



# A TRANSFORMATIVE WELLNESS RETREAT

Hormone Balance Clinic



Dr Sabine  
Wünschmann  
OB/GYN, MD.

COSTA  
NAVARINO





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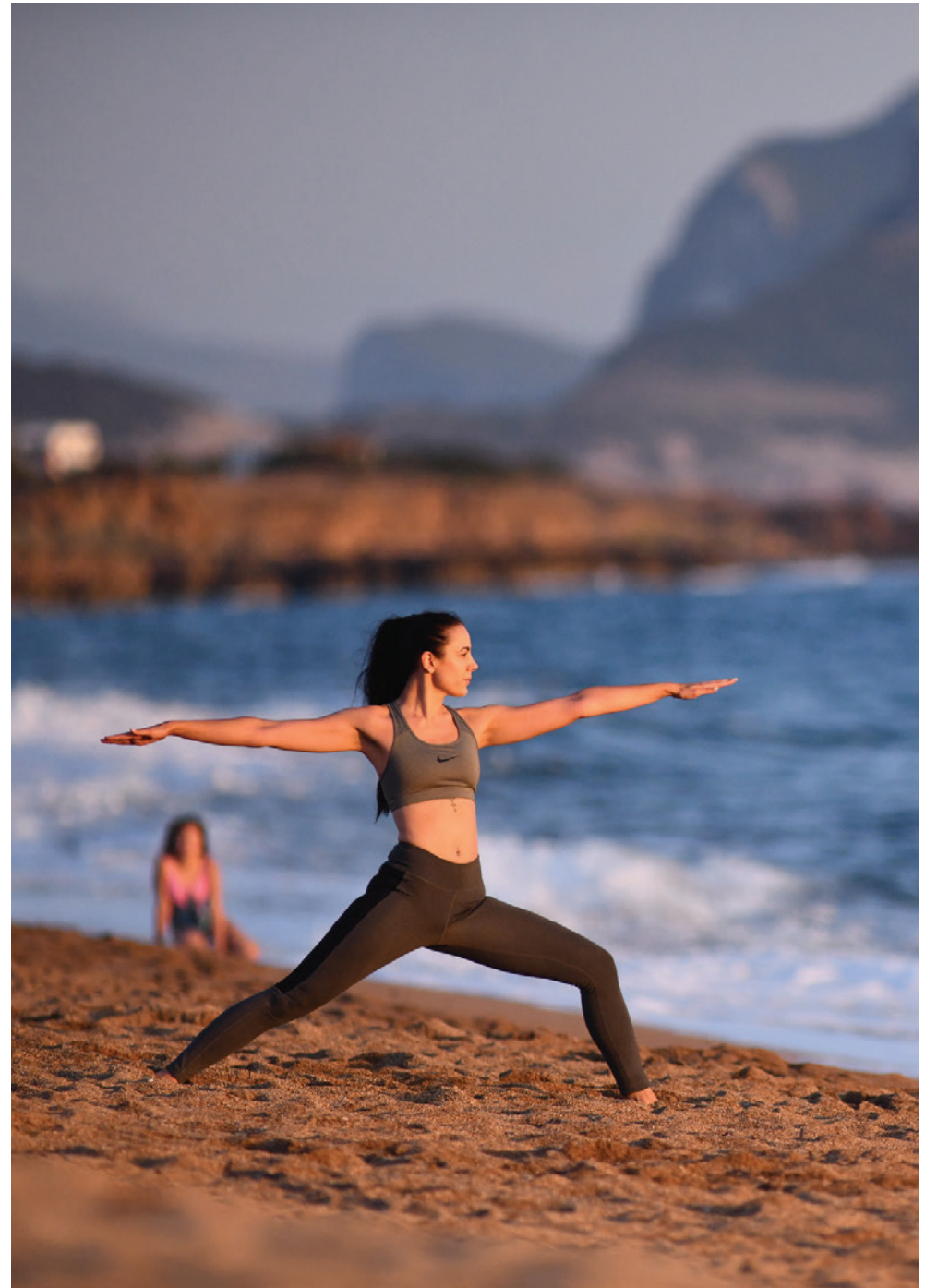
Discover a comprehensive and holistic approach to reducing inflammation, pain, and stubborn weight, helping you reclaim your vitality and guard against chronic hormone imbalances and diseases.

