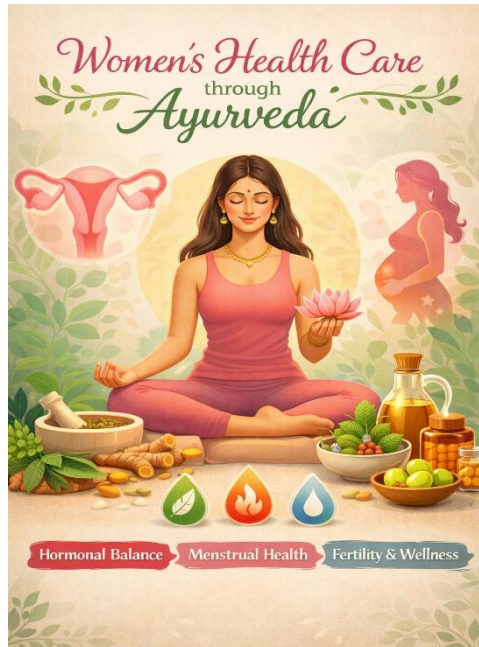


🌸 5-DAYS RESIDENTIAL COURSE 🌸

WOMEN'S HEALTHCARE THROUGH AYURVEDA

✨ *Holistic | Classical | Practical Approach to Women's Wellness* ✨



Course Duration : 5 Days (Around 25 hours of actual teaching)

Dates :

17th July -22nd July 2026. (5 days . Arrival on 17th July around 3 pm . Departure on 22nd July around 11 am)

About the Course :

This intensive 5-day course offers a comprehensive Ayurvedic approach to women's health, covering menstrual care, menopause, mental well-being, beauty, and preventive gynecology.

The program integrates classical Ayurvedic wisdom, Panchakarma principles, diet & lifestyle guidance, and yoga therapy for modern clinical application.

Key Topics Covered :

- ✓ Ayurvedic understanding of Stri Sharira (Female Anatomy) & Stri Roga (Female disorders)
- ✓ Menstrual Care and disorders

- ✓ PCOS, Leucorrhea & Gynecological conditions
- ✓ Menopause & osteoporosis management
- ✓ Vaginal HealthCare
- ✓ Women's mental & emotional health
- ✓ Skin and Hair Care from Beauty point of view
- ✓ Diet, lifestyle & preventive healthcare (Swasthavritta)
- ✓ Yoga & meditation for hormonal balance
- ✓ Panchakarma & Rasayana for women

Venue : 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 .

Click on the link to know more about the location :

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

Course Conductor:

Dr. Shubhangee Satam, fondly known as Shubi is a M.D in Ayurvedic medicine, from India, with a specialization in Ayurvedic Botanicals . After studying for 8 and ½ years Ayurvedic medicine, she has around 27 years of herbal industry experience in addition to her clinical experience for around 30 years.

She has worked for the leading Ayurvedic companies in India for the International market, and also in the field of Nutraceuticals for an UK Based Pharmaceuticals. She is currently working as an Independent Consultant to the Indian and global Herbal / Ayurvedic / Nutraceutical Industry. She travels extensively globally to conduct lectures / workshops and for consultations. She has to her credit several articles related to Ayurveda and Health published in National and International magazines.

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 Course & 5 Yoga sessions

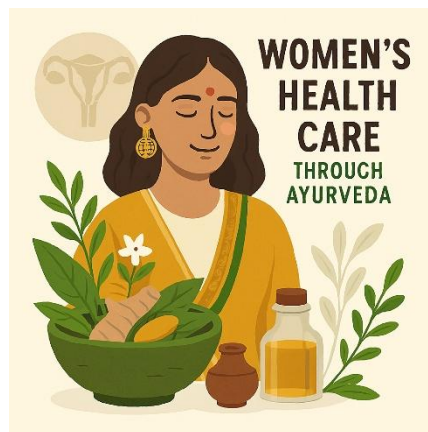
- 750 Euros per person (Includes Course Fees, Handouts of the presentation slides and 5 Yoga sessions of One hour each)

What is not included in the costs :

- Travel cost to reach the Venue
- Ayurvedic Therapies during the stay

Registration :

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



🌸 *Empowering Women's Health through the Timeless Wisdom of Ayurveda* 🌸