



## YOUR HEALING JOURNEY...

Your retreat begins the morning after arrival with a 90-minute consultation. This is a space to reflect on how it is to be you, what has been, and what is emerging. We'll explore your physical health, emotional landscape, dinacharia (daily rhythms) and life themes. Here we can gently uncover what's ready for attention, redirection, or deeper transformation.

### DAY ONE: GROUNDING THE BODY

We'll begin by exploring your Prakruti (your Ayurvedic body-mind constitution) and Vikruti (your present imbalances), giving you tools to care for yourself in alignment with your soul's blueprint. This consultation is the compass for your time on retreat and the bespoke plan that will support your healing in the weeks and months to come. After our consultation, you'll receive your first treatment: Abhyanga, a deeply restorative Ayurvedic oil massage. Abhyanga helps calm excess Vata, the subtle energy of movement and change, which is often heightened during transitions and times of stress. The herbal oils penetrate deep into the tissues, helping to dissolve stagnation, soothe the mind, and restore a sense of connection and safety in the body. It's the perfect first step, inviting you to land and begin the journey home to yourself. After this session, I'll offer recommendations for the rest of your day, based on what's arisen in both the consultation and treatment. This may include journaling, nature time, or gentle practices to support emotional and physical integration. I may prescribe Ayurvedic herbs, if necessary, which will be provided to you to start the next day. On this first day, we will spend around three hours together, gently grounding and creating the foundation for your retreat.

### DAY TWO: THE ENERGETIC UNFOLDING

We'll begin the day with a 30-minute check-in, offering space for anything that's arisen overnight, physically, emotionally, or spiritually, to be unpacked. From here, we transition into the energetic component of Shamanic Healing. Practices may include soul retrieval, extraction, ancestral healing, or past life work, depending on what is needed. These ancient healing practices serve to clear subconscious patterns and energetic imprints to bring you into deeper alignment with your True Self. After your session, you'll be given space to move through your day as you choose. I may recommend practices such as breathwork, walking meditations, yoga nidra, or simply resting in nature; whatever feels right to support your process.

### DAY THREE: INTEGRATION & EMBODIMENT

Your final day begins with a gentle 30-minute check-in; a space to reflect on what's shifted, surfaced, or softened over the course of your retreat.

You'll then receive a deeply integrative Holistic Massage; a grounding, intuitive session that weaves together Swedish massage, hot basalt stones, and Reiki. This treatment is designed to anchor everything you've moved through, helping to integrate energetic shifts and invite you back into your body with greater spaciousness, softness, and clarity.

To close, we'll sit together in presence and reflection, exploring how it feels to be you now, what's changed, and how you'll carry the Ayurvedic practices forward. You'll leave with your personalised plan, along with further diet and lifestyle recommendations to support your healing journey long after the retreat ends.

## IS THIS RETREAT FOR YOU?

The Akhanda Retreat is especially supportive if you are:

- Feeling stuck, burnt out, or disconnected from yourself
- Moving through grief, heartbreak, or a major life transition
- Longing for spiritual clarity or reconnection
- Managing anxiety, emotional overwhelm, or chronic stress
- Ready to shed old patterns and reclaim your vitality
- Navigating recovery, addiction, or lifestyle changes
- Yearning for a safe, sacred space to be held, seen, and restored
- Living with chronic health conditions such as:
  - Digestive issues: IBS, bloating, constipation, indigestion
  - Inflammatory skin conditions: eczema, psoriasis, acne
  - Hormonal imbalances: menstrual irregularities, perimenopause, PCOS, thyroid disorders

## WHAT'S INCLUDED

- 3 nights / 4 days at Middle Piccadilly (arrival Thursday from 4pm, check out Sunday by 2pm; private, comfy room + dosha-aligned vegetarian meals).
- A 1.5-hour Ayurvedic consultation and personalised lifestyle + diet plan
- Ayurvedic herbs and oils (herbs not included in base price)
- 3 morning treatments: Abhyanga, Shamanic Healing, and Holistic Massage
- Daily 1:1 check-ins with me
- Afternoon time for rest, reflection, journaling, walking, and guided practices
- Optional Ayurvedic add-on therapies tailored to your constitution
- Complimentary Ayurvedic herbal teas during your stay

Optional: You are welcome to extend your stay at Middle Piccadilly after the retreat.

## ONGOING SUPPORT

I recommend a follow-up session around three to four weeks after your return to check in on your progress, make any adjustments to your plan, and support your continued unfolding. This isn't required, only if you feel called to continue working together.

MAYA CHANDLER

## INVESTMENT

Launch Price: £795

Includes:

- Private accommodation
- All Ayurvedic meals
- Ayurvedic consultation and take-home plan
- Three personalised treatments
- 1:1 support throughout your stay
- Ayurvedic herbs and optional therapies are available at an additional cost.

## AVAILABLE DATES

- 13th - 16th November 2025
- 27th - 30th November 2025

## BOOKING

This retreat is bookable through me directly: [mayachandler74@gmail.com](mailto:mayachandler74@gmail.com)

Or through Middle Piccadilly: [www.middlepiccadilly.com](http://www.middlepiccadilly.com)

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