The five day transformative wellness retreat will take place May 17-21, 2024 led by Dr. Sabine Wünschmann, a renowned OBGYN and Women's Hormone & Endocrine expert with over 30 years of expertise, supported by Kanelli Scalcoyannis, a women's wellness coach, holistic retreat chef, and anti-inflammatory cooking educator and Maria Maleviti, a seasoned Hatha Yoga and Integral Transformational Yoga instructor with 15 years of experience.

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## DR. SABINE WÜNSCHMANN & INSTRUCTORS



DR. SABINE WÜNSCHMANN, a cutting-edge Gynaecologist, Obstetrician, and Hormone Expert with over 30 years of experience, is a graduate of Frankfurt University Medical School and has completed international practicums in South Africa and London.

She has expanded her practice to encompass integrative medicine, specializing in minimal invasive surgery, holistic menopause management, natural childbirth, homeopathy, and functional medicine. Known for her medication-free relief approaches, Dr. Sabine created the globally acclaimed “Hormone Harmony” program, empowering women to naturally heal from hormonal imbalances. She has authored numerous programs addressing a range of issues including menstrual migraines, immune health, recurrent urinary tract infections, vaginal infections, and hot flashes, thus guiding women towards natural healing.



### KANELLI SCALCOYANNIS

is a seasoned women’s wellness coach, holistic retreat chef, and anti-inflammatory cooking educator.

The last 5 years, having teamed up on Dr. Sabine’s Hormone Harmony® program, she empowers women to embrace functional nutrition, detoxification, and anti-inflammatory practices, fostering optimal hormonal balance and a life of vitality.



### MARIA MALEVITI,

former lawyer, is a seasoned Hatha Yoga instructor certified in the well-tempered - Eva Ruchpaul Method (Institut Eva Ruchpaul - Paris) and in Integral Transformational Yoga (Yoga Alliance International).

With 15 years of experience, Maria blends ancient yoga wisdom with modern science, tailoring practices to optimise the endocrine system and uniquely assists in hormone balance. Maria champions holistic wellness, addressing both physical and psychological aspects of wellbeing.





ONLY 20 SEATS FOR A PERSONALIZED, IN-DEPTH EXPERIENCE

Embark on a journey to wellness at the Hormone Balance Clinic, a five-day transformative experience at Costa Navarino.

### EXPERT GUIDANCE:

Dr. Sabine Wüncmann will provide cutting-edge insights, helping you connect the dots between your symptoms and the journey towards thriving in the years ahead.

### HOLISTIC APPROACH:

Explore the connection between organ function and hormone balance. Uncover how optimizing these aspects can reduce inflammation, relieve persistent pain, and help in losing stubborn weight.

### CULINARY HEALING:

Enjoy a delectable, health-centric culinary journey crafted for gut health optimization, complete with anti-inflammatory cooking classes that offer simple, lifestyle-friendly solutions.

### INTEGRATED WELLNESS EXPERIENCES:

Immerse yourself in holistic activities like daily yoga, meditation, abdominal massages, and Thalassotherapy at the award-winning Anazoe Spa, Costa Navarino.

