



# RECONNECT

4<sup>TH</sup> EDITION

A Tropical Wellness Retreat to  
Re-Connect to Self and to the  
Heart while being immersed in  
Nature & Culture

Black River - Mauritius Island

November 21 - 29th

2026

Relax on our stunning beaches, hike through our  
national parks and stand on top of mountains  
overlooking sparkling lagoons.



# WHAT THIS IS ABOUT?

## **Nature & Adventure**

With scenic hikes to breathtaking viewpoints and crystal-clear waters boat trip.

## **Spiritual & Wellness Experience**

With practices that reconnects and promotes inner peace. Time for self-care & self-discovery in a tranquil heaven

## **Cultural & Culinary Delights**

With a rich fusion of flavours with spiced local cuisine. Immerse in diverse cultures where multiple ethnicities coexist in harmony a warm welcoming with authentic people.

## **A Personal & Unique Connection**

A rare chance to experience the island beyond its resorts and through the lenses of Mauritian.

**A retreat designed to inspire, recharge, and reconnect.**







## THIS IS FOR YOU IF...

You feel called to live more from the heart.

You are eager to take this sacred pause from your day to day life and reconnect with yourself through challenges and moments of joyful togetherness.

This retreat is valuable for your mental, physical and spiritual health.

While we will enjoy downtime, sipping coconut water on the beach, this is an active journey of self-discovery, movement, and growth.

You identify yourself as :

- Passionate Traveler
- Seeker of self
- Curious about personal cultivation
- An adventurous person
- Nature Lover
- Culture Enthusiast
- Physically fit





## WORDS FROM THE ORGANISER

When I am in Mauritius, I feel as though Mother Nature is embracing me — inviting me to surrender to her rhythm, to recharge, reconnect, and truly live.

This retreat is designed to offer you a taste of that experience. An immersion into the island's magic through breathtaking hikes, soul-nourishing spiritual practices, vibrant culinary discoveries, and generous time for self-care and self-exploration.

We invite you to experience Mauritius — the award-winning Leading Adventure & Sustainable Tourism paradise.

This island, my mother's birthplace and my heart's sanctuary, is a rare gem where cultures intertwine. Here, people of diverse ethnicities and beliefs coexist in harmony, each honoring their uniqueness while embracing a shared sense of unity.

Beyond its postcard-perfect beaches and luxury resorts, Mauritius reveals a wilder, richer side—lush forests, cascading waterfalls, rare wildlife, and rugged mountains that whisper ancient stories. It is a place where the morning is greeted by birdsong, where the water shimmers in crystal-clear blues, and where every hike unfolds into a scene of breathtaking beauty.

**COME AND DISCOVER THE SOUL OF MAURITIUS WITH US.**



# MEET YOUR HOSTS

**Patricia, Illona & Mat** a family who thrive through creating spaces for people to unfold into themselves. Through yoga practices with two yoga teachers and reflections and personal development work with a positive psychologist.

Mauritian born, **Patricia** left Switzerland with her family in 2012 to settle in Mauritius again. Patricia became a yoga teacher in May 2017 at the age of 50 from the School of Sacred Art in Bali. Since then, she facilitate daily sessions in her owns Yoga Studio in Mauritius, aimed perfectly to get the sunset while practicing. Fully passionate, she continued her education in Yin and Therapeutic yoga in Bali and attended several courses in Europe.

**Illona** is in love with the Mauritius and spends time there every year. She's lives mainly in Europe, between Italy and Switzerland where she hosts other wellness retreats. She teaches yoga since December 2016 and is enthusiastic about making people aware of their bodies, their ability to heal and self actualise in positive manners.

**Mat** renowned life coach and author of Elevating CEO consciousness. Throughout his four-decades-long career as a successful CEO, entrepreneur, psychologist, and energy médecine practitioner, Marc-Antoine has guided hundreds of elite CEO in bringing abundance for all.



# WHAT PEOPLE SAY

“This retreat was the perfect blend of Yoga, discovering an island in such a unique way. I felt relaxed, happy, excited about the program itself”  
Umberto

“The retreat was really valuable to my mental physical and spiritual health. Thank you for the passion and precision that you bring to your wellness retreats!” Bilal

“After two reconnect retreats, Mauritius has become my happy place” Kamilla

“ An amazing week of holiday, sea and sunshine and much more, exploring the culture, a generous hospitality from the family in a house full of love. We experienced a transformational week” Rafa

“I learned to look more at my heart” Claudia



# FREQUENTLY ASKED QUESTIONS

## **How do I get there?**

Mauritius is well-connected with daily flights from several international airlines. We're happy to help you find the best option and arrange your transfer from the airport to your accommodation. Just reach out if you need assistance!

## **What do I need to plan?**

Simply book your flight to and from Mauritius—we'll take care of everything else!

## **Where will we stay?**

You can choose from four accommodation options, all within a 10-minute walk from the yoga studio.

## **What about food and drinks?**

We recommend practicing yoga on an empty stomach, but breakfast will be available at your hotel, depending on your accommodation choice. 65% of your meals are included in the retreat.

## **What if I've never practiced yoga before?**

Beginners are welcome! Our sessions are designed for all levels, with a strong emphasis on listening to and respecting our body. However, we do recommend having at least six months of prior practice for a more comfortable experience.

