



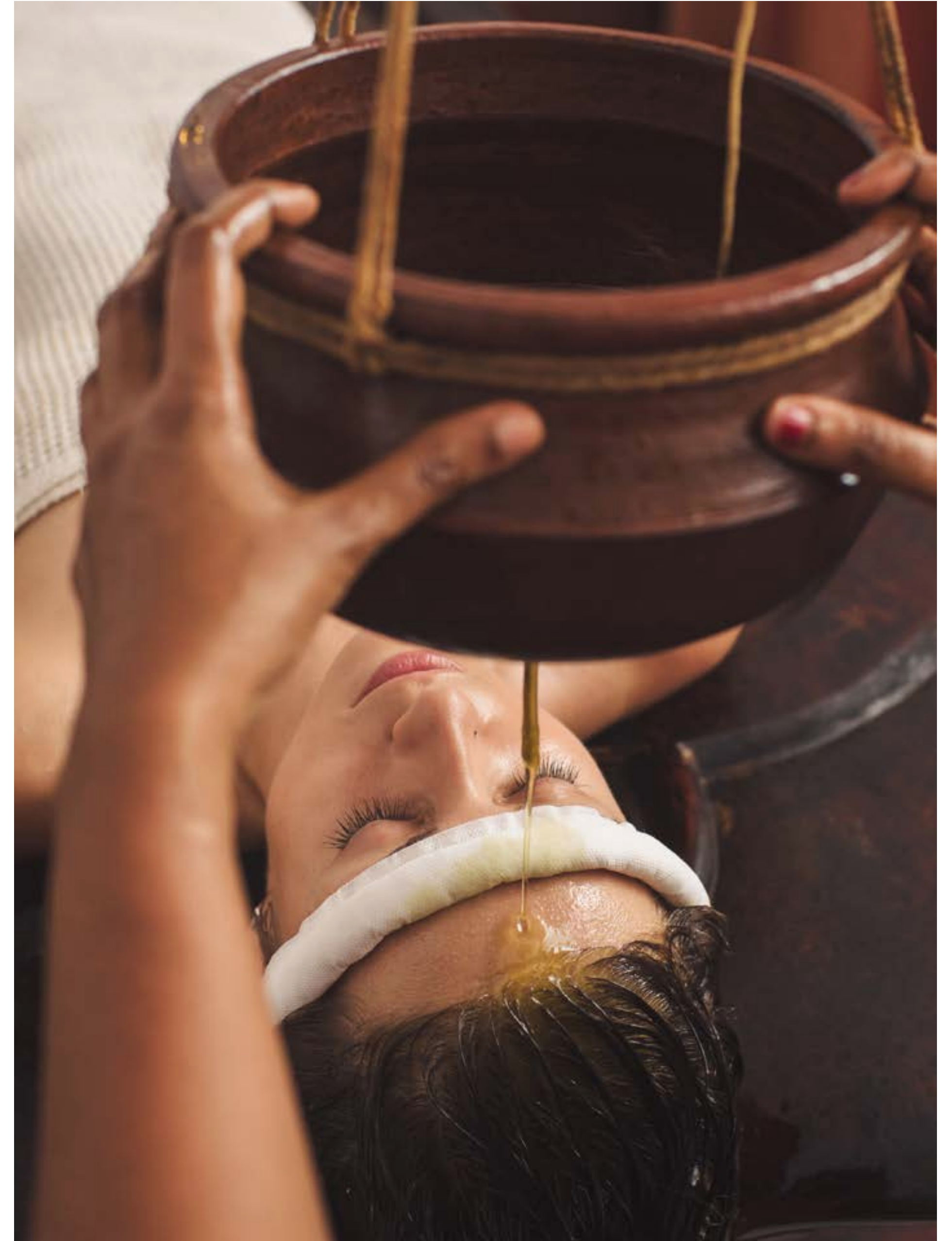
# Ayurveda Retreat: The Art of Deep Healing

