



THE CYCLE OF WOMANHOOD

Changes and Possibilities

A Transformative Women's Health Retreat

September 26-28, 2025

WHITEPOD Original

Les Giettes, Switzerland

Why This Retreat?

1

Understand Your Body

Gain clarity on hormonal, emotional, and physical changes of peri-menopause and menopause through expert-led sessions.

2

Feel Empowered

Develop tools and a positive mindset to embrace this transition as a time of strength, renewal, and possibility.

3

Personalized Care

Receive one-on-one consultations with top health professionals, ensuring tailored advice and care.

What Makes This Retreat Unique?



Expert Guidance

Led by **Dr. Shirin Hund**, CEO of Virgil Health and a distinguished team of gynecologists, functional medicine experts, yoga instructors, and integrative therapists.



Holistic Approach

Merging academic medicine, Traditional Chinese Medicine, nutrition, movement, and mindfulness practices.



One-on-One Consultations

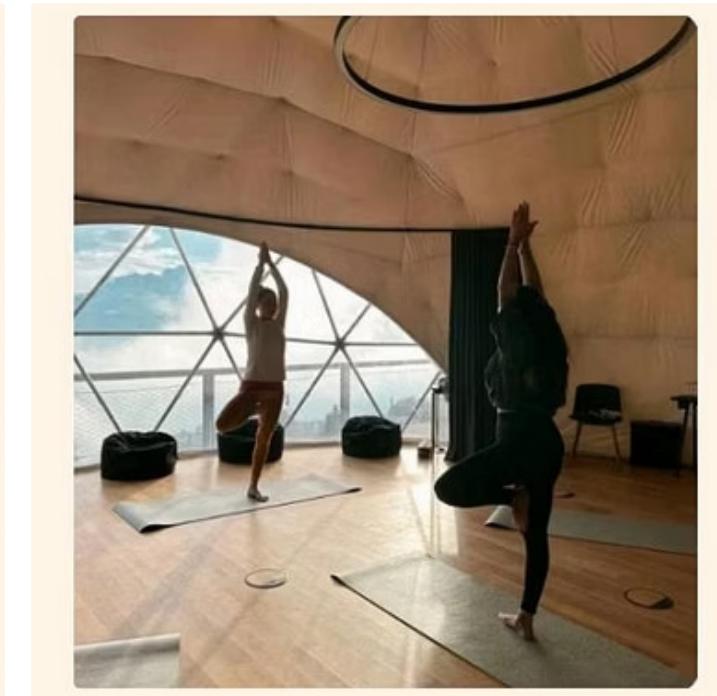
Each participant leaves with individualized treatment plans and recommendations.



Supportive Community

Build connections with women experiencing similar journeys, in an environment of trust and empowerment.

Highlights of the Program



Educational Keynotes

Hormonal health, preventive wellness strategies, and integrative health practices.

Interactive Workshops

Nutrition, cooking, fitness, emotional well-being, and stress management.

Mind-Body Rituals

Yoga, meditation, breathwork, sound healing, and heart intelligence sessions.

PROGRAM

Day 1

Activity	Speaker
Arrival and Welcome Tea	Leila Delarive and Dr. Shirin Hund
Light Welcome Lunch & Guest Introductions (introduce the Workbook and Matrix)	Leila Delarive and Dr. Shirin Hund
Opening Circle: Welcoming Our Cyclic Change	Leyla Selvade
Lecture: Overview of the Transition to Perimenopause/Menopause	Dr. Shirin Hund
Break & Time to Settle In (Journal Your Concerns)	
Lecture: Chinese Medicine Approach to Perimenopause/Menopause and Gua Sha Tutorial	Eden Alexander

Day 1 (continued) & Day 2

Day 1 (continued)

Lecture: Introduction to Hormone Replacement Therapy (15 minute break included)	Dr. Bettina von Seefried
Free Time / Spa / 1:1 Consultations	All Experts
Dinner and Fireside Talk: Health as a Journey	All Experts
Lecture: Heart Intelligence and Women's Health and Closing Meditation	Leyla Selvade
Yoga in the Moonlight	Viktoria Mikkelsen

Day 2

Morning Hike with Functional Training and Morning Meditation	Carol Bertschinger and Leyla Selvade
Nutritious Breakfast	
Lecture: Optimization of Transition to Menopause	Dr. Shirin Hund
Break & Reflection with Journal	
Workshop: Nutrition Power to Your Cycle	Dr. Shirin Hund
Interactive Lunch: Build Your Plate	Dr. Shirin Hund and Hotel Chef

Day 2 (continued) & Day 3

Day 2 (continued)

Movement Session: Sound Bowl, Acupuncture (Kidney focused)	Eden Alexander/Jennifer Lawrence Dale
Lecture: A Woman's Power and Strength	Carole Bertschinger
Free Time / Spa / 1:1 Consultations	All Experts
Dinner & Fireside Talk: Ask the Experts	All Experts
Movement Session: Sound Bowl, Acupuncture (Liver focused), Gua Sha	Eden Alexander/Jennifer Lawrence Dale
Yoga in the Moonlight	Viktoria Mikkelsen

Day 3

Morning Hike with Functional Training and Morning Meditation	Carol Bertschinger and Leyla Selvade
Light Breakfast	
Lecture: The Journey Forward	Dr. Shirin Hund
Free Time/ Spa / 1:1 Consultations	All Experts
Farewell Brunch and Fireside Chat (Ask the Experts) and Guest Check Out	All Experts
Closing, Thanks, Feedback End with Gratitude	
Meditation and Sound Bowl	
Optional Spa Use / 1:1 Consultations	By request

Pricing & Reservations



CHF 2,539

Single Occupancy

All-inclusive

CHF 2,239

Double Occupancy

All-inclusive



Reserve Your Place

Stay in the luxurious and serene pods of WHITEPOD Original.

Spaces are limited for personalized attention.

Email us at: pauline@whitepod.com

Visit us at: www.whiteopod.com