



ASLI  
WELLNESS

# HER ORIGINS 2026

Womens Transformational Retreat

Izmir, Turkey

September 21-26th, 2026



# Welcome to Her Origins

*Her Origins* is a transformational women's retreat designed to help you slow down, reconnect with your inner voice, and experience healing in community.

Set in the serene countryside of Turkey this retreat blends movement, creativity, therapeutic practices, and meaningful connection to support women navigating transition, growth, and self-discovery.

**This is not an escape from your life, it is a return to yourself**

# This retreat is for women who are:

- Navigating life transitions or seeking clarity
- Feeling disconnected from themselves or their bodies
- Craving rest, reflection, and intentional living
- Longing for meaningful connection with other women
- Ready to explore healing through movement, creativity, and shared experience



**To preserve the depth and intention of this retreat, participants are confirmed following a brief Zoom conversation with the retreat host to ensure the experience is a meaningful fit for everyone involved.**



# Meet the Facilitators



## **Halima Said M.Sc**

Retreat Host & Healing  
Circle Facilitator

Licensed therapist who creates spaces where women feel safe to explore identity, growth, and emotional healing through guided circles and reflective practices. Halima will be providing one on one check ins for attendees throughout the retreat.



## **Dr. Nola Butler Byrd**

Somatic & creative  
Therapy Facilitator

Licensed therapist specializing in somatic and expressive therapies, Nola helps participants process emotions through body awareness and creative expression. Nola will be co-leading the healing circles, & facilitating art therapy and somatic sessions.



## **Dr. Rola Abushaban**

Holistic Women's Health  
practitioner

Doctor in Chinese medicine who provides education on hormones, the body, and how it connects to our emotions. Rola will be leading educational and experiential sessions on the body, herbs, and health with love and gentleness.



## **Raluca Basu**

Pilates Instructor

A highly skilled Romanian Pilates instructor based in Dubai with over 16 years of experience. Her approach emphasizes strength, alignment, and nervous system regulation, supporting both body awareness and emotional grounding.

# The Her Origins Experience

Your days will unfold slowly and intentionally, balancing structured sessions with space to rest, reflect, and integrate.

- *Morning movement and Pilates*
- *Healing circles and guided reflection*
- *Somatic and art therapy sessions*
- *Holistic women's health workshops*
- *Nourishing meals and Solo hours*

Nature, stillness, and community



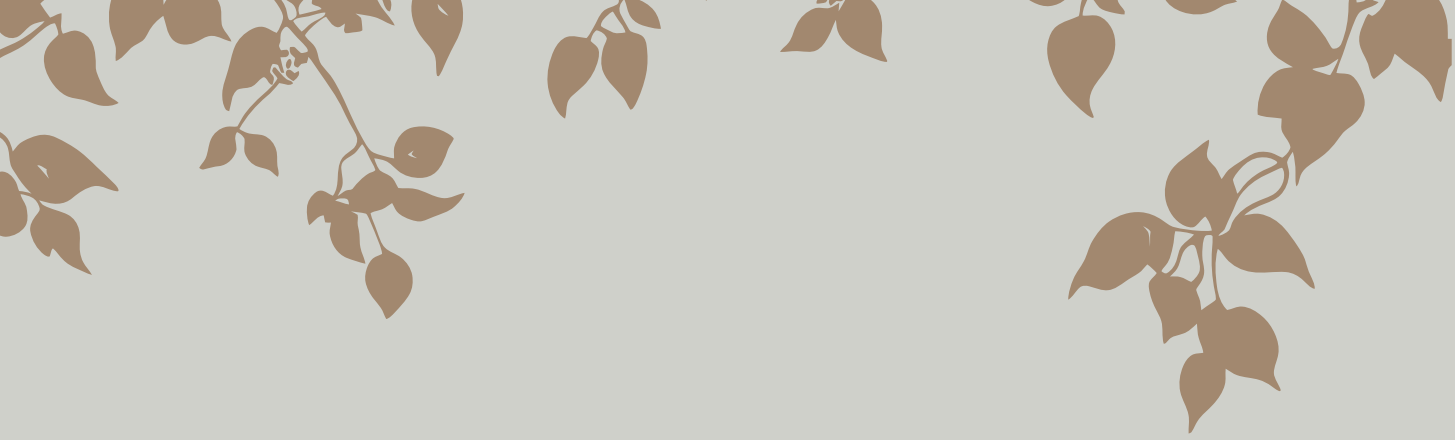


## A TABLE OF NOURISHMENT

Each morning will begin with a traditional Turkish breakfast, freshly prepared and served outdoors in the farmhouse dining area by a Turkish cook, creating a slow and intentional start to the day. Lunches and dinners will be prepared by a popular **Palestinian food creative Hanan Saeed, traveling from New Jersey, USA**, offering deeply nourishing, culturally rooted meals that honor heritage, flavor, and communal connection.

