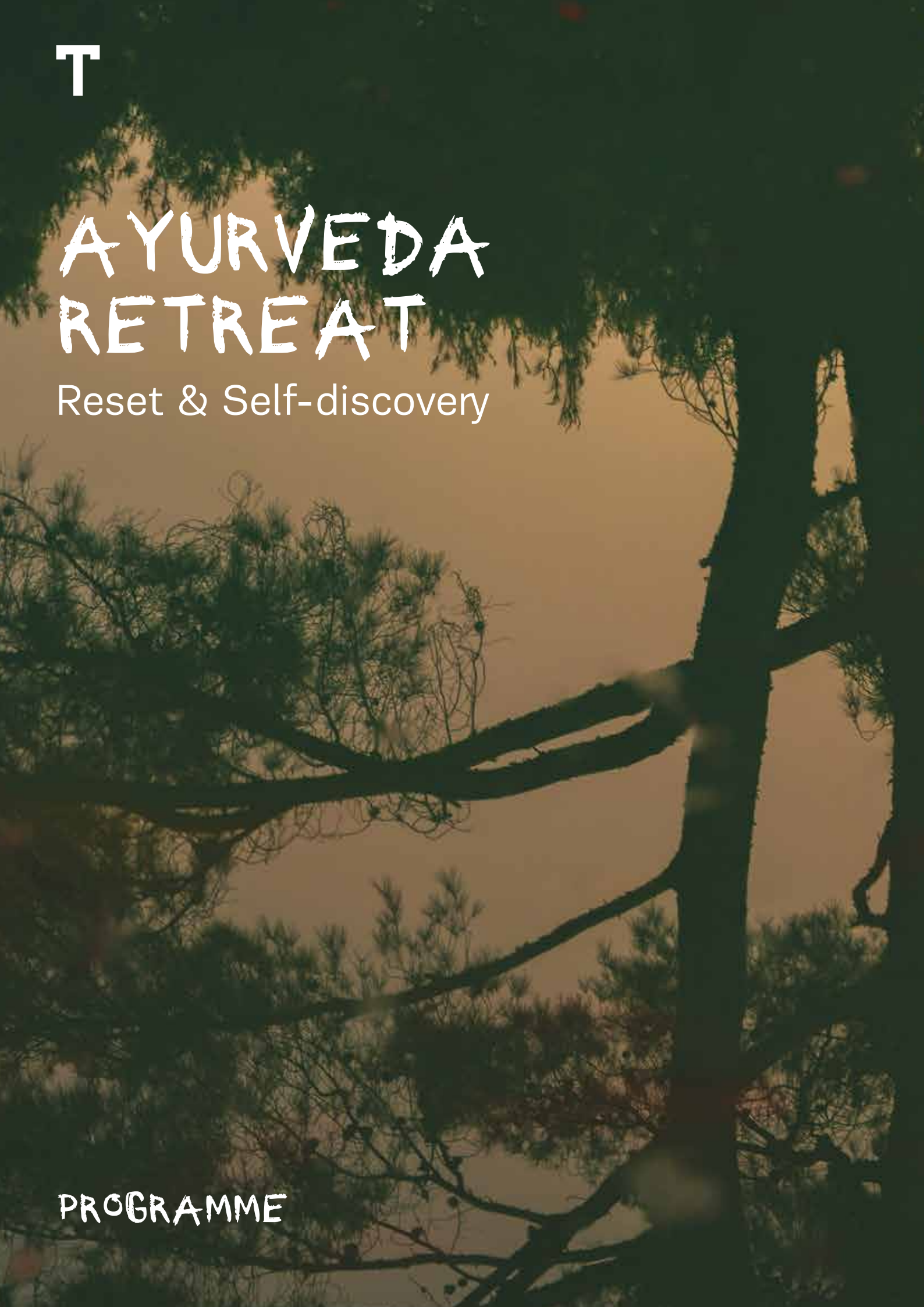




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AYURVEDA RETREAT

Reset & Self-discovery

PROGRAMME

ABOUT AYURVEDA

Rooted in over 5.000 years of wisdom & practice, Ayurveda is an ancient Indian Medicinal System that views health as a dynamic balance between body, mind, and spirit.

