

B BARBARA DUCHOW

OPEN LEADERSHIP WORKSHOP

Leadership Development & Ayurveda Detox | Costa Brava, Spain



This open leadership workshop is designed for leaders, entrepreneurs, and professionals seeking clarity, focus, and sustainable performance. The program combines intensive leadership development with an authentic, medically supervised Ayurveda detox in a Mediterranean setting.

Dates:

Arrival: 24 January 2027 / Departure: 31 January 2027 (after 14:00)

Leadership Development Program

- 28 hours of concentrated leadership training (7 days × 4 hours)
- + 45 minutes individual 1:1 coaching
- Focus on presence, impactful communication, working with emotions, decision-making, stress regulation, non-verbal impact, self-leadership, self-awareness, and understanding the signals you send – creating alignment and clarity

Costs

Leadership Training Fee: €1,600

Cure (Doctor / Treatments / Personalized Meals): €1060

Accommodation: €1,463 / €1,589 / €2,443 per room, depending on category

Exclusive transfers to/from Barcelona or Girona airports are available at an additional cost. Full details, including medical information and treatment options, can be found in the attached brochures (EN / FR).

Daily Structure

07:00 – 08:00 Yoga

08:00 – 09:00 Breakfast

09:00 – 13:00 Leadership Program Sessions

13:00 – 14:00 Lunch

14:00 – 19:00 Ayurveda doctor consultations, treatments, sauna, walks, rest

19:00 – 20:00 Dinner

Arrival includes welcome dinner · Departure includes lunch

Ayurveda & Nutrition

- Authentic Ayurveda program under medical supervision
- Individual Dosha diagnosis and treatment plan
- Vegetarian Ayurvedic diet plus 2 fish meals (doctor's recommendation)
- No alcohol

Location

Ayurveda Resort Port Salvi, Sant Feliu de Guíxols, Costa Brava, Spain.

A quiet Mediterranean bay offering light, sea, mild winter climate, and ideal conditions for regeneration and focus.

For personal questions or registration, please contact directly.
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