### DURATION:

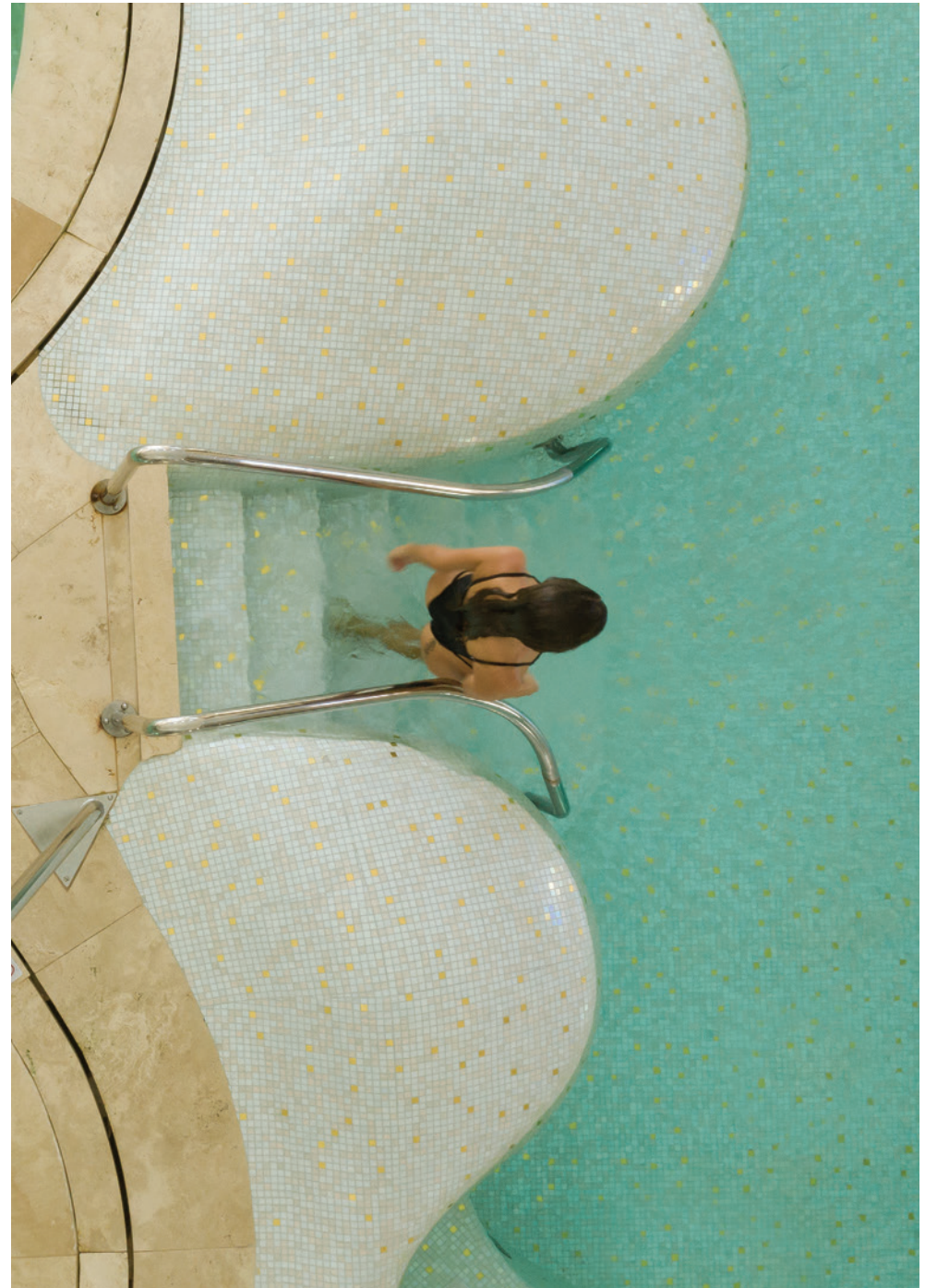
5 days, May 17 - 21, 2024

### COST:

3,855€ (single room) and 3,315€ (per person in double room)

The cost includes VAT and local taxes, with the exception of the Climate Resilience Fee of 10.00€ per room / per night to be settled upon checkout.

The program includes four nights accommodation at The Westin Resort Costa Navarino, four days Full Board meals, spa treatments at Anazoe Spa and yoga sessions.



## DAILY SCHEDULE FOR THE TRANSFORMATIVE WELLNESS RETREAT

The Hormone Balance Clinic will be hosted at The Westin Resort Costa Navarino in Greece. In addition to Dr. Sabine's lectures the program includes anti-inflammatory cooking classes, daily yoga sessions and spa treatments at the award-winning Anazoe Spa, Costa Navarino.