According to Ayurveda, each person is unique with its own set of individual physical, psychological and emotional characteristics. As such each person thrives through personalised care. This is what Ayurveda teaches us and why it is essential now more than ever before, as we live in such a fast-paced, one-size-fits-all world.

This 28-hour mini retreat offers a nourishing immersion into Traditional Ayurveda made relevant to Western lifestyle. It is a unique opportunity for those seeking deeper self-knowledge and understanding of sustainable balancing habits.

The retreat blends self-awareness practices such as Yoga, Meditation, Mantra practice, Individual diet & lifestyle guidance, Ayurvedic manual therapies, seasonal Ayurvedic meals, and hands-on learning.

Participants will discover their dosha (unique ayurvedic constitution), explore key Ayurvedic diet principles such as food combining, the 6 tastes, the role of the gunas (qualities of foods), and learn to create simple herbal remedies for everyday health.

Morning yoga asana and breathing exercises will harmonise the energies in the body, and at the same time, will settle the minds, giving the participants a feeling of calm and wellbeing. They will learn daily practices that help them bring more awareness in their life and deal with feelings of anxiety and stress.

Your wellness experts will share practical tips for everyday health and personalised insights. Through personal therapies & group practices, participants will experience deep rest and natural rejuvenation.

This unique journey offers a reconnection to self through the time-tested lens of Ayurveda—accessible, empowering, and profoundly relevant today.

OUR AYURVEDA PRACTITIONERS

Lia Constantinides | Hatha Yoga, Διαλογισμός & Chanting

Elena Beurdeley | Ayurveda Practitioner & Therapist (sessions will be conducted in English)

DAY 1 - FRIDAY, 17TH OCTOBER

16:00 ARRIVAL & CHECK-IN

Guest House

16:30-17:00 OPENING WITH A GROUNDING MEDITATION

Guest House

17:00-17:30 WELCOMING & INTRODUCTION TO THE RETREAT SCHEDULE

Guest House

17:30-19:00 INTRODUCTION TO THE PRINCIPLES OF AYURVEDA AND THE CONSTITUTIONS, BY ELENA BEURDELEY

Guest House

Practical insights on dosha balancing in daily life. Brief examples of how each “dosha” might manifest physically, emotionally, and behaviourally.

19:00 LIGHT AYURVEDIC DINNER

Cook House

20:00 MINDFUL NIGHT WALK

Gardens

20:30 INTRODUCTION TO DINACHARYA, THE AYURVEDIC DAILY ROUTINE FOR ALIGNING THE BODY WITH LIFE'S CYCLE

Guest House

21:00 GUIDED MEDITATION & EARLY NIGHT WITH NO SCREEN AND STIMULATION

Guest House



DAY 2 - SATURDAY, 18TH OCTOBER

06:30 EARLY WAKE UP BEFORE THE SUNSET AND DINACHARYA PRACTICE. AYURVEDIC HERBAL INFUSIONS TO PURIFY THE BODY AND AWAKEN THE DIGESTIVE FIRE

Guest House

Elena explains its benefits and how to prepare at home. Guests are guided to set the tone and intention for the day ahead.

07:30 PRANAYAMA AND YOGA ASANA

Lake

Morning yoga and pranayama session led by Lia. A brief and gentle practice to awaken & harmonise mindbody energies.

