

The Cycle of Womanhood

Changes and Possibilities

A transformative Women's Health Retreat

12th to 14th of June 2026

WHITEPOD ORIGINAL

Les Giettes, Switzerland

ENGLISH ONLY



Why this Retreat?

1

Understand Your Body

Gain clarity on hormonal, emotional, and physical changes of perimenopause 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 the 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.

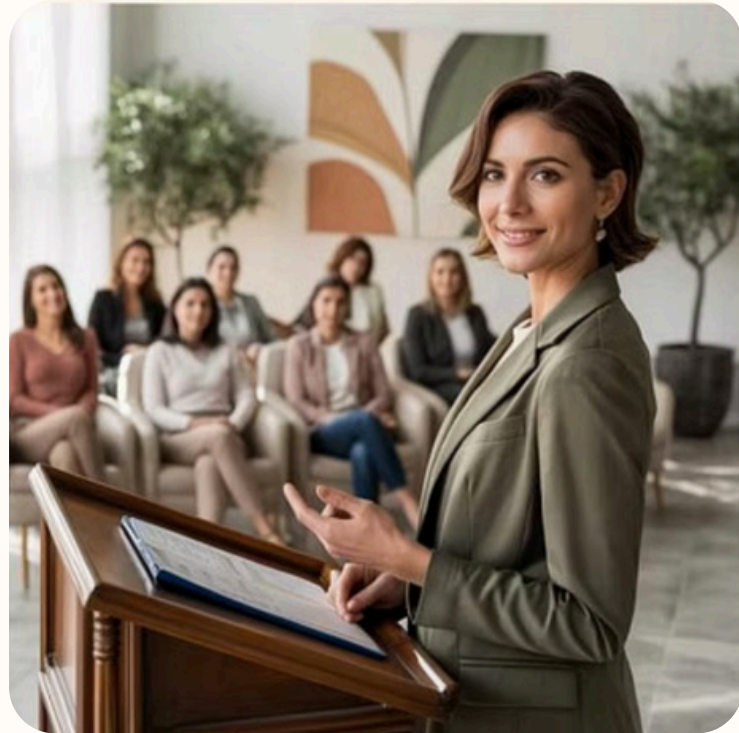
Opportunity for One-on-One Consultations with Virgil Health Experts

Each participant has the opportunity to book one-on-one consultations with our gynecologist, medical doctor, fitness instructor, and Chinese medicine expert and receive 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



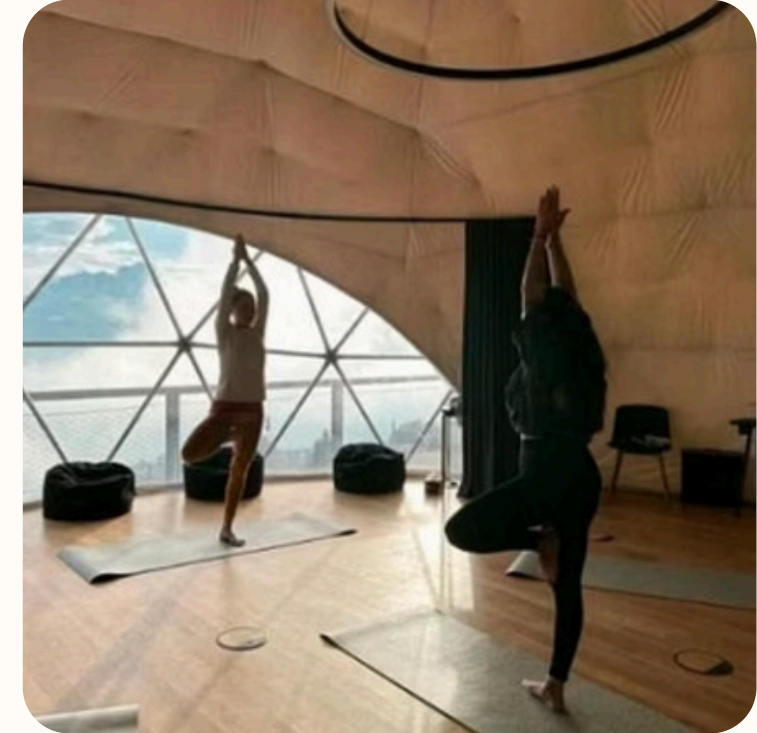
Educational Keynotes

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.

What to Expect During the Retreat

Day 1 to 3

Over the course of three days at Whitepod, participants will be invited to reconnect with themselves through a carefully curated combination of learning, movement, nature and shared experiences.

Each day may include a blend of the following activities, adapted to the rhythm and needs of the group :

Wellness & Movement

- Morning meditation
- Gentle yoga sessions
- Guided movement practices

Learning & Conversations

- Educational talks on menopause and women's health
- Discussions around hormonal balance and wellbeing
- Interactive workshops and group reflections

Nourishment

- Nutritious breakfasts and seasonal meals
- Shared lunches and dinners
- Moments of connection around the table

Personal Time

- Spa and sauna access
- Time for rest, reflection or journaling
- Optional individual consultations

Pricing & Reservations



CHF 2'549.-

Single Occupancy
All-inclusive

THE CYCLE OF WOMANHOOD

12-14 JUNE 2026

Reserve your Place

Stay in the luxurious and serene pods of WHITEPOD Original.

Spaces are limited for personalized attention.

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