May 30<sup>th</sup> to 02<sup>nd</sup> of June

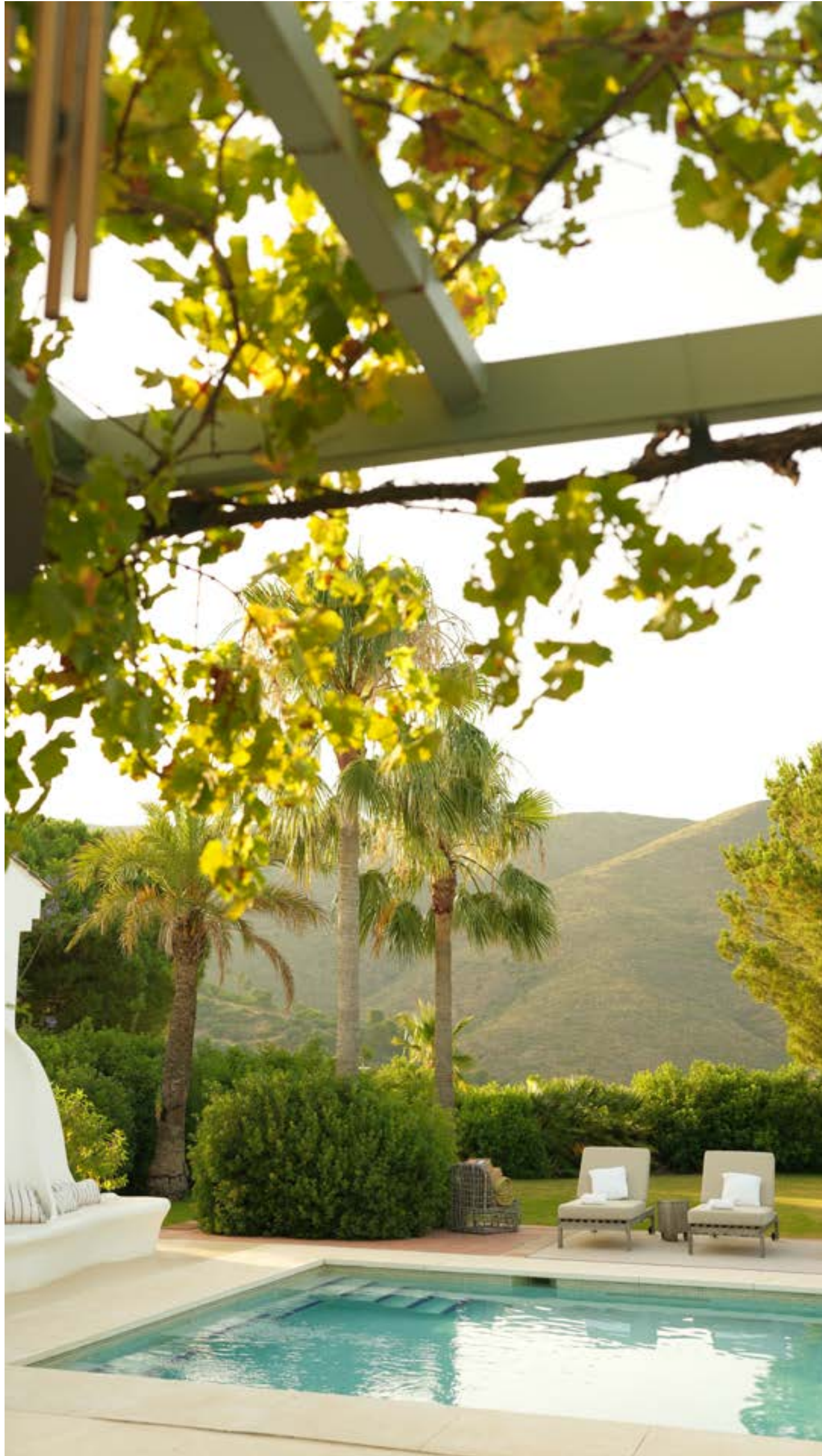
Deep Ayurvedic Detox & Spiritual Renewal Retreat.

A profound 4-day Ayurvedic detox and transformation journey, combining traditional Ayurveda, yoga, meditation, sacred rituals, and conscious movement to cleanse the body, calm the nervous system, and awaken inner harmony.