09:30 AYURVEDIC BREAKFAST

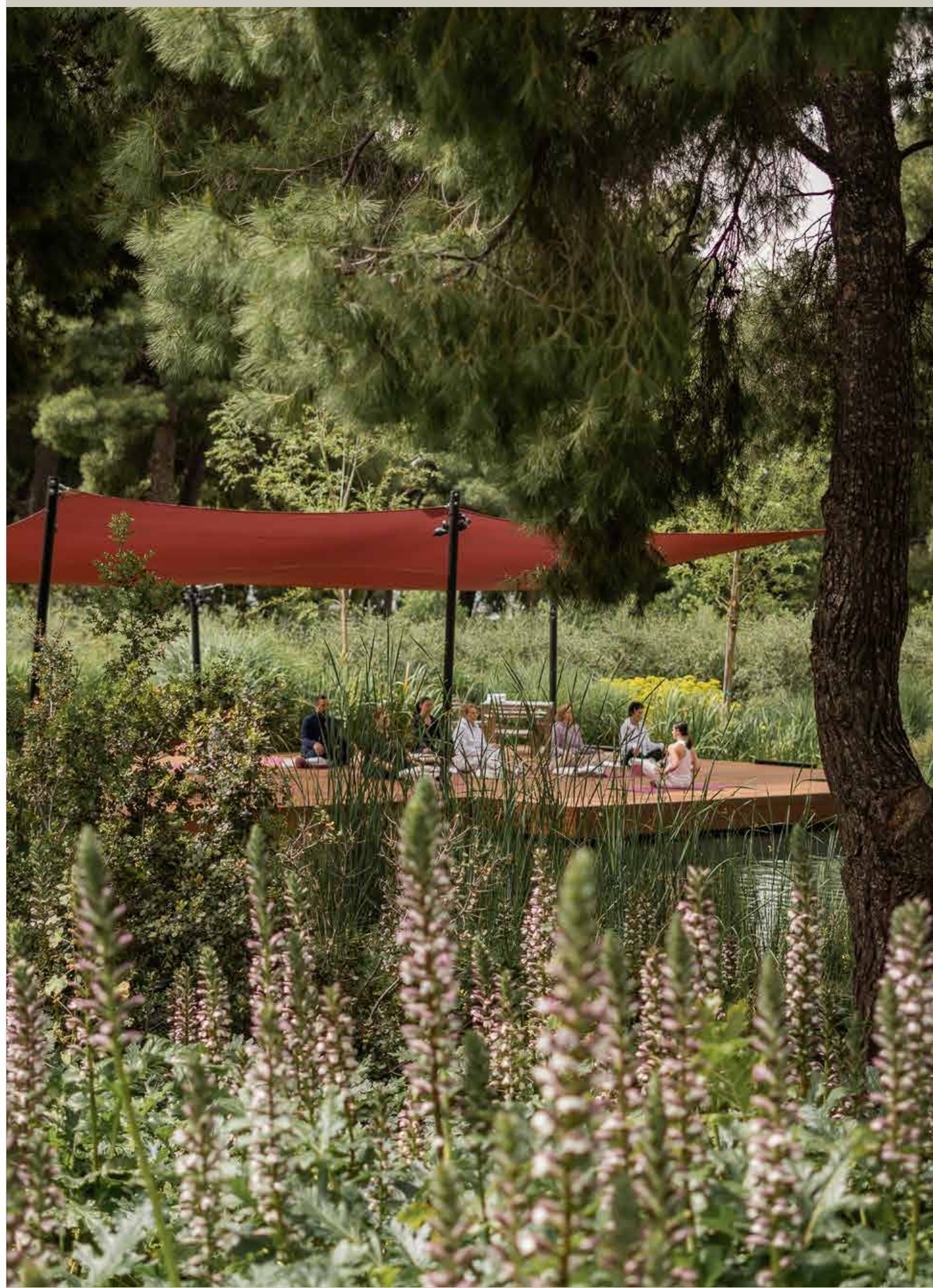
Herb Garden

10:30 AYURVEDA NUTRITION WORKSHOP

Cook House

A short, guided discussion on identifying the doshas (Pitta, Vata, Kapha) and understanding the principles for achieving balance in body, mind, and spirit.

Introduction to Food Combination, 6 Tastes & Gunas (food qualities). Hands-on seasonal cuisine.



13:30 AYURVEDIC LUNCH

Cook House

14:30 MASSAGE THERAPIES & CONSULTATIONS IN MINI GROUPS

Guest House

Ayurvedic massage—called Abhyanga—is a key healing practice in Ayurveda that involves the use of warm, herb-infused oils applied in specific ways to restore balance in the body and mind. Abhyanga is customised to your dosha (constitution): Vata, Pitta, or Kapha.

Mini - Group Session with the Ayurveda Practitioners on Movement, Nutrition and Recovery Rituals and Healthy Habits according to the participants' doshas.

18:00 CLOSING CIRCLE & HERBAL TEA | GROUP SHARING OF EXPERIENCES, Q&A & RECAP OF INSIGHTS.