

RECONNECT

4TH 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

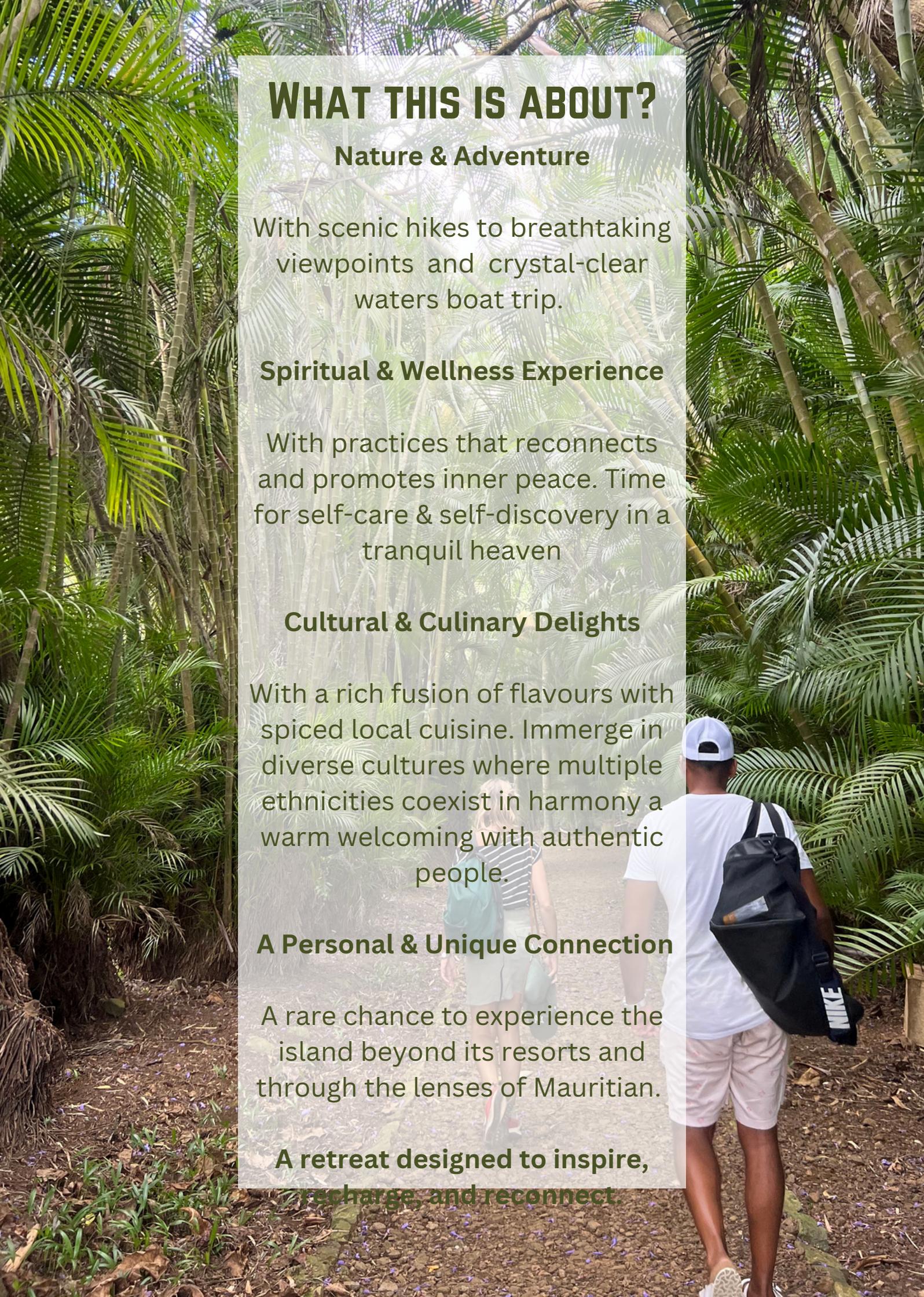
Cultural & Culinary Delights

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.

