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

A unique invitation to a 'no pressure' holiday re-treat 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 then together over breatkfast 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.

HOW OFTEN DO US WOMEN TRULY GET TO SAY
WHAT WE NEED AND DESIRE IN EACH MOMENT?

IT'S TIME TO FULLY HONOUR OURSELVES

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

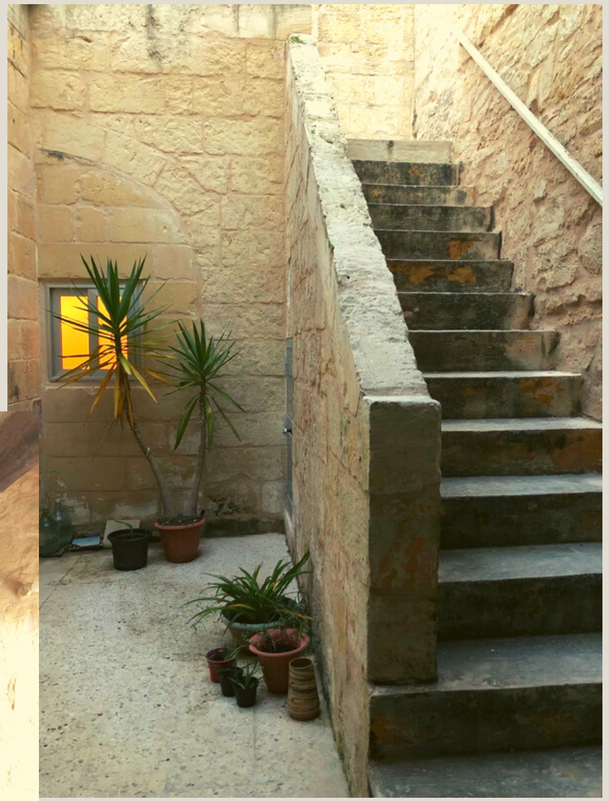
Our home is really old, like 500+ years old, and full of character. Nestled in my mother's sleepy hometown of Siggiewi, this is a part of Malta that tourists, and even locals, are unfamiliar with.

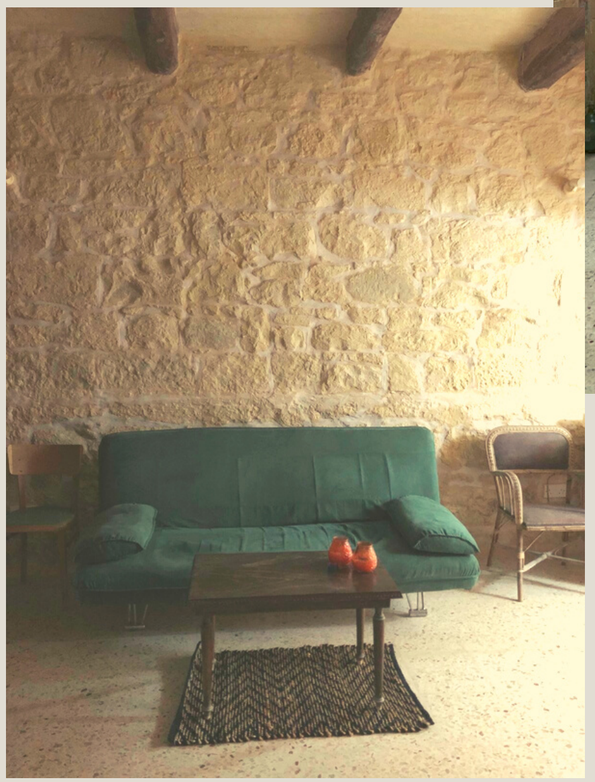
We have an open courtyard so there is always fresh air (and sun) entering the space and at night the stars watch over us.

I have spent the past year 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 20 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.





ID-DAR - SIGGIEWI

KITCHEN AND LIVING ROOM

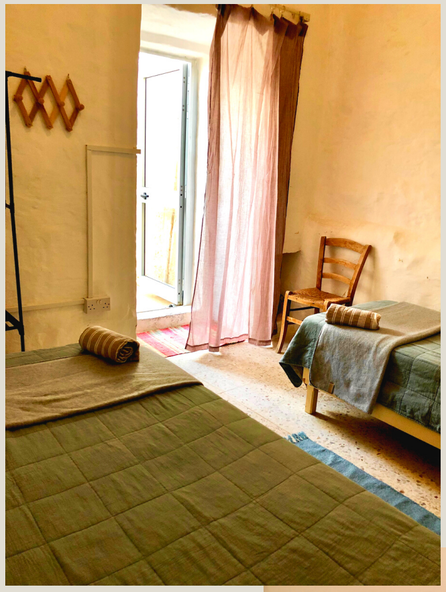
DOWNSTAIRS BATHROOM

UPSTAIRS SHOWERROOM

COURTYARD

ID-DAR - SIGGIEWI

SMALLER ROOM
TWO SINGLES

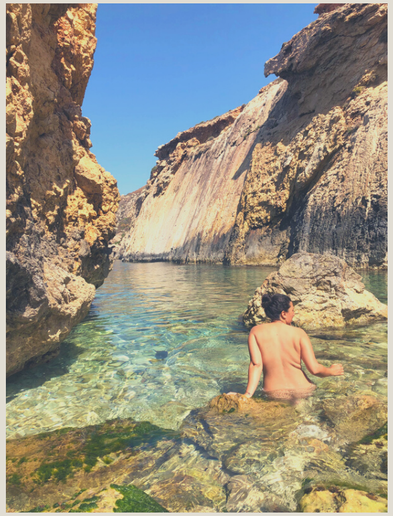


LARGER ROOM
TWO QUEEN BEDS

POTENTIAL EXPERIENCES

- Rebirthing experience in the sea caves
- Ancient temple visits. The goddess temple on the island of Gozo & Hagar Qim (6000 years old) is the nearest to Id-Dar.*
- Visit to local vineyards and artisan crafts *
- 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 *
- Yoga, meditation and breathwork by the sea
- Local feast celebrations with incredible fireworks
- Massage and therapies in the courtyard *
- Foraging for figs, carob and prickly pears (seasonal)
- Lazy or adventurous coastal/village walks
- Naked living, swimming and body liberation
- 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

GHAR LAPSI 10 MINS DRIVE FROM ID-DAR

I have put together what I feel is a fair energy exchange which covers the basic costs. Once you experience Id-Dar, I would love to hear your feedback on your feelings regarding the value of the experience.

Price includes: Airport pick up/drop off, island experiences by car, daily breakfast (more like brunch), accommodation and daily yoga/meditation/breathwork practice. Yoga mats and towels incl.

Shared small room: **600 euros**
Solo: **800 euros**

Shared large room: **700 euros**
Solo: **900 euros**

Extra healing modalities at 50 euros per session.

This is for 6 nights minimum stay, however longer stays can be arranged at 50 euros per night. I am also open to other lengths of stay, for example a long weekend. We can always have a conversation about your needs and desires.

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.

FUTURE DATES
APRIL / MAY / JUNE 2023

Within the months of April, May and June 2023, I will be offering these retreats for one week only. If you are coming as a group we can organise a specific week that suits us both. Otherwise I will allocate a week within each month.

If you are interested in arriving a couple of days earlier and/or staying a couple of days later this can also be arranged at an extra cost.

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.

A 100 euro 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 or Revolut. A month before the retreat a further payment of 50% is required.

Personal travel insurance is recommended 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