

# heart masters

RegenerateX Conference

ibiza

MAY, 2024

**AN INTENTIONAL GATHERING OF COMMUNITY LEADERS**

A 4-6 DAY REGENERATIVE JOURNEY OF  
COMMUNITY LEADERS IN IBIZA,  
CO-CREATING SYSTEMS OF PEACE



*RegenerateX*



An intentional gathering of community leaders,  
co-creating systems of peace.

Join us on a 4-6-day immersion into regenerating  
yourself, harmonizing feminine and masculine  
energies, connecting with nature, and being initiated  
as a community of innovation in business and life.

*12th - 18th of May, 2024*

*Ibiza, Spain*

*From €1,555*



In our third year, we extend a warm invitation to join us for a unique week in Ibiza, immersing ourselves in a new paradigm of human leadership dedicated to serve to wellbeing for all life. Guided by a seasoned team of practitioners and visionary thinkers spanning realms of wellness, design, innovation, art, music, and culture, we'll delve into the art of self-renewal. Together, we'll cultivate deeper self-awareness, forge connections with community and nature, and sow seeds of harmony within and without. As stewards of both tradition and innovation, we'll nurture our roles as caretakers of our world and its interconnected web of relationships. Join us as we nourish ourselves, empower our communities, repurpose and cultivate our businesses, and honor the precious vitality of the natural world.

# about the experience

## heart masters (12-14 may)

We will (un)condition and liberate our minds and bodies with embodiment practices, and enjoy daily dialogues, art and music, breath work, yoga, meditation, swimming and hikes. We will share delicious, local, healthy food, spend lots of time outdoors, learn new skills and cultivate regenerative practices. Each day there will be workshops and experts as we explore topics including soil, fire, water and air stewardship. Additional sessions include voice activation and dance, as well as plenty of time for massages and relaxation. In the evenings we will come together for celebratory feasts, immersive fireside chats, alongside musical experiences.



## RegenerateX Ibiza Conference (15 may)

A day of opening our hearts to welcome locals and visitors, to co-create through design sessions, dialogues, talks by extraordinary minds and panels of local regenerative entrepreneurs, farmers and innovators, celebrated with art, music, poetry and a regenerative movie premiere.

## gathering of communities (16-18 may)

Over the two days of decompression and cross pollination, you will enjoy nourishing yourself with movement, relaxation, sound healing, cooking workshops with local ingredients, meeting with local communities; experts, and surprise performances with local artists, musicians and field visits.



*Imagined and initiated by RegenerateX co-founders  
Canay Atalay and Rudy de Waele, this experience is  
not a retreat but an initiation into a practice  
community for regenerative innovation.*

## welcome to our community membership (may 2024- 2025)

After this initiation in Ibiza, we continue our journey online. Included in your Heart Masters participation, you will receive an annual community membership, monthly 90 min. 13 superpowers sessions and online community access:

- Integrate your learnings and experiences to your everyday life and business
- learn new methods and tools for leading a good life & work,
- have inquiries and practices of regenerative leadership.
- share your unique gifts & grow our regenerative community.
- keep on discovering and connecting with extraordinary experts and artists.

*“If the future is to remain open and free, we need people who can tolerate the unknown, who will not need the support of completely worked out systems or traditional blueprints from the past.” – Margaret Mead*



*To book your seat, please contact:*

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## Peace of:

I, You & We  
Human, Technology & Nature  
West & East, North & South,  
Ancient & Future,  
Mind, Body, Heart & Soul



## Learning Experiences:

Feminine & Masculine Harmony  
Integral Transformation & Wellbeing  
Regenerative Leadership & Design  
Stewardship: Soil, Water, Fire and Air  
Cooking & Local Plants  
Human Design  
Socratic Dialogue: Art of Listening  
Compassionate Inquiry  
Voice Activation  
Shamanic Practices  
Local Cultures

## Get Moving:

Walking the coastal paths in the North  
Swimming in the Mediterranean Sea  
Daily yoga, breath work & embodiment practices

## Rest & Restore:

Optional Temazcal, Spa & Massage  
Eco-luxurious bedrooms and beautiful interior  
spaces  
Sunrise & sunsets in nature

## Celebrate:

Music, art, movie premiere & feasting



# flow

including: additional dialogues, hikes, swims, wellbeing workshops and more

## Sunday 12 May - Earth Day

Check in & welcome  
Opening seeds ceremony  
Dinner  
Fireside chat with land stewards

## Monday 13 May - Fire Day

Movement & breath  
Breakfast  
Introduction to feminine & masculine harmony  
Lunch  
Women's & men's work  
Dinner  
Fireside chat: burning stories of our time

