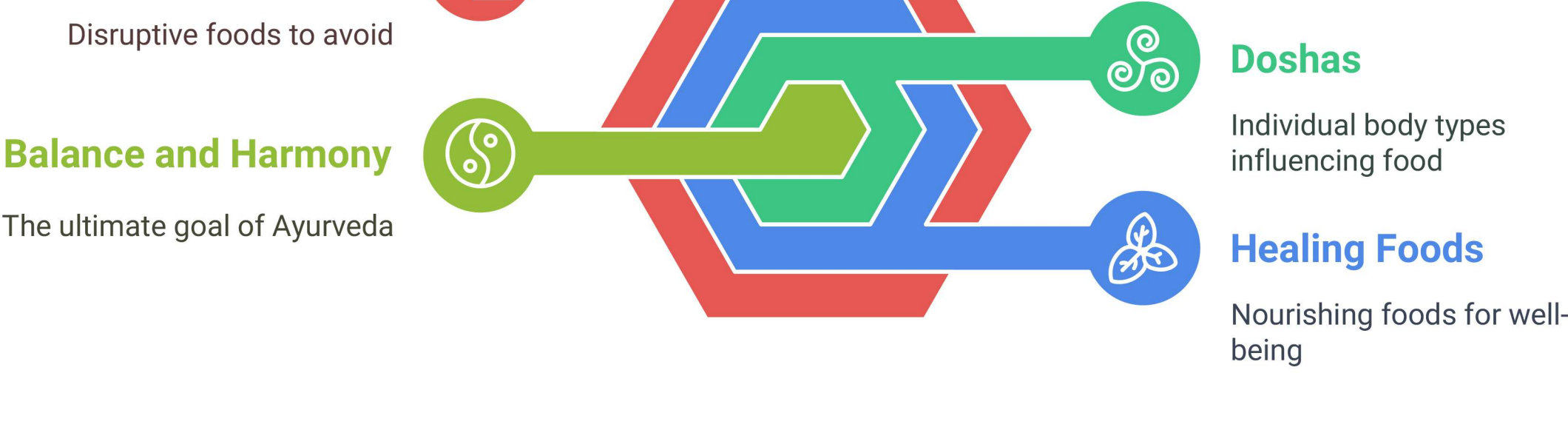


One Day Wellness Retreat: Food That Harms and Food That Heals Using Ancient Wisdom of Ayurveda

WINGS most popular one retreat where we explore the transformative power of food through the lens of Ayurveda, an ancient system of medicine that emphasises balance and harmony within the body. This one-day wellness retreat will delve into the foods that can either harm or heal, based on individual body types, known as doshas. By understanding these principles, participants will gain insights into how to nourish their bodies effectively and promote overall well-being.

Ayurveda and Food Harmony



Understanding Ayurveda and Doshas

Ayurveda categorizes individuals into three primary doshas: Vata, Pitta, and Kapha. Each dosha represents a unique combination of physical, emotional, and mental characteristics. Recognizing your dosha is crucial for making informed dietary choices that align with your body's needs.

- **Vata:** Characterized by qualities such as dryness, lightness, and coolness. Vata types may benefit from warm, moist, and grounding foods.
- **Pitta:** Known for its heat, intensity, and sharpness. Pitta types thrive on cooling, soothing, and hydrating foods.
- **Kapha:** Associated with heaviness, stability, and moisture. Kapha types do well with light, stimulating, and warming foods.

Which dosha are you and what foods should you choose?

