

HYPNOSIS & ALTERNATIVE THERAPIES

“Your hypnotic retreat in the heart of nature”

5 days in Menorca, Balearic Islands



MENORCA, THE ISLAND OF CALM...

Located in the **Mediterranean Sea**, a stone's throw from **Mallorca** and **Ibiza**, the **island of Menorca** is an earthly paradise, where nature is in its purest and most harmonious state. Declared a **"World Biosphere Reserve"** by **UNESCO**, and a **"Starlight Reserve"** for the quality of the air and the visibility of the sky, this charming island is **the most "natural" of the Balearic archipelago.**

In this unspoilt paradise, time seems to stand still and the pace of life slows down, allowing you to savor every moment, every ray of sunshine, every wave that gently reaches the shore, in complete **serenity.**

An enchanting setting for your hypnotic stay : Imagine yourself in the heart of nature, surrounded by soothing landscapes and a welcoming atmosphere.

Reconnect with yourself : Free your mind from everyday tensions thanks to hypnosis sessions guided by certified experts. Everything is designed to make you feel in harmony with your environment.



**An idyllic setting : Fine sand beaches, crystal clear waters, spectacular sunsets...
The island of Menorca offers the perfect setting for your introspection and well-being.**



THE BENEFITS OF HYPNOSIS IN NATURE

In a world where stress and hustle often dominate our lives, it is essential to find harmony by reconnecting with nature and our own essence.

What if you gave yourself some **time to reflect on yourself** and look forward to the **rest of your life with serenity** ?

Immerse yourself in the heart of the **enchanted landscapes of Menorca** and treat yourself to a unique break combining **relaxation, transformation and well-being**. **Free your mind, reconnect with your potential and leave transformed.**

Welcome to the world of outdoor hypnosis, where each breath becomes an invitation to growth and healing.



ALTERNATIVE THERAPIES

In addition to hypnosis, we offer a range of activities to harmonize body and mind :

- **Meditations** : To gain perspective on your life.
- **Reiki** : Balance your energies to soothe yourself.
- **Yoga** : Relax your body for more serenity.
- **Qi Gong** : Gently rebalance your body.
- **Art-therapy** : Unleash your artistic expression.
- **Naturopathy** : Strengthen your vital energy with healthy and natural products.
- **Sound-therapy** : Reduce your tension, thanks to sound vibrations.
- **Shamanism** : Rediscover the magic of life and the meaning we can give it.

Discover a **custom-made program**, alternating **hypnosis, alternative therapies and free time** to reconnect and explore **this magnificent island**.

ELMANIAN AND ERICKSONIAN HYPNOSIS

STRESS MANAGEMENT

Calm your mind by connecting to nature.

CONFIDENCE BUILDING

Explore your inner resources and strengths.

RELEASE FROM EMOTIONAL BLOCKAGES

A natural process of healing and letting go.

CONNECTION TO YOURSELF AND NATURE

Unique sensory experiences, in magical places.

CREATIVITY AND INSPIRATION

Awaken your creative potential, inspired by nature.

