

I D - D A R - M A L T A

A unique invitation to a 'no pressure' women's retreat in our Malta family home, hosted by Martine Waltier.

Id-Dar means 'The Home' in Maltese and my intention is to offer our ancient cosy quarters to a small group of women to create a loving, consensual, safe space where stories can be shared, memories made and hearts fuelled.

Merħba - Welcome





A getaway to do whatever you desire, whenever you desire and in a co-created, consensual way.

Yoga/meditation/breathwork will be offered by me (Martine) every morning and together over brunch we will feel into our desires of what we would really like to do for the rest of the day - a no schedule, no pressure kind of re-treat.

The idea is that we will be living in harmony with our flow, being true to our needs and being able to express them with support of myself and the group.

I will offer knowledge of my motherland and be available for additional healing practices such as sound/voice healing, breathwork and yoga. The invitation is also there for those who would love to share their specialist modalities or creative skills - we all have so many gifts to share.

Ceremony, loving care and nourishing experiences are at the heart of the space we co-create. Free of judgement, expectations and limitations.

I D - D A R - S I G G I E W I

Our home is really old, like 500+ years old, and full of character. Nestled in my mother's sleepy hometown of Siggiewi, this is a part of Malta that tourists, and even locals, are unfamiliar with.

We have an open courtyard so there is always fresh air (and sun) entering the space and at night the stars watch over us.

I have spent recent years renovating it and it is a work in progress, however, those who have stayed here have been taken by its charm and uniqueness.

There are two bedrooms, which can be shared, providing a total capacity of 4 women plus myself (I have my own little space). There are two bathrooms, a kitchen and even an ancient birthing space, you have to see it to believe it!

It is in the old part of Siggiewi and the bread van comes twice daily, the fish man on a Friday and lots of local market shops nearby. The bus to the capital (Valletta 30 mins) and the beach (Ghar Lapsi 10 mins) is at the end of our road, although I will have my car for us to explore the islands together.



I D - D A R - T H E H O M E



D O W N S T A I R S
B A T H R O O M



U P S T A I R S
S H O W E R R O O M



K I T C H E N A N D
L I V I N G R O O M



C O U R T Y A R D

I D - D A R - S I G G I E W I

S M A L L E R R O O M
T W O S I N G L E S



L A R G E R R O O M
T W O Q U E E N B E D S

EXPERIENCES

- Water breathwork in the sea caves or hydro pool
- Yoga, meditation and breathwork by the sea
- Local feast celebrations with incredible fireworks
- Foraging wild flowers, figs, carob and prickly pears (seasonal)
- Naked living, swimming and body liberation
- Lazy or adventurous coastal/village walks
- Visit to local vineyards and artisan crafts
- Massage and therapies in the courtyard or spa *
- Ancient temple visits. The goddess temple on the island of Gozo & Hagar Qim (6000 years old) is the nearest to Id-Dar.*
- Diving - Malta is one of the top places in the world for deep sea diving and just your basic snorkelling is incredible too! *
- All kinds of watersports - kayaking, windsurfing, SUP *
- Rock climbing/bouldering - with or without harness *
- Boat trips around the islands - there are 5 islands *
- Carnivore or vegan - Malta has a large variety of cuisines *

*These excursions may have an extra cost



I will be available to drive you to secret swim spots, connect you with local attractions, suggest amazing restaurants and really get the most out of discovering Malta and yourself. Nakedness and body image is something I am deeply connected with and if you would like to explore this in a safe way, I am very open to supporting you with this also.

ENERGY EXCHANGE



Retreat includes:

- Daily yoga/meditation/breathwork practice
- One group warm water breathwork in hydro pool
- Guided island experiences by car
- Daily Maltese vegan/vegetarian brunch
- Flowing snacks and drinks
- Airport pick up/drop off
- Accommodation
- Yoga mats and towels

Shared small room: £695 for 4 nights

Solo: £795 for 4 nights

Shared large room: £795 for 4 nights

Solo: £895 for 4 nights

Extra healing one to one modalities at €60 per session.

This is for 4 nights minimum stay, however you can book a room at an extra cost, €70 for small p/n and €90 p/n large with breakfast included.

The maximum capacity will be 4 guests plus myself and you are welcome to come as a group of friends or be open to whoever is invited.

G H A R L A P S I 1 0 M I N S D R I V E F R O M I D - D A R

2 0 2 4 D A T E S

A P R I L / M A Y / J U N E

Upcoming Dates for 2024

April 18 - 22

May 24 - 28

June 7 - 11

To find out more and to make a booking please connect with me via meinartmartine@gmail.com or whatsapp +39 331 7500 828 - I would love to have a conversation about your needs and how we can organise an amazing experience for you.

If you wanted to come solo you maybe interested in the holistic stays which my partner Houdini and I host. It would be similar to the women's retreats but with the support of Houdini's skills and expertise in Astrology, Human Design and relationship coaching. You can find more information about him through his website - www.houdiniowens.com and more on the holistic stays here - www.martinewaltier.com/#holisticstays

A €99 deposit is required to book and if you need to cancel, this can be rolled over to another week in this season, otherwise it is non-refundable. This is payable through Paypal, Revolut or BACS. A month before the retreat a further payment of 50% is required and then the full amount the week of arrival. Paying in instalments is also available on request.

Personal travel insurance is needed and any accidents or injuries which may occur will be an opportunity to discuss responsibilities fairly and in right relation with each party.

Many of these beautiful images were taken by the wonderful [Morgane Maire](#)





I LOOK FORWARD TO WELCOMING YOU

MARTINEWALTIER.COM