At







# Your Stay

Welcome to Viluz.

A deluxe well-being resort in nature, a unique and exclusive hideaway near Marbella. Surrounded by breathtaking nature, views on the sea and a serene micro-climate. Every detail is crafted to help you relax, recharge, and reconnect.

[www.viluz.com](http://www.viluz.com)



# Our Retreat Package



## 4 Day Ayurvedic Detox Retreat

A journey of grounding, cleansing, deep healing and integration

### Day 1 - Grounding & Intention

Guests arrive to a herbal welcome, check-in, and an Ayurvedic detox lunch.

The afternoon begins with individual Ayurvedic consultations after dividing the group, while others relax in the spa, hammam, nature, or pool.

A gentle sunset yoga and grounding meditation follows. In the evening, the retreat opens with a purification puja and opening circle (white attire), followed by dinner and an intimate Heart Circle for connection, sharing life intentions, and creating a safe, supportive group field.

### Day 2 - Cleansing & Understanding the Body

The day begins with sunrise yoga and breathwork, followed by breakfast.

All participants receive their personal Ayurvedic consultations, which define individual treatment plans.

Those already consulted begin personalized Ayurvedic treatments, while others enjoy gentle integration practices, spa time, or rest.

The afternoon introduces the rotation system (treatments, guided healing program, and free time), complemented by a cleansing sunset yoga session.

The evening features an Ayurvedic lifestyle talk, dinner, and sound healing with mantra and guitar.

### Day 3 - Nervous System & Emotional Detox

Morning yoga and pranayama focus on calming and regulating the nervous system.

Throughout the day, participants rotate between Ayurvedic treatments, an emotional detox & release program (meditation, breathwork, conscious movement, and integration), and free time.

A restorative sunset yoga and emotional integration meditation prepares the body and mind for the evening. The night culminates in a powerful Fire Puja ceremony, followed by dinner and a deep sound healing journey.

### Day 4 - Integration & Life After the Retreat

The final morning opens with sunrise yoga and breathwork, then breakfast.

Participants attend an Ayurvedic Lifestyle Medicine course, offering practical tools for nutrition, digestion, sleep, stress management, daily routines, and home remedies.

The retreat closes with a closing circle, sound healing, flower ritual, and peace mantra, followed by a farewell lunch and departure.





# Ayurveda

## **Detox through ancient holistic treatments & wisdom**

Each guest enjoys a daily 90-minute Ayurvedic treatment session, individually tailored to their dosha and body condition, combining up to three different Ayurvedic therapies.

These include:

- Marma Healing
- Shiro Abhyanga
- Padma Abhyanga
- Pinda Sweda
- Shirodhara
- Ayurvedic Body Scrub

Detox & Heat Therapies

- Swedana (Herbal Steam Therapy) – multiple sessions
- Sauna therapy



# Swedana: A Steam Miracle



## Be pampered: Ayurvedic Body Scrub

Swedana is a traditional Ayurvedic herbal steam therapy that gently warms the body, opening the channels and supporting deep detoxification. Performed after oil massage, it improves circulation, relaxes muscles, calms the nervous system, and leaves the body feeling lighter and deeply relaxed.

Ayurvedic body scrubs, made from medicinal herbs and natural powders, work beyond the surface of the skin. They stimulate metabolism, support lymphatic drainage, reduce stagnation, and improve skin tone, helping the body release heaviness and regain vitality.

Together, these therapies create a powerful cleansing and rejuvenating experience, enhancing detoxification while restoring balance, clarity, and natural energy, an essential part of a holistic Ayurvedic retreat.



Shirodhara is a deeply calming and restorative Ayurvedic therapy in which a continuous stream of warm, medicated oil is gently poured over the forehead and third-eye area. This treatment profoundly relaxes the nervous system, quiets the mind, and supports emotional balance, stress relief, and mental clarity. It is especially beneficial for calming excess Vata and Pitta, improving sleep quality, and promoting a deep sense of inner harmony and well-being.