IMPROVED SLEEP

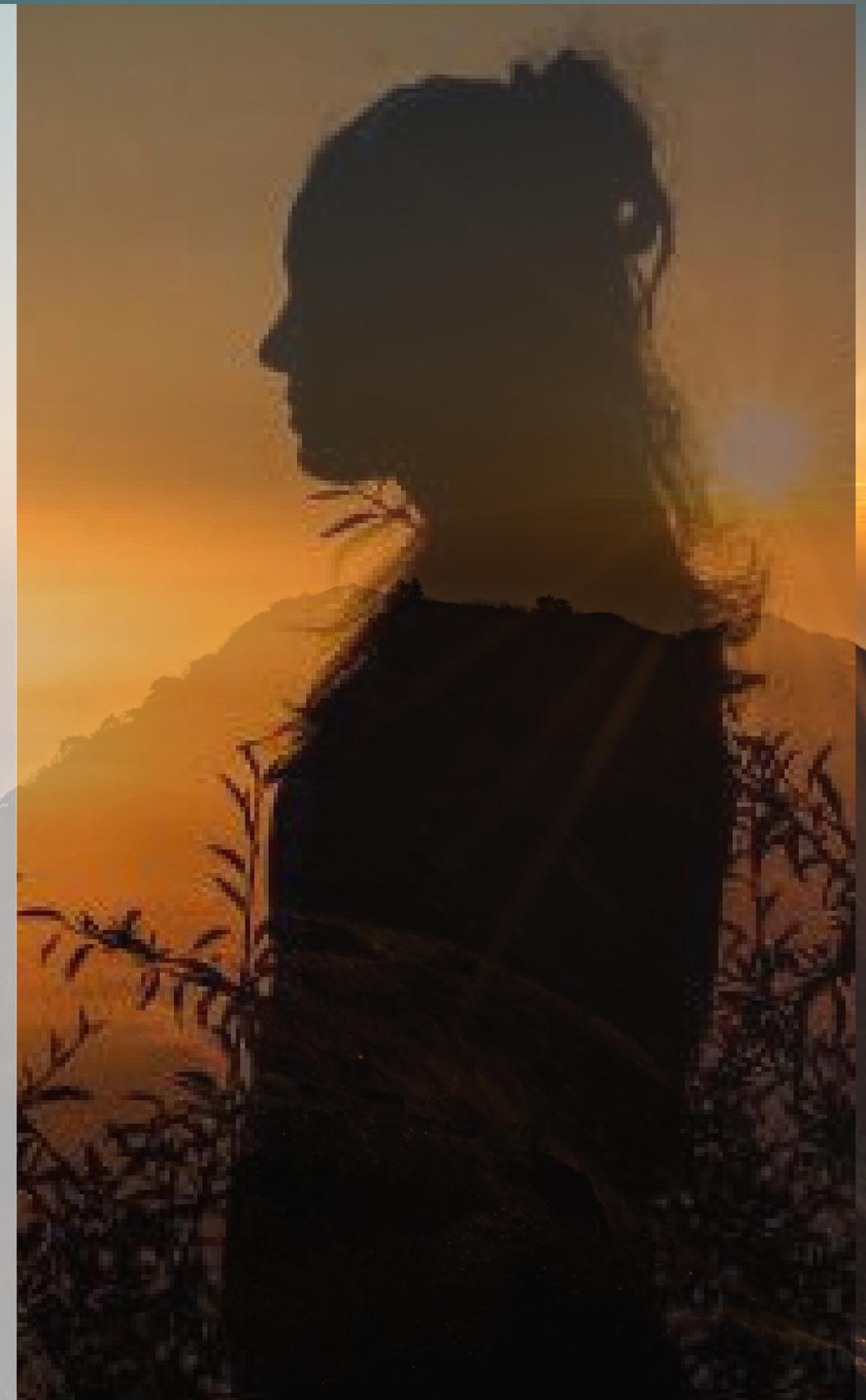
Find restful sleep, thanks to the surrounding calm.

PAST LIFE REGRESSION

A dive beyond time, to transcend one's current life.

LIFE VISION AND PURPOSE

Clarify your deep aspirations by meditating facing the horizon.



MENORCA, PREHISTORIC ISLAND

Menorca is the cradle of the **Talayotic culture**, a culture born in **Majorca** and **Menorca** at the end of the **2nd millennium BC**, which left important traces of its passage to the **Balearic Islands**.

Its name comes from the **Talayots**, **watchtowers** which have become the most **symbolic construction** of this **historical period**.

Menorca is also an **island of mysteries** and **hidden treasures**, with its prehistoric remains, **guardians of a distant and enigmatic past**, conducive to **shamanism** and **ancestral rituals**.



