

**An Ayurvedic Wellness Retreat to restore balance, rejuvenate the body, and cultivate inner harmony with expert guidance.**

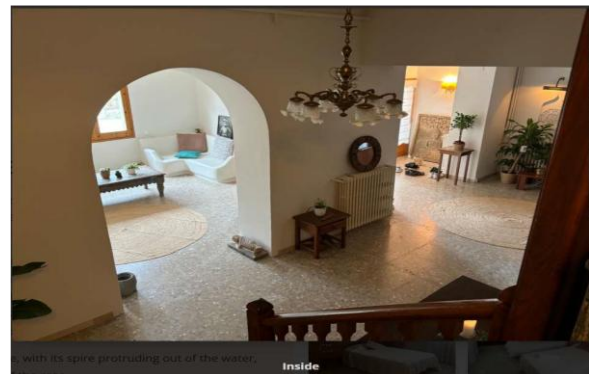
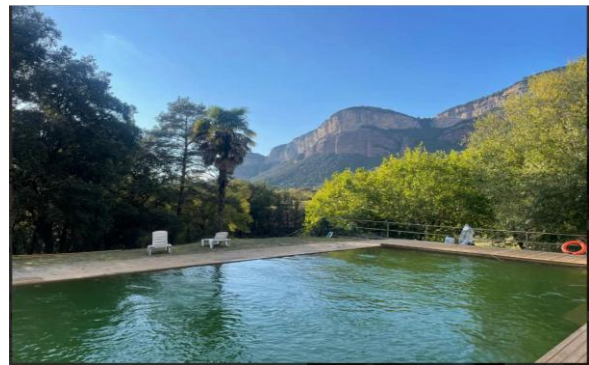
**17<sup>th</sup> July till 22<sup>nd</sup> July 2026**

Immerse yourself in the ancient healing wisdom of Ayurveda with our carefully curated retreat, led by renowned Ayurvedic expert Dr. Shubhangee Satam (IND). Through personalized therapies, nourishing meals, and mindful practices, you will experience a holistic approach to well-being, designed to realign body and mind.

**Location :** Ashiyana Spain, Mas La Riba , 08519 Vilanova de Sau , Barcelona, Spain

The location, Ashiyana Spain is around 90 minutes drive from Barcelona Airport or around 45 minutes from the Vic Railway Station .

<https://ayurvedatrainingcourses.com/2026/programs/spain-center-gallery-1.pdf>



## What to expect:

**Personalized Ayurvedic Consultations** – Receive expert guidance from Dr. Satam to understand your unique body constitution (Dosha) and the imbalances, if any and tailor your healing journey.

**Rejuvenating Ayurvedic Therapies** – Enjoy daily treatments designed to meet your individual needs, such as:

- **Abhyanga (Whole Body Oil Massage)** – A deeply relaxing and detoxifying therapy that nourishes the skin, improves circulation, and releases stress.
- **Pinda Sweda (Herbal Bolus Massage)** – A warm herbal compress therapy to ease muscle pain and stiffness.
- **Head & Foot Massage** – Indulge in a soothing head massage with nourishing oils and a revitalizing foot massage.
- **Nasya (Oil Instillation)** – Herbal oil drops are placed in each nostril, nourishing your sensory organs and brain after a gentle face massage and soothing fomentation.

### ✦ Additional healing therapies (available as needed):

- **Eye Care Package** (Eye irrigation, Eye massage & exercises)
- **Ayurvedic Facial Massage** (Glow-enhancing therapy)
- **Kati Basti** (Oil holding therapy over the Lower back to oil therapy)
- **Janu Basti** ( Oil holding therapy over the knees)
- **Herbal Steam Therapy (Nadi Sweda)** (Muscle & joint pain relief)
- **Local Herbal Paste Applications** (Tailored to specific concerns)

During the retreat, you'll experience **daily yoga, pranayama, and meditation** through a 45 minutes to one-hour guided session each day. These sessions are designed to harmonize your body, breath, and mind, enhancing physical flexibility and improving mental clarity.

You will also enjoy wholesome Ayurvedic cuisine, including nourishing herbal teas, detox drinks, and warm meals prepared according to Ayurvedic principles. These meals are specifically designed to support digestion and promote your overall health.

As part of your retreat, you will undergo a gentle Ayurvedic detox. On the 2<sup>nd</sup> or 3<sup>rd</sup> day, depending on your individual needs, you will experience a light colon cleanse using castor oil and herbs, helping to eliminate toxins and revitalize your digestive system.

Throughout the retreat, you'll engage in 2 inspiring talks and wisdom sessions with Dr. Satam. Of around 60-90 minutes each, covering essential principles of self-care, lifestyle, and holistic health.

To ensure you receive personalized support, comprehensive individual consultations will be provided at the beginning and conclusion of the retreat. These one-on-one sessions will help you transition smoothly into sustainable wellness.

### **Who is this retreat for?**

- ✓ Anyone seeking deep relaxation & rejuvenation
- ✓ Those looking to detox naturally & boost vitality
- ✓ Individuals wanting personalized Ayurvedic guidance
- ✓ Yoga & meditation enthusiasts eager to deepen their practice
- ✓ Anyone dealing with stress, fatigue, or chronic imbalances

### **Retreat Conductor :**

Better known as Dr. Shubi, Shubhangee Satam is an esteemed Ayurvedic physician from Mumbai, India, with around thirty years of clinical experience. Specializing in Dravyaguna, the study of Ayurvedic pharmacotherapeutics, Dr. Shubi brings deep expertise in Ayurvedic Pharmacy and clinical practice.

In addition to her clinical work, Dr. Shubhangee is a skilled yoga instructor, integrating the mind-body connection into her holistic approach. As an internationally recognized expert, she works globally as an independent consultant, collaborating with the herbal and nutraceutical industries in product development, formulation, and quality control.

Dr. Shubhangee has extensive experience in weight management, skin and hair care, and beauty and therapeutic treatments, having spent the past decade specializing in these areas within the healthcare industry. Her international presence includes delivering engaging and informative seminars across the US and Europe, where she educates both Ayurveda enthusiasts and professionals.

**Dates :** 17<sup>th</sup> July till 22<sup>nd</sup> July 2026 ( Arrival on 17<sup>th</sup> July around 3 pm . Departure on 22<sup>nd</sup> July around 11 am)

### **Cost for Accommodation and Food**

- Price per person for sharing double room, 3 times warm Ayurvedic vegetarian meals, herbal teas and water : 715 Euros
- Price per person for single occupancy in double room, 3 times warm Ayurvedic vegetarian meals, herbal teas and water : 1035 Euros

**Cost for Ayurveda & Yoga activities**

- 1000 Euros per person (Includes comprehensive Ayurvedic Consultation in the beginning and daily follow up , Daily Ayurvedic therapy of around 60 to 90 minutes Daily Yoga , Pranayama and Meditation session of around 60 minutes, A Mild detox therapy , 2 talks of around 60 to 90 minutes each )

**What is not included in the costs :**

- Travel cost to reach the Venue

**Registration :**

To register contact: Dr. Shubhangee (Shubi) Satam at [consultantayurvedic@gmail.com](mailto:consultantayurvedic@gmail.com) or  
What's app Number : 0091 9820220413