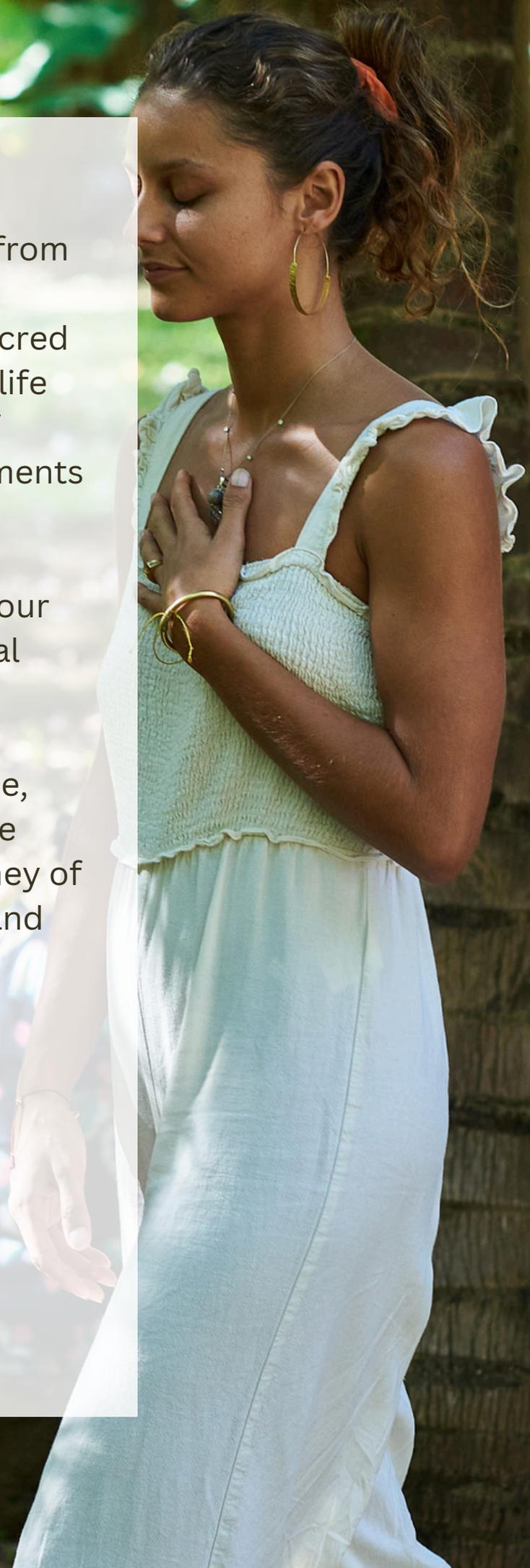
You are eager to take this sacred pause from your day to day life and reconnect with yourself through challenges and moments of joyful togetherness.

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





EXAMPLE OF SCHEDULE

Start of retreat 5pm

Saturday 21st

Opening Ceremony, Evening practice and Traditional Mauritian Dinner

Sunday 22nd

Morning practice, Brunch, Visit of a high energetically place, Evening Practice, Dinner

Monday 23rd

Beach Meditation, Boat day, Lunch on private island, Evening practice

Tuesday 24th

Hike of iconic Mauritian Mountain, Lunch on the beach, Swims in pristine water, Evening Practice

Wednesday 25th

Morning Practice, Free time for self exploration/ beach time/ massages, Personal Cultivation workshops, Aperitifs and diner on a boat



EXAMPLE OF SCHEDULE

Thursday 26th

Morning practice, light brunch,
Visit of Museum or of the capital,
Lunch in colonial house and
nature time within waterfalls,
Evening practice, light dinner

Friday 27th

Morning practice, free time,
Afternoon hike or evening
practice

Saturday 28th

Morning practice, Brunch,
Creative Workshop, Visit of
Spiritual School of Brahma
Kumaris, Evening practice, Closing
ceremony and diner

Sunday 29th

Optional morning practice with
Patricia and Illona

End of retreat 10.30am



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 facilitates daily sessions in her own 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 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 medicine practitioner, Marc-Antoine has guided hundreds of elite CEOs 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.

