



## WEIGHT LOSS RETREAT

This results-oriented retreat empowers you to achieve your weight loss goals in a supportive and inspiring environment.

### PROGRAM GOALS:

- . Shed pounds in a healthy and sustainable way.
- . Increase muscle tone and improve strength.
- . Boost metabolism and energy levels.
- . Develop a personalised nutrition plan for long-term success.
- . Learn healthy cooking techniques to maintain results.

### RECOMMENDED FOR:

- . Individuals seeking sustainable weight loss and lifestyle changes.
- . Those who want to break through weight loss plateaus.
- . Anyone desiring guidance on healthy eating and exercise habits.

### WHAT'S INCLUDED:

- . Daily weight loss meals.
- . Meditation session.
- . Personalised nutrition plans.
- . Daily fitness classes (HIIT, strength training, cardio, yoga).
- . Sports consultation.
- . Nutritional consultations.
- . Group Meditation.
- . Healthy cooking classes.
- . Guided nature walks and hikes.
- . Access to spa and sauna facilities.
- . Health checks.

3 days  
€ 900

5 days  
€ 1500

7 days  
€ 2100

\*Accommodation not included.

TRANSFORM  
WEIGHT LOSS RETREAT

# FEMININE DIVINE HEALING RETREAT



## FEMININE DIVINE HEALING RETREAT

This retreat is a transformative journey designed to reconnect you with your radiant, feminine essence and empower you to heal and thrive. Through a holistic approach, we'll guide you towards hormonal balance, emotional well-being, and a deeper connection to your inner wisdom.

### PROGRAM GOALS:

- . Balance hormone levels naturally for improved vitality and well-being.
- . Develop a personalised plan for stress management and relaxation.
- . Nourish your body with delicious, hormone-balancing meals.
- . Unleash your creativity and intuition through yoga and movement.
- . Deepen your understanding of feminine health and lifestyle practices.

### WHO SHOULD ATTEND:

- . Women experiencing hormonal imbalances (PMS, menopause, etc.)
- . Those seeking to improve stress resilience and emotional well-being.
- . Women desiring to reconnect with their inner strength and intuition.
- . Anyone seeking a transformative journey towards holistic health.

### WHAT'S INCLUDED:

- . Personalised hormonal health consultation.
- . Nutritional guidance and meal plans focused on hormone balance.
- . Herbal and supplement recommendations.
- . Daily yoga classes.
- . Stress management workshops, including meditation & mindfulness.
- . Detoxifying treatments (such as herbal detox baths).
- . Therapeutic massages and bodywork.
- . Educational workshops on hormone health and lifestyle practices.

3 days  
€ 840

5 days  
€ 1400

7 days  
€ 1960

\*Accommodation not included.



## REJUVENATE AND RESET DETOX PROGRAM RETREAT

This immersive retreat is designed to cleanse your body and mind, promoting a sense of well-being and renewed energy.

### PROGRAM GOALS:

- . Eliminate toxins and impurities
- . Improve digestion and gut health
- . Boost energy levels and metabolism
- . Enhance mental clarity and focus
- . Develop sustainable detox practices for long-term health

### RECOMMENDED FOR:

- . Individuals seeking to reset their health habits
- . Those experiencing fatigue, digestive issues, or stress
- . Anyone desiring a deeper connection with their body and mind

### WHAT'S INCLUDED:

- . Juice fasting and detox meals
- . Colon and gut healing massage
- . Detoxifying yoga classes
- . Cold plunge bath
- . Infrared sauna sessions
- . Workshops on detox lifestyle practices
- . Daily yoga and meditation classes
- . Health consultation
- . Spa treatment

3 days  
€ 960

5 days  
€ 1600

7 days  
€ 2100

\*Accommodation not included.





## INNER PEACE YOGA RETREAT

This is a rejuvenating yoga retreat designed to deepen your yoga practice, cultivate inner peace, and reconnect with yourself. Immerse yourself in a supportive environment, surrounded by nature and guided by experienced instructors.

### PROGRAM GOALS:

- . Enhance your yoga practice (beginner, intermediate, or advanced)
- . Reduce stress and promote relaxation
- . Increase mindfulness and self-awareness
- . Learn yoga philosophy and its practical application in daily life
- . Discover the power of breathwork and meditation

### WHO SHOULD ATTEND:

- . A deeper yoga experience
- . Stress relief and relaxation
- . To improve their overall well-being
- . A chance to disconnect and reconnect with themselves
- . Beginners looking for a gentle introduction to yoga
- . Experienced practitioners seeking to refine their practice

### WHAT'S INCLUDED:

- . Daily yoga classes (Hatha, Vinyasa, Yin)
- . Personalised yoga assessment and program
- . Meditation and pranayama (breathwork) sessions
- . Yoga philosophy workshops
- . Access to yoga props and facilities
- . Yoga Nidra (guided sleep meditation)
- . Daily meals
- . Spa Treatment

3 days  
€ 1 0 5 0

5 days  
€ 1 7 5 0

7 days  
€ 2 4 5 0

\*Accommodation not included.