# Shirodhara

## A Flow of Inner Peace





# Healthy food with an ayurvedic approach

## Full-board Ayurvedic meals with our retreat chef Kaatje

“I have a strong passion for cooking, with a focus on food that supports the body and feels both nourishing and satisfying. Growing up in China, I was surrounded by many different cultures and food traditions, which shaped my curiosity for ingredients.

After completing my master’s degree three years ago, I decided to fully follow my passion and make food my main focus. Since then, I have been working as a chef, continually deepening my understanding of how food can support energy, balance, and overall well-being. My cooking is inspired by seasonal ingredients, gentle Ayurvedic principles, and traditional techniques such as fermentation. I love working with slow processes like fermenting vegetables or building flavours over time, because they add depth to a meal.

Cooking at retreats is where everything comes together for me. Food becomes part of the experience: grounding, and supportive, helping people feel nourished without feeling heavy.”





# Yoga & Meditation

- Daily yoga sessions (including Sun Salutations)
- Early morning Sunrise Gazing practice
- Breathwork & Meditation

Daily guided practices including:

- Pranayama
- Kapalabhati
- Vipassana Meditation
- Samatha Bhavana  
(Concentration & Working Meditation)





# Your Yoga Mentor

## Tamás Huber (Ásútos)

Raja & Hatha Yoga | Sivananda Lineage

Tamás Huber embodies a rare, lifelong devotion to yoga, first awakening intuitively in early childhood and unfolding into a disciplined spiritual path. His mature practice was shaped by classical yogic philosophy and decades of silent, self-guided refinement.

In 2015, he formally entered the Sivananda lineage, receiving the spiritual name Ásútos “Shiva, who is easily pleased.” He later completed advanced teacher training in Hatha and Raja Yoga, offering yoga not as performance, but as an inner art of precision, ethics, and presence.

Teaching internationally in select retreat environments, Tamás shares a quiet mastery rooted in tradition, meditation, and lived experience. A representative of the Yoga Olympics Committee and first-place laureate in his age group, he brings both integrity and depth to every offering. His classes are a contemplative journey integrating āsana, prāṇāyāma, deep relaxation, and meditation designed to restore vitality, refine awareness, and guide practitioners toward inner stillness.





# Presence with Mimi Perez



**An immersive experience designed to access deep states of presence, coherence, and inner expansion.**

The session integrates phosphene practices that support the activation of the pineal gland, combined with conscious breathwork and guided meditation.



## The practice of pujas with Ghanshyam Das

Ghanshyam Das(Ganesh)

For more than twenty years, I have served as a Hindu priest across temples in Europe, offering traditional Vedic rituals, ceremonies, and spiritual guidance to diverse communities in Spain, Germany, Sweden, and Belgium. My work brings together the depth of ancient Vedic knowledge with a warm, accessible approach suited to modern life.

I teach the philosophy of Vedic Science and the Bhagavad Gita in a way that helps people understand universal principles such as inner balance, purpose, and conscious living. Through Vedic astrology, I support individuals in navigating personal challenges, gaining clarity, and aligning their lives with greater harmony.

My path is rooted in tradition yet open to the world dedicated to sharing authentic spiritual wisdom in a way that speaks meaningfully to contemporary Western audiences.



# Evening Rituals





# Kirtan & Mantra Sessions

Rooted in ancient Hindu traditions, mantra chanting uses sacred sounds to calm the mind, balance energy, and bring a sense of inner peace. The gentle repetition of mantras helps quiet mental noise, deepen presence, and create emotional clarity. The session then flows into kirtan, a joyful call-and-response chanting practice from the Bhakti yoga tradition. Accompanied by music and rhythm, kirtan opens the heart, encourages self-expression, and creates a feeling of connection and unity within the group.

Together, mantra and kirtan offer a nourishing experience that uplifts the spirit, relaxes the nervous system, and leaves participants feeling light, open, and deeply supported.







# Somatic Dance

**With Luciana Casañé**

A conscious movement journey where emotions are released through the body, and inner wisdom awakens. Dance as a bridge between art, healing, and spirituality inviting freedom, presence, and heart connection.





