

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

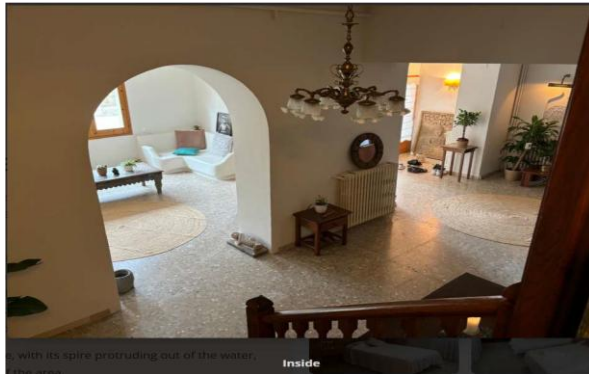
12th November till 22nd November 2026 (10 nights / 9 days)

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 .

Check for some photos below of the beautiful location



<https://ayurvedatrainingcourses.com/nov25/spain-center-gallery.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** with 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 2nd, 3rd, or 4th 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 inspiring talks and wisdom sessions with Dr. Satam. These 4 in-depth Ayurvedic talks/ workshops (60-90 minutes each) will cover essential principles of self-care, lifestyle, diet 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 : 12th November till 22nd November 2026 (10 nights / 9 days . Arrival on 12th November around 3 pm or later. Departure on 22nd November around 11 am)

Costs per person (in Euros)

- Price per person for sharing double room : 3080 Euros
- Price per person for single occupancy in double room : 3520 Euros
- Price per person for sharing in luxury suite : 3580 Euros
- Price per person for single occupancy in luxury suite : 4020 Euros

Costs Include:

- Accommodation
- Ayurvedic Consultations (Comprehensive consultation in the beginning and then daily follow ups)
- Daily One Ayurvedic Therapy of around 60 to 90 minutes
- Execution of the Mild Detox activity on one of the days during the Retreat.
- Daily One Yoga Session
- 3 Warm Meals
- Herbal Teas / Fruits
- 4 sessions of Talks / workshops of 60 to 90 minutes each
- Access to the swimming pool near the location
- Beautiful nature surroundings including a scenic lake within a walk of 10 to 15 minutes

What is not included in the costs :

- Travel cost to reach the Venue
- Additional Ayurvedic Therapies during the stay
- Any Extra days of accommodation

Registration :

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