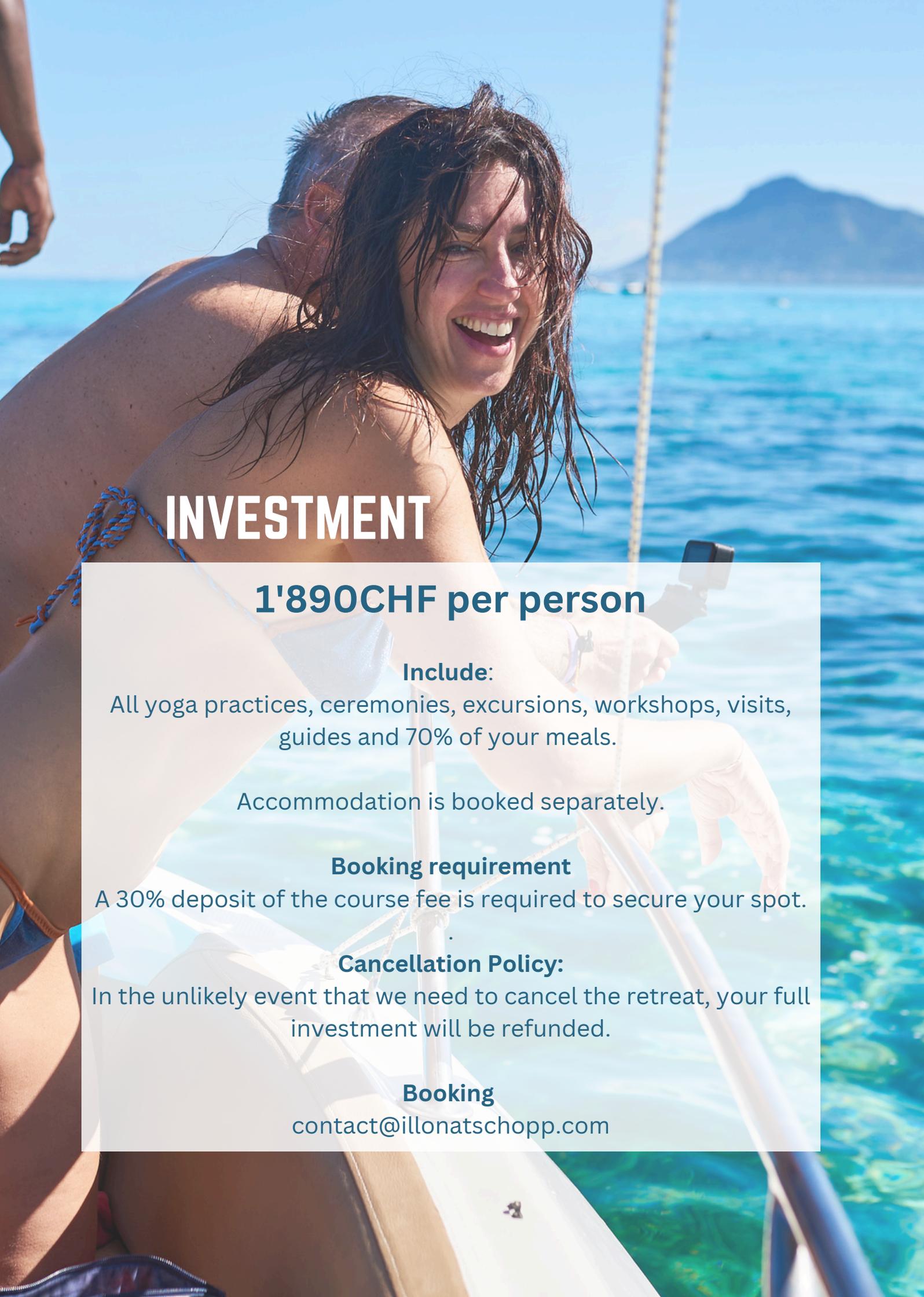
RECOMMENDED STAY

A luxurious sea front resorts around Om Shanti

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

Guesthouses with Kitchenette caround Om Shanti

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



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



An aerial photograph of a tropical coastline. A road runs along the edge of a dense green forest. To the left of the road is a shallow lagoon with varying shades of green and blue, indicating different depths and coral formations. The ocean extends to the horizon under a bright blue sky with wispy white clouds. The text "SEE YOU IN MAURITIUS!" is overlaid in the center of the image.

SEE YOU IN MAURITIUS!

Contact@illonatschopp.com