## ASHIANA TRANSFORMATIONAL RETREAT

The Ashiana Transformational Retreat is a transformative journey designed to awaken your inner light and guide you towards a life of greater self-awareness, purpose, and peace. This all-inclusive retreat combines the ancient wisdom of yoga with a variety of holistic practices to nurture your body, mind, and spirit.

### PROGRAM GOALS:

- . Deepen your self-awareness and reconnect with your inner wisdom
- . Discover your life purpose and ignite your passion
- . Cultivate inner peace and emotional well-being
- . Develop greater mindfulness and presence in the moment
- . Release energetic blockages and promote holistic healing
- . Unleash your creativity and tap into your unique potential
- . Reconnect with nature and experience its healing power

### WHO IS IT RECOMMENDED FOR?

- . Individuals seeking a powerful transformation and personal growth.
- . Those looking to explore yoga and mindfulness practices.
- . Anyone interested in alternative healing modalities for deeper well-being.
- . People yearning to discover their life purpose and live with greater authenticity.

### WHAT'S INCLUDED:

- . Daily Asana (yoga postures) sessions tailored to the retreat theme.
- . Inner Harmony Workshops: Explore your values, limiting beliefs and life purpose through guided exercises and discussions.
- . Guided Meditation and Mindfulness Practices: Learn techniques to quiet the mind, cultivate focus, and connect with your inner peace.
- . Ashiana Healing Sanctuary: Experience a personalised session with one of our experienced practitioners offering Reiki, reflexology, energy healing, or sound therapy (one session per retreat).
- . Unleash Your Creativity : Participate in art therapy workshops, journaling sessions, or other creative activities to explore your inner artist.
- . Nature's Embrace: Immerse yourself in guided nature walks, outdoor meditation sessions, and eco-therapy experiences.
- . Delicious and nourishing meals prepared with fresh, local ingredients.
- . Unlimited access to the retreat facilities (yoga studio, meditation hall, swimming pool, etc.)

3 days  
€ 1 0 8 0

5 days  
€ 1 8 0 0

7 days  
€ 2 5 2 0

\*Accommodation not included.



## STRESS RELIEF AND BURNOUT RECOVERY RETREAT RECLAIM YOUR INNER PEACE

This retreat is a haven designed specifically for individuals experiencing burnout, overwhelm, and chronic stress. It offers a holistic approach to recovery, providing a nurturing environment to rediscover inner peace and well-being.

### PROGRAM GOALS:

- . Reduce stress and alleviate symptoms of burnout
- . Cultivate inner calm and emotional well-being
- . Develop effective stress management techniques and coping mechanisms
- . Enhance resilience and build emotional strength
- . Rejuvenate your body and spirit
- . Foster a deeper connection with nature
- . Nourish your body with healthy and delicious meals
- . Learn practical mindfulness techniques for long-term stress relief

### WHO IS IT RECOMMENDED FOR?

- . Individuals experiencing burnout, overwhelm, and chronic stress
- . Those seeking tools and techniques for managing stress effectively
- . People looking to improve their overall well-being and resilience
- . Anyone desiring a rejuvenating and transformative experience
- . Those who want to reconnect with nature and find inner peace

### WHAT'S INCLUDED:

- . Personalised Recovery Plan: Begin with a comprehensive wellness assessment to identify your unique needs and goals. Our practitioners will craft a personalised program focused on stress management and burnout recovery.
- . Mind-Body Practices: Participate in daily sessions of yoga, meditation, breathwork, and mindfulness.
- . Stress Management Workshops: Learn practical tools and strategies to manage stress effectively through interactive workshops and seminars. Gain valuable insights on building resilience and developing healthy coping mechanisms. (Daily)
- . Luxurious Spa Treatments (choose one per day): Unwind and rejuvenate with a selection of spa treatments designed to promote relaxation and well-being.
- . Nature Connection: Immerse yourself in the healing power of nature with daily guided walks, forest bathing sessions, and outdoor mindfulness practices.
- . Nutritional Support: Enjoy delicious and nutritious meals prepared with fresh, local ingredients. Our meals are designed to support your well-being, boost energy levels, and enhance resilience.
- . Mindfulness-Based Stress Reduction (MBSR) Program

3 days  
€1200

5 days  
€2000

7 days  
€2800

\*Accommodation not included.

