

EKKORELAX
RETREAT

Ayurveda Retreat for Women

An intimate retreat for women
seeking balance, clarity and
deep rest or A gentle reset for
women in midlife

7 – 10 May 2026 · Spain



Samira Hadid



What is an Ayurveda Retreat?

An Ayurveda retreat is a specialized, immersive wellness experience focused on restoring balance to the mind, body, and spirit using ancient Indian holistic practices.

The Essence of the Retreat

Why this Retreat

Menopause is a powerful life transition — and yet often rushed, medicalised or underestimated.

This retreat offers a different approach: slowing down, listening to the body, and learning sustainable self-care practices rooted in Ayurveda, the ancient science of life.

This is not a bootcamp.

It is a soft reset — for body, mind and nervous system.

What makes this Retreat Unique

- Ayurveda-based detox adapted to modern life
- Gentle, nourishing rhythm (no extremes)
- Focus on long-term self-care, not quick fixes
- Small, intimate group of women





Who is this Retreat for

This retreat is for you if you are:

- A woman preparing for, experiencing or moving through menopause
- Looking for natural, holistic ways to support your body
- Curious about Ayurveda and gentle detox practices
- Feeling tired, overstimulated or disconnected
- Wanting time for yourself — without pressure or expectations



This retreat is NOT about:

- Strict fasting
- Intense schedules
- “Fixing” your body
- Pushing through discomfort



Instead, it offers a space **free from coffee, alcohol and pressure** where **your body can recalibrate naturally.**



The Ayurvedic Approach

During the retreat, you will learn:

- How detox works according to Ayurveda
- How to adapt practices to your own constitution (dosha)
- How to create a simple self-care routine you can continue at home

The focus is on education + experience, so you leave empowered – not dependent.

Daily Rhythm

Each day follows a calming rhythm that supports detox, rest and integration:

- Morning pranayama & meditation
- Optional light breakfast
- Self-care practices (Abhyanga or dry brushing)
- Cooking & sharing Ayurvedic meals
- Free time for rest, nature or reflection
- Gentle walks and meditative practices
- Evening Yoga Nidra





Program Highlights

Included practices

- Pranayama & Meditation: Breathing techniques to calm the nervous system and support hormonal balance.
- Yoga Nidra: Deep guided relaxation supporting sleep, stress reduction and emotional balance.
- Ayurvedic Cooking Classes: Learn how to prepare nourishing kitchari and understand why simplicity heals.
- Sticky Stuff Meditations: Gentle practices to release emotional and mental accumulation.
- Nature Walks around the Sierra Calderona Natural Park
- Beach Sunrise Session: Connecting body and breath with the natural environment.
- Closing Circle & Integration: Bringing insights into daily life with clarity and softness.





Optional Treatments

Optional individual treatments available at additional cost:

- Abhyanga Self-Massage workshop: Deeply nourishing oil massage supporting detox and relaxation.
- Personal Diagnosis (using Pulse & Tongue diagnosis) (optional): One-on-one time to explore your dosha constitution and personal self-care.
- Marma Massage Therapy: A treatment where unprocessed emotions can be unlocked through massaging marma points on the body.

These treatments are optional and can be booked during the retreat.

Meet your facilitator

Saskia — Ayurvedic Practitioner & Guide

Saskia is an Ayurvedic practitioner with a deep personal connection to women's health and menopause. Her approach is:

- Grounded and intuitive
- Educational and empowering
- Gentle, respectful and inclusive

She guides from experience, curiosity and care — creating a safe space where women feel seen and supported.





The Location: EkkoFarm

A place to slow down

The retreat is part of the Ekkorelax retreats program and takes place at EkkoFarm, an organic farm in Spain surrounded by nature.

- Peaceful rural setting
- Organic vegetables from the farm
- Swimming pool & outdoor spaces
- Simple, comfortable accommodation
- Designed for small, intimate retreats

This environment supports the retreat process naturally and without distractions.





Practical Information

Dates

7 – 10 May 2026 (Thursday to Sunday)

Group Size

Max 12 participants

Accommodation Options

Prices includes accommodation + all activities not marked as optional.

- Private room 650€
- Double Shared room:550€
- Private Glamping tent: 550€
- Double Shared Glamping tent:490€



Next Steps

Interested in joining?

Because this retreat is intimate and personal, we invite you to reach out for more information.

👉 Reserve your spot with only 200€

👉 Request more information by email: info@ekkorelax or beatriz@ekkorelax.com

👉 Ask your questions directly by Whatsapp:

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Website:

www.ekkorelax.com/ayurveda-detox-retreat-menopause-spain