## **How experienced do I need to be at hiking?**

All hikes are optional, but they're a big part of what makes this retreat special! Expect moderate to advanced hikes, so a good fitness level will help you fully enjoy the experience.



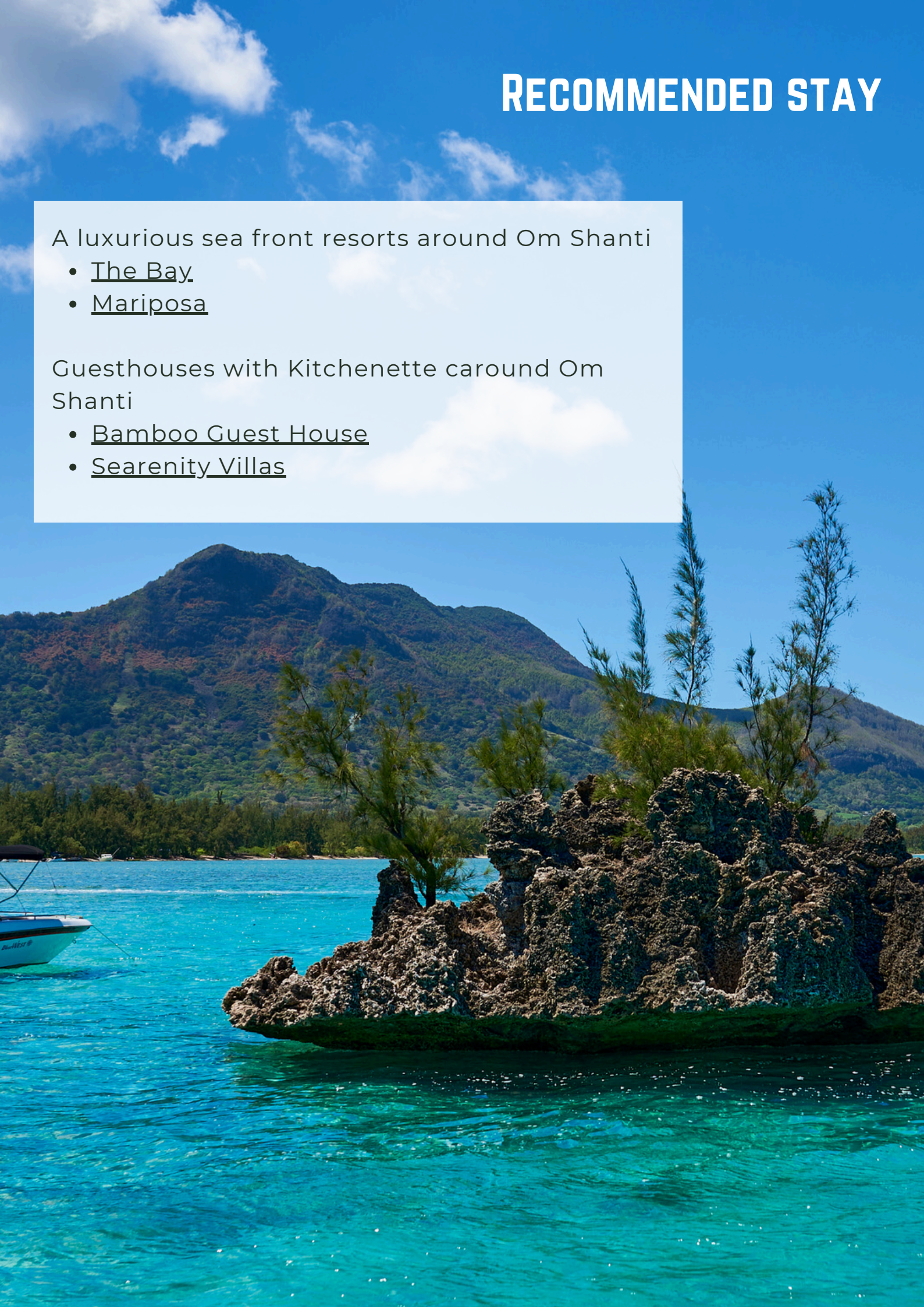
# RECOMMENDED STAY

A luxurious sea front resorts around Om Shanti

- [The Bay](#)
- [Mariposa](#)

Guesthouses with Kitchenette caround Om Shanti

- [Bamboo Guest House](#)
- [Seareenity Villas](#)





A smiling woman with wet, dark hair is leaning over the side of a boat, looking towards the camera. She is wearing a blue and white striped bikini top. The background shows a clear blue sky, a calm blue sea, and a distant mountain range under a bright sun. The overall mood is joyful and adventurous.

# INVESTMENT

**1'890CHF per person**

**Include:**

All yoga practices, ceremonies, excursions, workshops, visits, guides and 70% of your meals.

Accommodation is booked separately.

**Booking requirement**

A 30% deposit of the course fee is required to secure your spot.

**Cancellation Policy:**

In the unlikely event that we need to cancel the retreat, your full investment will be refunded.

**Booking**

[contact@illonatschopp.com](mailto:contact@illonatschopp.com)







An aerial photograph of a tropical coastline. A road runs along the edge of a dense green forest, separating it from a shallow lagoon with a sandy beach. The lagoon is filled with coral reefs, showing various shades of green and blue. The ocean extends to the horizon under a bright blue sky with scattered white clouds.

# SEE YOU IN MAURITIUS!

[Contact@illonatschopp.com](mailto:Contact@illonatschopp.com)