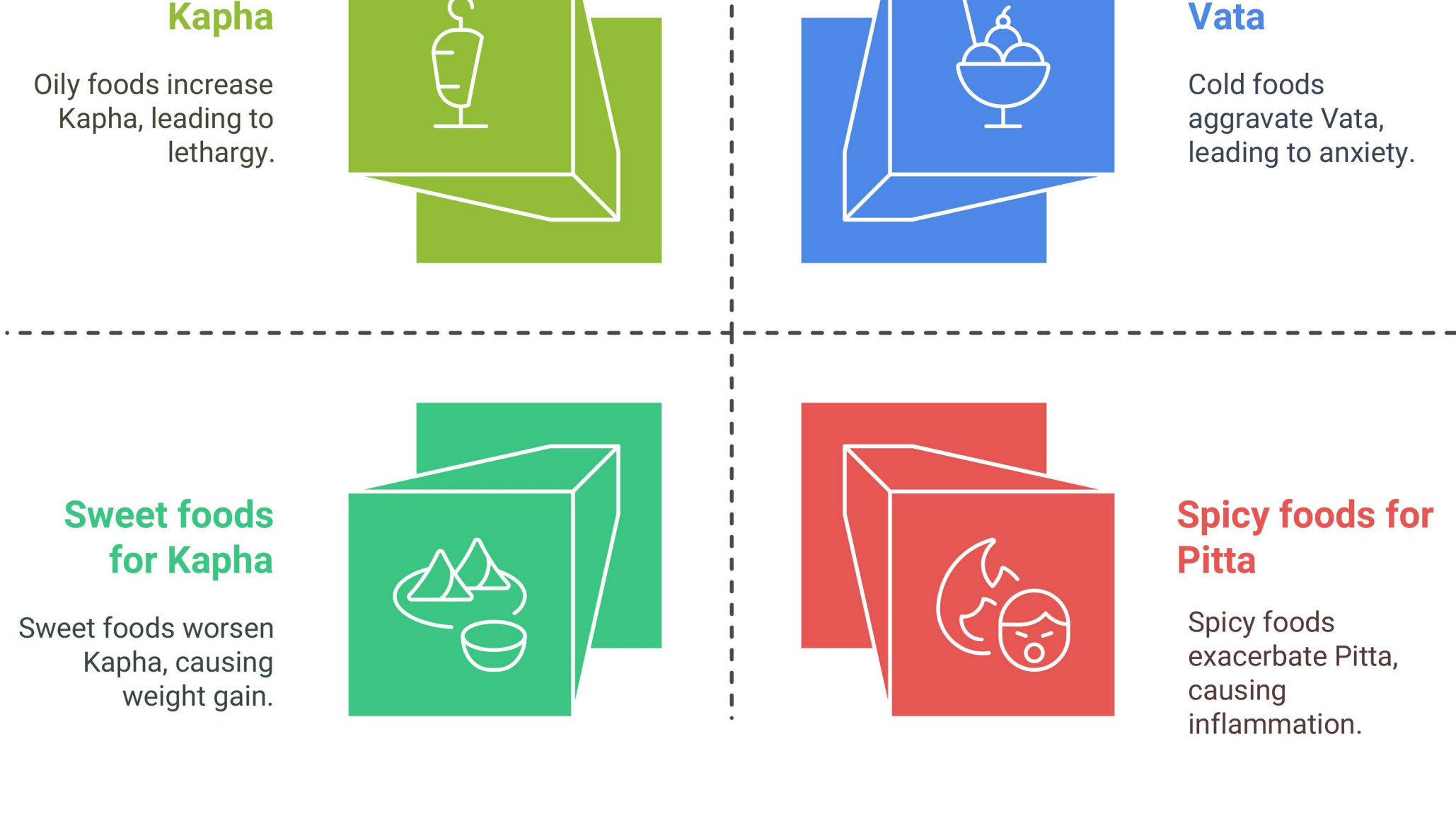


Food That Harms

Certain foods can exacerbate imbalances in each dosha, leading to discomfort and health issues. Here are some examples of foods that may harm each body type:

- **Vata:** Cold, raw foods, and excessive caffeine can aggravate Vata, leading to anxiety and digestive issues.
- **Pitta:** Spicy, oily, and overly acidic foods can increase Pitta, resulting in inflammation and irritability.
- **Kapha:** Heavy, oily, and overly sweet foods can worsen Kapha, causing lethargy and weight gain.

Dosha Food Impact



Food That Heals

In contrast, healing foods can restore balance and promote wellness. Here are some beneficial foods for each dosha:

- **Vata:** Warm, cooked grains (like oatmeal), root vegetables, and healthy fats (such as ghee) can help ground Vata individuals.
- **Pitta:** Cooling foods like cucumbers, melons, and leafy greens, along with sweet spices (like coriander), can soothe Pitta.
- **Kapha:** Light, spicy foods such as lentils, bitter greens, and warming spices (like ginger) can stimulate digestion and energize Kapha types.