# Your Host

## **Tarrifa Mahagamage**

Born and raised in Sri Lanka, Tarrifa Mahagamage grew up immersed in the ancient traditions of Ayurveda, learning from an early age the importance of living in harmony with nature, body, and mind. Coming from an Ayurvedic family and spending time in monasteries, she developed a deep understanding of holistic health as a way of life, not just a healing system.

Now based in Europe, Tarrifa is the founder of Gēmburu Wellness and has organised numerous wellness events and retreats, bringing authentic Sri Lankan Ayurveda to Western audiences. Her retreats are created as spaces for transformation, where guests can slow down, reconnect, and restore balance.

Also known by her spiritual name Shweda, Tarrifa offers deeply personalised treatments through skilled, intuitive touch, supporting relaxation, detoxification, and renewed vitality. With warmth and presence, she guides each retreat as a journey toward inner balance, clarity, and well-being.



# Our Team



Tarrifa Mahagamage

Retreat organizer. Founder of Gemburu Wellness Ayurvedic Practitioner, Treatments, Meditation, Yoga & Ayurvedic Coaching.



Natasha Romanov

Co-Founder of Gēmburu Wellness. Retreats, Transformational Experiences & Conscious Living.



Tamás Huber (Ásútos)

Raja & Hatha Yoga Teacher, Sivananda Lineage, Classical Yoga & Meditation.



Viktor Romanov

Ayurvedic & Massage Therapist, Mindful Touch, Presence-Based Healing.



Ghanshyam Das(Ganesh)

Hindu Priest, Vedic Rituals & Ceremonies, Bhagavad Gita Teaching, Vedic Astrology.



Mimi Perez

Phosphene & Meditation Facilitator, Pineal Gland Activation, Conscious Breathwork.



Kaatje Tiedemann

Retreat Chef, Seasonal & Fermented Cuisine, Nourishment for Balance and Energy.



Sarun

Hatha Yoga Teacher & Ayurvedic Practitioner, Panchakarma, Traditional Healing Practices.



Natali

Breathwork & Self-Regulation Instructor, Nervous System Support, Relaxation Practices.



Luciana Casañé

Somatic Dance Facilitator, Conscious Movement, Emotional Release & Heart Connection.



Deepa

Panchakarma Ayurvedic Therapist & Trainer, Ayurvedic Masseur, Treatments, Reflexology.



Bhagavati

Intuitive Massage Therapist & Yoga Teacher, Divine Feminine Healing, Nervous System Balance.



# Pricing

[Discover the rooms at Viluz](#)

## Luna room

Single occupancy: 7.200€ /Person  
Double occupancy: 5.900€ /Person

## Twin beds room

Single occupancy: 6.000€ /Person  
Double occupancy: 4.750€ /Person

## King size bedroom

Single occupancy: 6.000€ /Person  
Double occupancy: 4.750 € /Person

\*Prices include the mentioned programme and accommodation. Receive a 300€ discount per person if you share with a friend for double occupancy.







# Booking Policy

## 1. Reservation & Deposit

To secure a place at the retreat, a non-refundable deposit of 30% of the total price is required at the time of booking.

## 2. Final Payment

Remaining balance to be paid latest 30 days prior to the retreat (1/5/26).

## 3. Late Bookings

For bookings made less than 30 days before the 30/05/2026, full payment is required immediately.

## 4. Cancellation Policy (by the client)

- Deposit is non-refundable
- If cancellation occurs:
- More than 30 days before arrival → deposit retained
- Less than 30 days before arrival → 100% of the retreat price is charged

## 5. Retreat Cancellation (by organizer)

If the retreat is cancelled by the organizer, all payments will be fully refunded or transferred to a future date.

## 6. Transfer of Booking

The booking may be transferred to another person with prior written notice.

## 7. Force Majeure

In case of force majeure (flight cancellation, illness, natural disaster, government restrictions), booking may be transferred to a future retreat.

## 8. Airport shuttle

Transportation from/to the airport can be arranged upon request at extra charge.

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[Book your Retreat](#)

CONTACT

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