



G A I A T E M P L E

## AYURVEDIC SPRING RENEWAL RETREATS

Spring is a season of renewal, making it the ideal time to embark on a journey of physical and mental rejuvenation through Ayurveda. Originating in India, Ayurveda is an ancient system of medicine and way of life that views the body, mind, and life as an integrated whole. Unlike modern detox approaches, Ayurveda supports balance by gently aiding digestion and reducing the body's toxic load—without resorting to forceful cleansing methods.

### The Essence of Ayurveda

Ayurveda emphasizes creating space for the body to rediscover its natural equilibrium. In today's fast-paced world, irregular eating habits, stress, and fatigue can disrupt digestion, often resulting in feelings of heaviness, bloating, and mental fog.

The Ayurvedic Spring Renewal Retreat offers a gentle process to alleviate these symptoms, nourish the body, and restore balance—without fasting or strenuous practices.

## **Benefits of the Retreat**

Over five nights and six days, participants reconnect with their relationship to food, support digestive health, and soothe the nervous system. The program encourages the body's natural cleansing processes—particularly those of the liver—helping ease the transition from winter into spring.

Participants may experience a sense of lightness in both body and mind, reduced bloating, and a mild weight change of approximately 1–3.5 kg. This is not a weight-loss program.

## **Suitable for All Levels**

This retreat is suitable both for those new to Ayurveda and for those already familiar with its principles.

However, it is not recommended for pregnant individuals, those with chronic conditions, or those on regular medication. The program does not replace medical treatment.

## **Nourishing Nutrition & Practices**

The retreat's nutrition program is vegan and vegetarian, prepared with fresh, natural, and locally sourced ingredients. Participants with specific dietary needs are kindly asked to inform the organizers in advance.

Each morning begins with a Ghee practice; coconut oil is offered as an alternative for vegan participants. The program can be adapted to each participant's unique dosha constitution.

## **A Holistic Experience**

The retreat includes:

- Introduction to Ayurveda Seminar
- Ayurvedic Yoga & Yin Yoga Sessions
- Breathing Practices
- Nature Walks
- Ayurvedic Massages
- Aroma Rituals & Herbal Steam Baths
- Spice & Tea Workshop
- Outdoor Movie Night

## **PROGRAM DETAILS**

The retreat will take place on the following dates:

- **23 – 28 April**
- **6 – 11 May**
- **4 – 9 June**

**Price: 1250 Euro per person**

You are invited to embark on this journey of renewal and discover the holistic benefits of Ayurveda, fostering a deeper connection between body and mind.

Gaia Temple Family