

Rewild & Rebalance

A **5-Day Women's Retreat** for Hormonal Harmony & Embodied Healing A Sacred Invitation to Come Home to Your Body organised by **LeaveHerWild Yoga** at **Nalanda Retreat, Goa.**

LeaveHerWild Yoga

A Sacred Journey Home to Your Body

This retreat is more than just a getaway — it's a deeply held space for women ready to reconnect with their bodies, restore hormonal balance, and reclaim their feminine power. Rooted in Ayurvedic wisdom, trauma-informed yoga, and somatic healing, this immersive journey invites you to explore the profound wisdom of your cyclical nature — from menstruation to menopause, fertility to rebirth.

Whether you're navigating hormonal shifts, recovering from birth trauma, holding unspoken grief around fertility, or simply longing to feel at home in your body again — this retreat is a sacred space to feel, release, and renew.

Dates: **1st to 6th December (5 nights & 6 days)**

Location: **Nalanda Retreat**, Mandrem Beach, Goa, India (just steps from the beach!)

LeaveHerWild Yoga



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Retreat Highlights

Cultivating Harmony & Healing

Ayurvedic Practices for Hormonal Harmony:

Personalized Ayurvedic practices to balance doshas and support hormonal health through movement, rituals, and nutrition.

Trauma-Informed Yoga & Somatics:

Gentle, accessible practices to unwind the nervous system, release tension, and restore emotional flow.

Womb Ceremony + Self-Led Womb Massage:

A guided ritual to reconnect with your womb space and release emotional memory or trauma.

Aqua Yoga – Our Signature Healing Experience:

A unique water-based yoga session for lymphatic flow, joint release, and deep inner calm.

Emotional Healing for Reproductive & Birth Trauma:

Compassionate space to process grief and trauma related to reproductive health through safe, embodied practices.

What's Included in Your Journey:

- 5 nights accommodation at Nalanda Retreat (just steps from the beach!)
- Daily Ayurvedic-inspired yoga and somatic practices
- 5 immersive evening workshops (see themes below)
- Delicious daily breakfast
- Use of spa, pool, and beach lounges
- Signature Womb Ceremony with self-led womb massage
- Aqua Yoga — a completely unique water-based yoga session
- Integration journal + reflection space
- Optional 1:1 sessions (available at an additional cost)



Evening Workshop Themes

Deepening Your Understanding

Day 1: Welcome Circle + Nervous System Reset Ritual:

Grounding into your body, setting intentions, and gently unwinding stored tension.

Day 2: Understanding the Doshas + Hormonal Harmony

Through Yoga: Learn how Ayurveda views hormones and discover personalized yoga for your dosha type.

Day 3: Trauma, Hormones & Emotional Release:

Unpack how trauma impacts the nervous system and reproductive health. Move through breath, sound, and gentle release.

Day 4: Womb Ceremony & Feminine Reclamation:

Honour your womb space through ritual, grief release, and self-led womb massage. This is a deeply healing space for those journeying through fertility challenges, menstrual trauma, or menopause.

Day 5: Aqua Yoga & Integration:

Our retreat highlight — a soothing, powerful yoga flow in water to promote lymphatic movement, emotional ease, and softness in the joints. Followed by an integration circle and closing ritual.

Your Guide Heemali Inamdar

Heemali Inamdar is a trauma-informed yoga facilitator, women's holistic health coach, and the founder of Leave Her Wild Yoga. Her work is rooted in nervous system wisdom, rest, and ritual. She is passionate about creating spaces where women can heal emotional and reproductive wounds, rediscover body-trust, and reconnect with their feminine rhythms.

A personal note from Heemali: "If you've ever felt like your body was trying to tell you something... if you've felt grief or rage in your womb and didn't know where to place it... if you're tired of pushing and ready to soften... this retreat is your invitation. Come. Rest. Rebalance. Remember your wildness."



Who This Retreat Is For

This transformative experience is designed for women who are:

- Navigating hormonal transitions (e.g., PMS, perimenopause, menopause)
- Holding unprocessed birth trauma, fertility challenges, or pregnancy loss
- Longing to reconnect with their cyclical nature and embodied wisdom
- Feeling disconnected from their body or emotional self
- Ready to release stored emotions and reclaim their sense of feminine power
- Craving rest, renewal, sisterhood, and deep somatic listening

Women's Retreat Dec 1st to 5th (5 Days Retreat) with Heemali

| Room Category | | Hillside Classic | | Hillside Heritage | | Beachside Classic | | Beachside Heritage | |
|---------------|--------|------------------|-------|-------------------|-------|-------------------|-------|--------------------|-------|
| | | Euro | INR | Euro | INR | Euro | INR | Euro | INR |
| Room Type | Single | 650 | 66500 | 700 | 69999 | 700 | 69999 | 750 | 74999 |
| | Double | 600 | 60000 | 650 | 64999 | 650 | 64999 | 700 | 69999 |

Ready to come home to your body and reclaim your feminine power? Join us for a deeply healing and transformative journey.

hello@leaveherwildyoga.com | +44 7465 439042

retreats@nalandaretreat.com | +91 9156 144707

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