**Palpable passion at Santhosh Dance Retreat**

**Selda Goodwin reviews a luxury dance retreat on Ibiza for Queen of Retreats**

Over the course of the retreat a love of movement is expressed through pearls of perspiration and I can feel it doing wonders for my soul as well as my body. My hips sway in time with the ocean and the breeze melts me into a trance as I begin to surrender. I’m spinning and stepping in time to a rhythm that has its own divine flow and whichever way I move, side to side, three steps forward or back, I notice a pure joy drawing up from within and without effort I know parts of me are truly shining. Visible mainly through my ridiculous smile, so wide it begins to hurt. I am lighter, brighter and ready for more, even after hours of dancing.

For full review please click on links below.

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