5 DAYS / 4 NIGHTS PROGRAM*

DAY 1 : VILLA TORAIXA

4 P.M.: ARRIVAL OF PARTICIPANTS AND FACILITIES
5 P.M.: PRESENTATION OF THE STAY AND THE SPEAKERS
6 P.M. TO 7 P.M.: HYPNOSIS SELF-CONFIDENCE
7:30 P.M.: HEALTHY VEGETARIAN DINNER
EVENING: MEETINGS AND SLEEP HYPNOSIS

DAY 2 : CALA ESTEVE - BINISSAIDA - ES CASTELL

9 A.M. - 10:30 A.M.: HYPNOSIS FOR THE 5 SENS
10:30 A.M. - 12 P.M.: NATUROPATHY
12 P.M.: HEALTHY AND VEGETARIAN LUNCH
12 P.M.-4 P.M.: VISIT OLIVE GROVE OR ORGANIC FARM
4 P.M.-6 P.M.: ALTERNATIVE THERAPY AT THE SEASIDE
6 P.M.: REGRESSIVE HYPNOSIS ON TALAYOTIQUE SITE
8 P.M.: HEALTHY VEGETARIAN DINNER NEAR THE PORT

DAY 3 : SA MESQUIDA - MAHON - FAVARITX

9 A.M. - 10:30 A.M.: HYPNOSIS CONNECTION TO NATURE
10:30 A.M. - 11:30 A.M.: MEDITATION ON THE BEACH
12 P.M.: HEALTHY VEGETARIAN LUNCH IN MAHON

15:30 P.M.: VISIT MAHON AND FAVARITX
5:30 P.M. - 7:00 P.M.: CREATIVE HYPNOSIS
7:30 P.M.: HEALTHY VEGETARIAN DINNER.
EVENING: SELF-HYPNOSIS

DAY 4 : CIUTADELLA - LITHICA

9 A.M.: HYPNOSIS RELEASE BLOCKAGES
10:30 A.M.: DEPARTURE FOR CIUTADELLA
12 P.M.: HEALTHY VEGETARIAN LUNCH
1 P.M. - 5:30 P.M.: VISIT CIUTADELLA
5:30 P.M. - 7 P.M.: SONOTHERAPY IN LITHICA
8 P.M.: HEALTHY DINNER ON TALAYOTIQUE SITE
EVENING: VISION HYPNOSIS UNDER THE STARS
9 P.M.: RETURN TO VILLA TORAIXA

DAY 5 : VILLA TORAIXA

9 A.M. - 11:30 A.M.: EXPRESSION ART THERAPY
11:30 A.M.: HEALTHY AND VEGETARIAN BRUNCH
2 P.M.: CLOSING AND SHARING
3 P.M.: DEPARTURE OF PARTICIPANTS

****Program provided as an example, subject to change.***



ACCOMMODATION IN VILLA TORAIXA

Villa Toraixa, a true 150-year-old Menorcan “finca”, completely renovated to accommodate groups of **10 people**, offers friendly and authentic comfort, ideal for your **hypnosis retreat**.

Enjoy moments of relaxation in its refreshing swimming pool or in its picturesque garden.

In the heart of Menorcan nature, this large villa is a place of calm and sharing, where connections are made and memories blossom.



THE ROOMS AT VILLA TORAIXA : SINGLE OR DOUBLE BEDS

Featuring double or shared rooms,
each space exudes tranquility and authenticity.



SUITE FOR COUPLE

Double bed with private bathroom and terrace with view the garden and the swimming pool.



SINGLE ROOM

A double bed with shared bathroom or a double bed with private bathroom.



TRIPLE ROOM

Three single beds with shared bathroom or three single beds with private bathroom.



