky is the limit for Josef.
KAP is a direct energy transmission that activates the Kundalini awakening process. In a session spontaneous movements can and do arrise. Some consider it a cathartic experience or something that gives them deep insights or realizations. But these are just some of the side effects that can and do happen.

For more information, contact GEM via Six Senses App or at the Experience Den

SIX SENSES
IBIZA

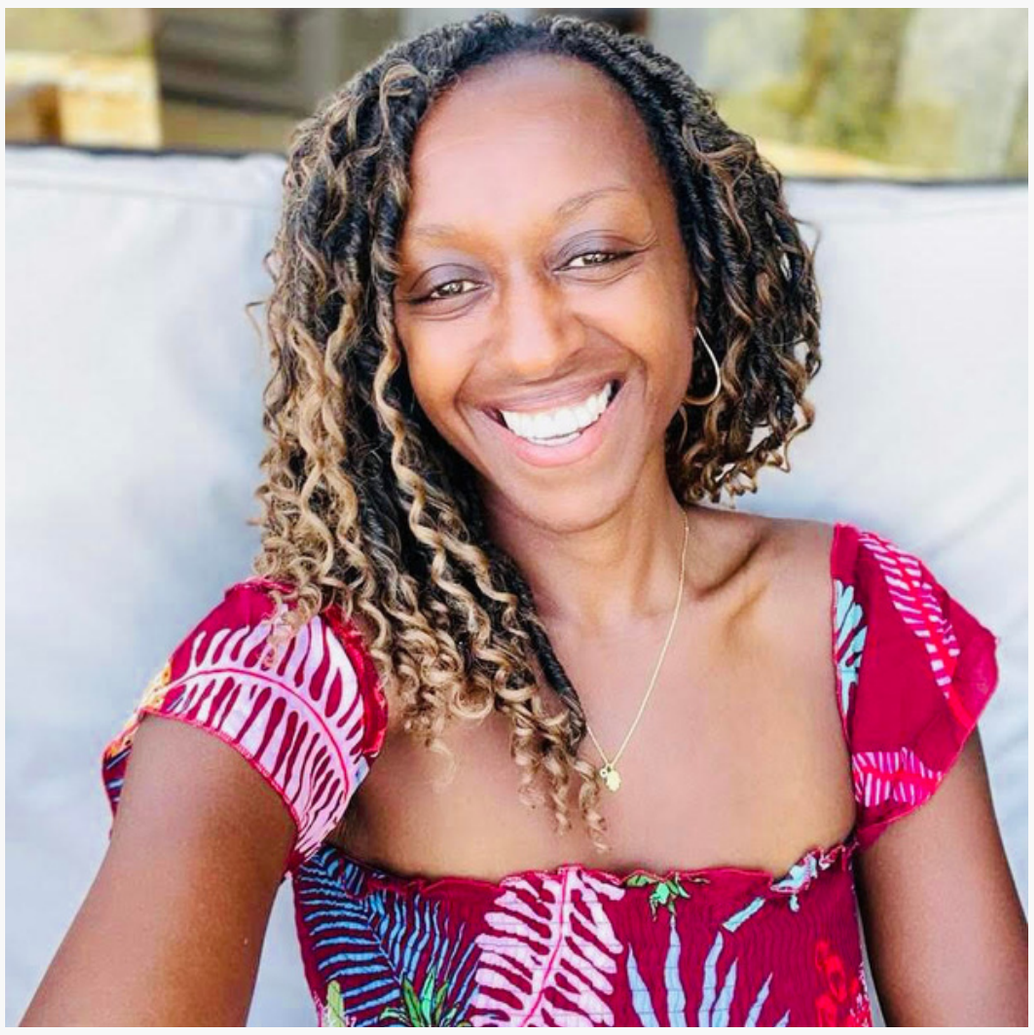
Wrap yourself in Hues of Blue - Private Boat Charters

Discover the beaches, caves, coves, and secret treasures of Ibiza's north and sun-kissed Formentera on one of our private speed boats.

From romantic sunset trips to action-packed watersports days out – our experience team will find the perfect trip for you.

Enquire with our team in person, via app or email exp-ibiza@sixsenses.com

Feel your Best – Wellness Highlights of the Week



Visiting Practitioner Hyacinth Mills

In residence from 22nd June until 30th September.

From this week onwards, you have the unique opportunity to work with a modern-day shaman and medicine woman to heal your wounds from the past and transform them into sources of strength and wisdom while connecting you to your true essence. Her one-to-one sessions include life coaching, trauma work, stress reduction, emotional healing or overall energy regeneration, relaxation, and well-being.

For info and bookings, speak to our Spa team or email spa-ibiza@sixsenses.com

RoseBar longevity IV Infusions

For an immediate energy-boost, try our RoseBar longevity IV infusions. Do you need an intensely hydrating pick-me up on the morning after or an immunity enhancing fusion for perfect wellbeing? RoseBar's medical team will choose the optimal IV blend of vitamins and minerals for you.

For info and bookings, speak to our Spa team or email spa-ibiza@sixsenses.com