Instagram: (@palestinianfoodie)





## Pilates & Evening Wind-Down

Each day you will begin with energizing morning Pilates sessions with Raluca, designed to awaken the body and bring awareness to it. Through intentional movement and breath, these sessions are intended to ground your nervous system for the day ahead.

In the evenings, gentle wind-down stretches to close to the day. These slow, mindful practices help release tension held in the body, promote relaxation, and prepare you for restful sleep.

**Note: Optional but highly recommended**



# Holistic Women's Health Sessions with Dr. Rola

In these sessions, Rola, traveling from San Diego, California, will explore the connection between women's health, emotional wellbeing, and the body through the lens of Eastern medicine. Blending experiential practices with accessible education, you will gain insight into how stress, life transitions, and stored emotional experiences influence hormonal balance and nervous system regulation.

Participants will be introduced to the relationship between body systems and emotions, offering a deeper understanding of how the body processes grief, stress, and tension. The sessions will also include foundational herbal education, highlighting supportive herbs traditionally used to promote balance, resilience, and women's health. This experience invites a compassionate understanding of the body's wisdom and provides practical tools to nurture long-term wellbeing.

**Instagram: @Avicennaacu @dr.rola\_**





# Somatic Healing & Art Therapy Sessions with Dr. Nola

In these sessions, Dr. Nola Butler Byrd coming from San Diego, California, will guide participants through experiential somatic healing and art therapy designed to support emotional processing and embodied awareness. Through gentle, body-based practices, you will learn to recognize where emotions are held in the body, release stored tension, and reconnect with your body's innate wisdom and capacity for regulation.

Art therapy components offer creative, hands-on experiences that allow participants to explore emotions beyond words. Using simple, accessible materials, these reflective practices help surface insight, process experiences, and support integration. Together, these sessions create a safe and supportive space to understand the body-emotion connection and release held emotional energy.



# Healing Circles

## Led by Halima Said M.Sc

Led by Halima Said, Licensed Therapist from California and Dubai, this circle offers a guided space for women to slow down, reconnect with themselves, and reflect on the inner shifts that arise throughout the retreat. Together, we will explore themes of transition, identity, and the evolving relationship we have with ourselves during seasons of change.

Through shared stories, intentional reflection, and compassionate listening, participants will be invited to process what surfaces during the retreat while being witnessed in a supportive circle of women. This gathering honors the power of collective healing, where vulnerability, connection, and shared experience allow each woman to feel less alone in her journey.



# What Is Included:

- 6 nights accommodation in our charming farmhouse
- Access to private pool and farm
- Daily Pilates sessions
- A dedicated one-on-one check-in with a retreat facilitator
- Breakfast, lunch, and dinner prepared by our private chef
- All retreat program sessions and workshops
- An Asli Gift Bag curated for retreat participants





## What Is Not Included

- International or domestic flights to and from Izmir
- Travel insurance (strongly recommended)
- Transportation to and from the airport (**airport transfers can be arranged as an optional add-on**)
- Personal expenses and additional purchases

# Packing List

- Comfortable clothing
- Activewear for Pilates sessions
- Light layers (mornings and evenings may be cooler)
- Comfortable walking shoes
- Swimwear (if you plan to enjoy the pool)
- A light cover-up or robe
- A book for quiet moments
- Personal meditation or prayer items (if you use them)
- Reusable water bottle
- Personal Items
- Sunscreen
- Sunglasses
- Hat for sun protection
- Toiletries and personal care items
- Any medications you may need
- Small bag or tote for daily activities

# Contact Us



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Register: [asliwellness.com/her-origins](https://asliwellness.com/her-origins)