## Tuesday 14 May - Water Day

Movement & Breath  
Breakfast  
Rebirth at sea  
Picnic  
Reunion ceremony  
Sensorial Dinner  
Waters of peace: remembering our futures



## Wednesday 15 May - Air Day

### **RegenerateX Ibiza Conference**

In collaboration with **Difuso**

Movement, breath & meditation  
Breakfast  
Opening Ceremony  
Talks & dialogues with luminaries  
Lunch  
Wisdom of elderly & children  
Life-centric design session  
Closing Ceremony  
Dinner  
"From Ashes" movie premiere  
Music & celebration

## Thursday 16 May- Aether Day

Movement & Breath  
Breakfast  
Shamanic Walk in Nature  
Farm Lunch  
Voice Activation  
Dinner

## Friday 17 May- Aether Day

Movement & breath  
Breakfast  
Cooking class: sacred nourishment  
Meet the locals  
Potluck dinner  
Celebrations and closing

## Saturday 18 May-Farewells

Monday 27 May- Integration Session  
Online

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# about places

## can bet (12-16 may)

Embrace the luxurious comfort of a home away from home amidst the tranquil beauty of Ibiza's pine forests. Join us for the Heart Masters & RegenerateX Conference in our mountain retreat; a sanctuary where the heart finds solace and transformation blooms.

Spread across 16,000 square meters, our three villas offer rejuvenation in harmony with nature's rhythms. With the blend of traditional Ibiza charm and modern elegance, we invite you to connect with your and the island's essence. Dive into our saltwater pools, stretch in our outdoor yoga space with our morning sessions, and get ready for our exciting experiences: from farming to movie premieres.



# about places



## buenro base (16-18 may)

Nestled in Ibiza's pine forests, buenro base , base of purpose driven communities, provides a serene setting for connecting while decompressing after Heart Masters and engaging with local communities.

Over the two days, you will enjoy nourishing yourself with movement, relaxation, sound healing, cooking workshops with local ingredients, meeting with local communities; experts, and surprise performances with local artists and musicians.