| Day 1:<br>Welcome Hormones<br>& Anti-inflammatory<br>Living  | Day 2:<br>Hormones &<br>Gut Optimization                                       | Day 3:<br>Hormones &<br>Liver Optimization  | Day 4:<br>Cortisol & Stress<br>Reduction for<br>Hormone Balance                        | Day 5:<br>Ongoing<br>Hormone Care                                     |
|--|--|---|--|---|
| Welcome<br>14:00   | Yoga & Meditation practices to enhance gut optimization<br>7:15-8:15           | Yoga & Meditation practices to optimize Liver Function & Lymphatics<br>7:15-8:15                  | Yoga & Meditation for cortisol & stress reduction<br>7:15-8:30                         | Living in Gratitude<br>Yoga practice<br>8:00-9:15                     |
|  | Breakfast<br>8:30-9:30   | Breakfast<br>8:15-9:00  | Breakfast<br>9:15-10:00  |   |
|  | Hormone Optimisation<br>Lecture by Dr. Sabine<br>9:30-11:00                    | Liver & Estrogen Dominance<br>Lecture by Dr. Sabine<br>9:00-10:30                                 | Intermittent Fasting<br>Lecture by Dr. Sabine<br>10:00-11:00                           | Check Out<br>11:00  |
|  | Abdominal Massage<br>Thalassotherapy,<br>Stimulating Jet shower<br>11:00-13:00 | Abdominal Massage<br>Thalassotherapy, Jet Shower<br>Hamam/Sauna for detoxification<br>10:30-12:30 | Beyond Food<br>11:00   |   |
|  |  |   | Abdominal Massage<br>Jet Shower, Thalassotherapy<br>12:00-13:30                        |   |
| Arrival / Check in<br>15:00                                  | Anti-Inflammatory<br>Cooking<br>13:30-15:00                                    | Picnic Lunch<br>12:45-14:30   | Lunch inspired by the<br>liver detoxification lecture<br>13:30-14:30                   | Beach Activities,<br>Mindfulness &<br>Closing Ceremony<br>12:00-14:00 |
|  | Pelvic Floor Health &<br>Physio by Dr. Sabine<br>17:00-18:00                   | Algae Wrap / Fango Wrap<br><i>(80 minutes)</i><br>14:30-18:00                                     | Anti-cellulite Massage,<br>Detoxifying & Cupping<br><i>(50 minutes)</i><br>14:30-17:30 |   |
| Introduction by<br>Dr. Sabine<br>16:30 - 18:30               | Liver Detox Lecture<br>by Dr. Sabine<br>18:00-19:00                            | Meditation /<br>Yoga Nidra<br>18:30   | Testing Hormones<br>Lecture by Dr. Sabine<br>18:00-19:00                               | Free time to explore<br>resort / activities                           |
| Dinner inspired by the<br>anti-inflammatory lecture<br>19:00 | Light Dinner<br>19:00  | Dinner inspired by the<br>liver detoxification lecture<br>19:00                                   | Gala Dinner<br><i>Dress Code: White</i><br>19:15                                       |   |

\*Leisure Time 15:00-17:00

\*Leisure Time 14:30-17:00

\*Leisure Time 14:00-17:30

*\*Disclaimer: The retreat is for general information purposes only and does not purport to provide any medical advice. Medical advice should be obtained only from your personal physician who is aware of your medical history.*



JOIN THE TRANSFORMATIVE WELLNESS RETREAT "HORMONE BALANCE CLINIC" IF YOU:

- Want to dedicate time to your health and learn the secrets of aging gracefully, avoiding disease and uncomfortable symptoms?
- Are you experiencing unexplained symptoms and wish to connect the dots to learn how you can heal naturally without relying on additional medications?
- Want to learn about enhancing your health through the perimenopause and menopause years.
- Wish to spend 5 days focusing on your health, learning from a leading, cutting-edge Doctor and endocrine expert with a holistic approach.
- Seek to elevate your health through a 5-day program led by expert hormone specialists, featuring spa treatments, yoga practices, and an anti-inflammatory culinary experience.
- Are committed to regenerative health and understand that symptoms are optional; learn the tools to optimize your female body.
- Are looking for an effective spring detox, celebrating nature and women's health.

*The retreat does not claim to diagnose, treat, prescribe, overcome or cure any disease or ailment. Those clients with acute or chronic illness must seek advice from a qualified health professional or GP. It is understood that the retreat is to educate guests in key aspects of hormone health creation.*



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For more information: <https://www.costanavarino.com/transformative-wellness-retreat/>

For reservations: [retreat@costanavarino.com](mailto:retreat@costanavarino.com)

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