



Wait, Pause! Women's Retreat

23th June 2022 - 7th July 2022

Even though it is a natural stage in life, it can be daunting to navigate the changing of hormones from a certain age, and all that comes with it.

Our 5-day women's only menopause and perimenopause retreat, run by a naturopath and wellness coach, will give you the tools you need to adapt to the change in a healthy and positive way, addressing physical, emotional and lifestyle issues. Tune into yourself rather than fight nature.

5-Day Program

Balance

Yoga and "Balance your hormones" health talk

Nourish

Meditation, Tree hugging therapy and "Nourish your body" health talk

Move

Breathwork, intuitive dance and "Intuitive movement" health talk

Relax

Sufi whirling, Mudra workshop and "De-stress your life" health talk

Evolve

Power yoga, zen walk and "Time for change" health talk

Inclusions:

- 5-Day activities (as per schedule)
- One wellness drink daily (during the group sessions)
- 1 x one-to-one consultation with Claire (option available to book more consultations if needed)
- 1 x Foot Reflexology 60mins
- 1 x Intuitive Aroma Massage 60mins
- 1 x Craniosacral Therapy 6mins
- 5 x personalized Light Therapy sessions
- Complimentary access to steam and sauna facilities

5 Days retreat 1,450++

All prices are in USD and subject to 23.2% of government taxes.

Accommodation and meals at Resort are not included and must be booked separat

For any inquiry contact us at stay@amilla.com or call +960 6606444