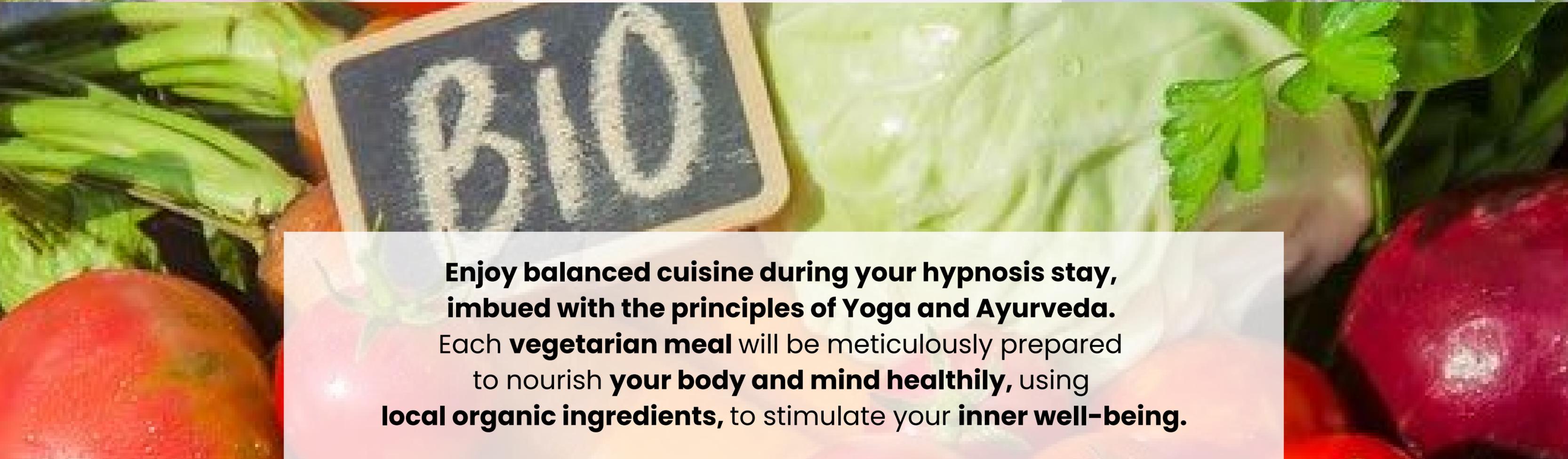
DOUBLE ROOM

Two double beds with shared bathroom or two double beds with private bathroom.



VEGETARIAN MEALS

**Healthy food and
local organic vegetables.**



Enjoy balanced cuisine during your hypnosis stay, imbued with the principles of Yoga and Ayurveda. Each **vegetarian meal will be meticulously prepared to nourish **your body and mind healthily**, using **local organic ingredients**, to stimulate your **inner well-being**.**

Share your culinary skills :

Why not introduce the group to your **own “healthy” recipes ?**
Give us your list of ingredients and we will take care of the purchases.
Villa Toraïxa has two large, well-equipped kitchens.

OUR TEAM Our experienced therapists guide each session with **expertise and kindness**, inspiring you to explore your **full potential** during this **hypnotic stay**.
Whether you are a novice or an expert, our team adapts the techniques to meet your needs.



François Demanche
Elmanian and Ericksonian
hypnotherapist.
N.L.P. Logotherapist and
alternative therapies.



Marta Hegyaljai Python
N.G.H. certified instructor
and business coach.
Omni psychotherapist
and hypnotherapist.



Marta Sabaté Rovira
Instructor in alternative
therapies in Menorca.
Teacher of Ayurveda,
Reiki and Mantras chants.



Kaori Ishihara
Sound-therapy instructor
with tibetan bowls.
Expression Art-therapy.
Shamanism.

YOUR GOAL : PROFOUND CHANGE

Join us for this unique wilderness hypnosis retreat.

Let yourself be guided towards a profound transformation...

The island of Menorca awaits you !

TIME
FOR
CHANGE

Reconnect with your deeper self, and leave with a light mind, ready to face the world with serenity.

Contact us now and book your retreat today !

Places are limited to ensure an intimate and personalized experience.

 **0033 621 710 289**

 **HYPNOESIS75018@GMAIL.COM**