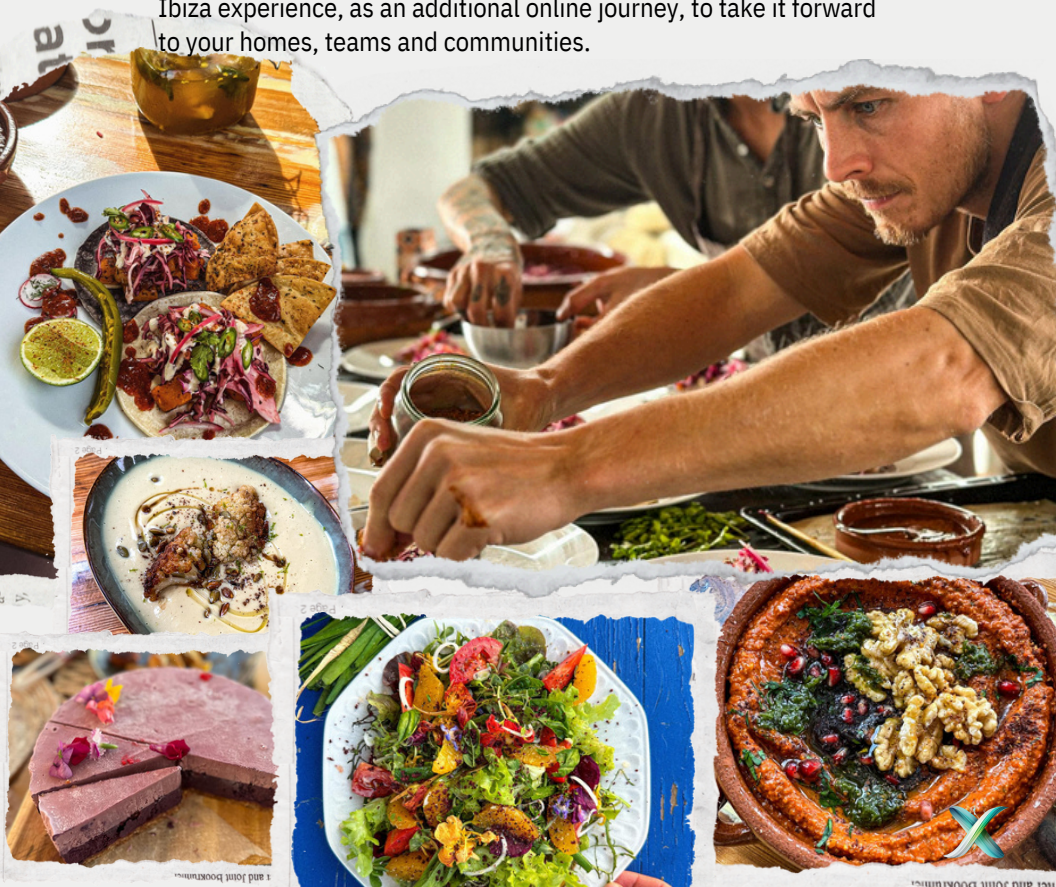
# about nourishment

## food, energy and sound

Heart Masters is a culinary experience like no other, led by visionary chef Chris Bookless, whose mission transcends mere physical nourishment, and integrates mind, heart and soul through energy work and sound healing. With a deep reverence for well-being practices and a passion for food as medicine, our chef invites you to rediscover the healing power of nature through every bite.

Each dish is crafted with intention, seamlessly blending flavors and ingredients that reconnect us to the earth's bounty. From farm-fresh produce to thoughtfully sourced ingredients, every meal is a celebration of conscious eating and regenerative living.

You will be invited to continue regenerative soul food journey after Ibiza experience, as an additional online journey, to take it forward to your homes, teams and communities.



# about RegenerateX

Founded by Canay Atalay and Rudy De Waele, RegenerateX is the regenerative innovation partner working with culture-making leaders and their companies to integrate regenerative principles starting with their thinking, wellbeing, communication, technology, cultures and business models.



RegenerateX's founders, Canay, a design-innovation leader, children first activist and Rudy, a leadership & cultural transformation strategist and musician, are cross-pollinating their experiences in business, technology, women's and men's work, art and entertainment, community growth, personal development and regeneration, with a passion for human evolution, love, beauty and harmony.

Weaving between Ibiza, Brussels and Istanbul, their invitations transcends events and are carried forward as long term partnerships and collaborations of human innovation, through their community platforms RegenerateX, Heart Masters, The Heroines, Unconditional Men and 13 Superpowers.

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# our facilitators & speakers



Canay Atalay



Jack Villiers



Anna Giunta



Marv Radio



Semin Yalman

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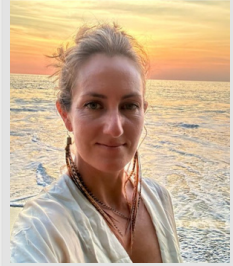
# our facilitators & speakers



Ashley Pollock



Jorge Ferrer



Gabriele Geist



Giancarlo Canavesio



Julieta Preguerman



Stephanie Canavesio



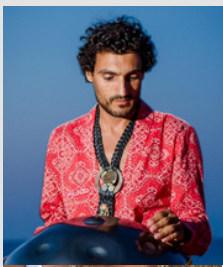
Zeynep Yalim Uzun



Alexcia Panay



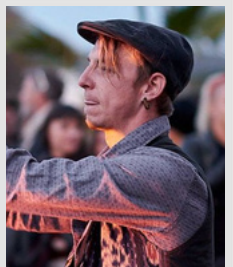
William White



Ariel Zutel



Charlotte Caroline



Louki D'jambé



# what does our community say?

“Canay and Rudy know how to create incredible experiences, they bring **so much value to all aspects of my life and the regenerative journey** we are all on together. Joining their programs and experiences, you’ll join **a strong heartfelt global community of aligned souls, in perfect harmony and balance, in grounded action and in-tune with the energies of the universe.**” -

Ronnie Potel, Conscious Capital Entrepreneur, Co-founder and Investor, Bali, Indonesia



“This is my second headmaster's experience in Ibiza is transcendental, I feel myself **grow and get out of my shell and become something else.** And I love being part of this community with amazing people who do amazing things in life and being so fortunate to get guidance from amazing healers as well. Every time I left Heart Masters, it took me six months to integrate, it's such a rich learning process of personal and communal growth. Thank you, dear Canay and dear Rudy for making this possible.” -

Zeynep Yalim Uzun, Retail, Brand, and Sustainability Expert, Executive Board Member at European Women on Boards



“Canay and Rudy created with Heart Masters the best retreat format I ever participated in. They are masters in creating **very private, trustful togetherness, where participants can fully explore their inner-outer journey from self- to system-actualisation in a warm heart-led community of creators and entrepreneurs.**” - Klaus Klaas Loenhart - Founder and CEO of terrain: integral designs, and Professor at ia&l Landlab TU Graz, Austria.



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# let's play!

“This is the real secret of life — to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play.”

-Alan Watts

[click to  
apply.](#)



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