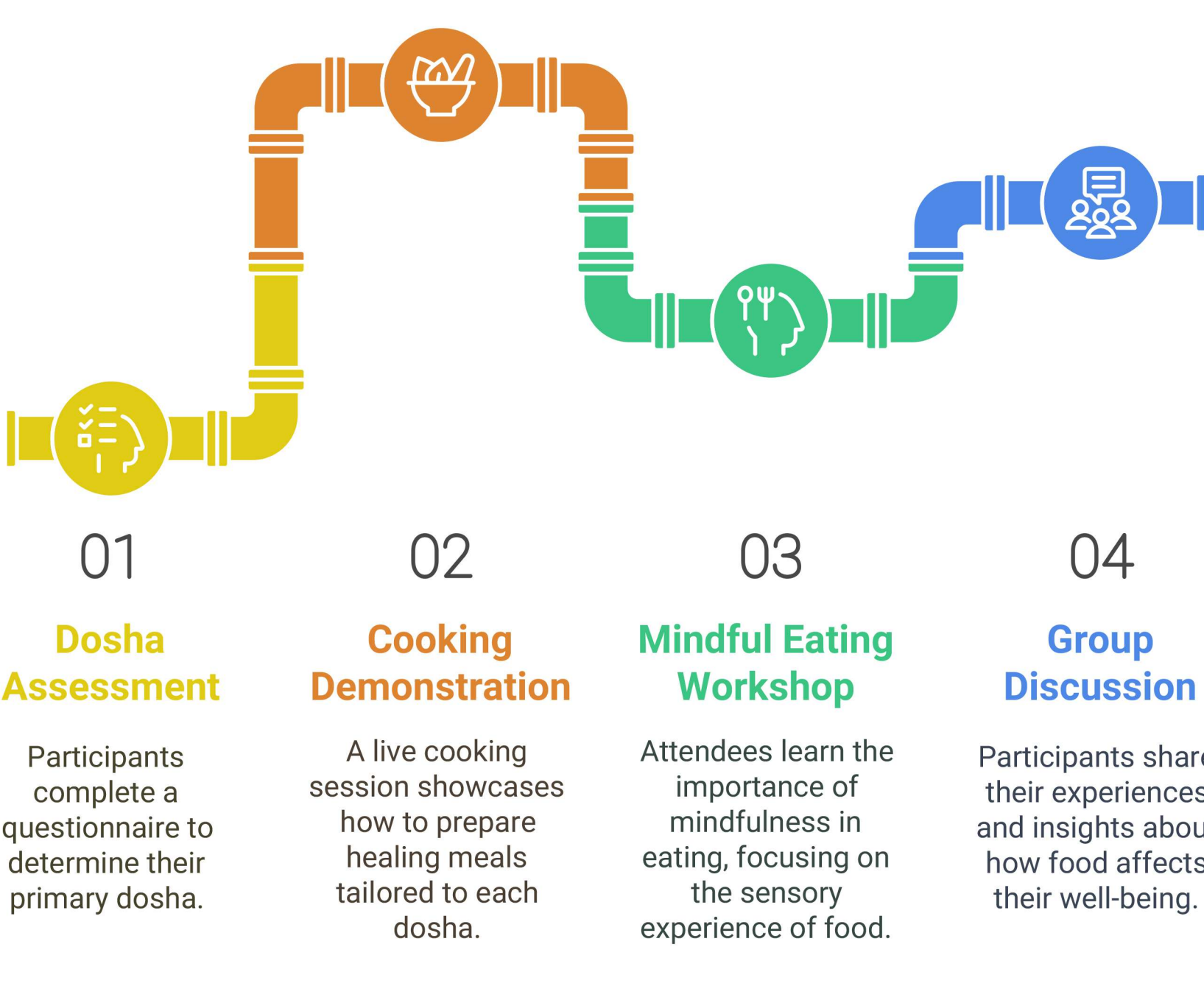


Practical Tips for the Retreat

During the retreat, participants will engage in various activities designed to enhance their understanding of Ayurveda and its dietary recommendations:

1. **Dosha Assessment:** Participants will complete a questionnaire to determine their primary dosha.
2. **Cooking Demonstration:** A live cooking session will showcase how to prepare healing meals tailored to each dosha.
3. **Mindful Eating Workshop:** Attendees will learn the importance of mindfulness in eating, focusing on the sensory experience of food.
4. **Group Discussion:** Participants will share their experiences and insights about how food affects their well-being.

Retreat Activities Sequence



Conclusion

This one-day wellness retreat offers a unique opportunity to explore the ancient wisdom of Ayurveda and its application to modern dietary practices. By understanding the foods that harm and heal based on individual body types, participants can cultivate a more balanced and healthful lifestyle. Embrace the journey towards wellness through mindful eating and the healing power of food.

Price: £85pp or bring a friend along and pay £120

Components of a Wellness Retreat

