



# SHAMANIC SEXUAL ALCHEMY

## DAILY PROGRAM | 12-23 NOVEMBER 2018

This is the 11 day program of the women's retreat here in the Sacred Valley of Peru. The space will be held with love and respect at all times. If there is anything you do not feel comfortable with, you have the freedom to step out of the circle. We will always honour your truth and needs.

Each element will also come with personal exercises for you to do in your own time. This is to deepen your inner connection to Earth, Air, Fire and Water. As well as to your your sexuality and body. This is a retreat of self-empowerment - awakening the full trust in your own inner guidance.

### **Much Love Nalaya**

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### **12 NOV - WELCOME**

- **2PM arrival (after lunch)**  
You will have time to explore the grounds. Choose your room, go for a swim in the pool, rest or read a book. Enough space to gently arrive and get to know your new home.
- **4PM Opening circle**  
Introduction circle, allowing everyone to introduce themselves and share their intention for the retreat. Moment to explain a few details and open for questions.
- **5.30PM Creating the altar together**  
Deeply connected with your personal intuition, we will join together and create a united altar in our temple space. Bring your altar objects, and use the abundant pile of flowers to create a mandala. Conscious movement in silence, deeply connected with intention.
- **7PM Dinner**
- **Free evening**  
There will be a fire outside, to gather, enjoy, share and sing songs. Or choose to be in your own space, in your room and take rest.

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### **13 NOV - EARTH #1**

- **8-9AM Earth Yoga**  
Gentle yoga, breath and meditation to arrive on this place on Earth. To arrive in your body. Arrive in your new home for the coming 11 days. Connect with the element of Earth by becoming absolutely present.
- **9.30AM Breakfast in silence**  
The morning is a special time for receiving clarity. Therefore we will have our breakfast in silence every morning. For you to stay connected inwards with yourself.
- **4-5.30PM Shamanic Drumming Journey**  
Fall into trance through the rhythm of the drumming. This is an ancient shamanic practice - a very powerful way to be guided inwards. Here you will find answers and visions to some of your most intimate questions.
- **2PM Lunch**
- **4-6PM Dance - Self-acceptance**  
A beautiful guided dance to wake up your connection to your beautiful body. Allowing you to fully and deeply connect to the element of Earth, which is your body. This is a personal journey, for you to explore with your eyes closed. Focussed on self-acceptance.



## 14 NOV - EARTH #2

- **8-9AM Silent breakfast**

- **10-16AM Ritual with Native Medicine Woman**

A Despacho ceremony is a very profound offering done here in the Andean mountains. Marcela Pantigozo from the Q'ero lineage will explain how this is traditionally done. A beautiful opportunity to connect to the ancient practices of Peru by making this offering to Mother Earth.

- **5.30PM Dinner**

- **7PM Clearing Your Ancestral Lineage**

Forgiveness ritual to ask for forgiveness and to forgive. A strong prayer for your ancestral lineage and all those who have walked before you. To release unhealthy responsibility and invite guidance and wisdom instead.

- **Free Evening**

Enjoy our private sauna, share around the fire outside, or be with yourself.

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## 15 NOV - AIR #1

- **9-9.30AM Activation of Intuition**

Meditation to deeply connect with the expansive element of Air inside you.

- **10AM Breakfast in silence**

- **12AM-5PM Cacao Ceremony**

Air is the element of voice, communication, expression. Your throat is directly connected to your sexual feminine organs. During the cacao ceremony you will explore this connection through the power of your voice. Unlock any blockages, release what is stopping you from feeling free. The space will be held in a playful and very safe container.

- **6PM Dinner**

- **8-9PM Free Evening**

Moment to book a healing session, massage, tarot reading. Or enjoy your own space.

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## 16 NOV - AIR #2

- **9.30 Yoni Talks**

Open dialogue about sexuality, love-making, pleasure, pain and your sacred feminine organs.

- **11.30AM Brunch**

- **12.30AM Coca Leaf Reading**

Wilma and Marcela are exceptional coca leaf readers. You can come with a specific question or allow the leaves to present you the message you need to hear.

- **2.30PM Lunch**

- **Free Afternoon**

Free space, to swim in the pool, rest, integrate, book a healing session, massage or tarot reading. Do yoga, read or write, or anything that tickles your fancy.

- **5PM Transformational Breath Ceremony**

Breath is life. A breath work ceremony is there to allow deep transformation to happen through a very simple yet profound breathing technique. Essentially to allow you to expand in your life-force, expand from the true essence of who you are.

- **7PM Dinner**

- **8.30PM Yoni Steaming**

The ritual of yoni steaming has been practiced in all corners of the world. It is a deep healing experience as well as an soothing practice of self-love. You will learn about the profound healing benefits of yoni (vaginal) steaming. And experience why this is my absolute favourite ritual! Can't wait to share it with you.

- **9.30PM Make your own herbal mix**

There will be information about the native medicinal herbs we use for yoni steaming. Giving you opportunity to set your intention and connect with the herbs intuitively. You get to make your own personal unique "Yoni Steam package" to take home after the retreat.



## 17 NOV - INTEGRATION DAY

Today you are 100% free to move as you like. There is a possibility to explore some local markets with gorgeous Peruvian handicrafts. Perhaps explore the surroundings by going on a hike. Book a healing session, or simply enjoy the swimming pool and our beautiful spacious garden.

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## 18 NOV - FIRE #1

- **8-9AM Kundalini Dance**  
Powerful dance to activate your Kundalini life force through breath of Fire and dance. To allow your sexual life force to activate it's healing potential. Making you feel liberated, wild and free.
- **9.30AM Breakfast**
- **11.30AM Sexuality as Creative Force**  
You have been created through sexual energy. This is your manifestation power. Learn how to direct your orgasmic creative force for clear manifestation. Deepening your connection with your true soul-purpose.
- **2PM Lunch**
- **4PM Transformational Breath Ceremony**  
It is very beneficial to do a series of breath work sessions. This session will allow full embodiment of the previous session. A breath work ceremony is there to allow deep transformation to happen through a very simple yet profound breathing technique. Essentially to allow you to expand in your life-force, expand from the true essence of who you are.
- **6PM Dinner**
- **7PM Yoni Talks**  
Open dialogue about sisterhood, relationships, family, authentic truth and expression.
- **8PM Devotional Singing**  
Together we sing by candle light. To activate the clear connection from your heart, to the heart of the universe and the heart of Mother Earth. Enjoyment, pleasure, joy are key elements when it comes to manifestation and living your life with purpose. In the state of relaxation you easily attract all that you deserve, effortlessly.

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## 19 NOV - FIRE #2

- **9AM Fire Activation Meditation**  
Connect with the fire within - your sexual life force, energy of creation and manifestation. Ignite the fire of passion in your heart and follow its guidance clearly.
- **10.30AM Breakfast in Silence**
- **12AM Alignment of Masculine Feminine Principles**  
Dive into the realms of these complementary tantric energies inside you. Through introspection and exercise you will dive into union of these sacred energies within.
- **2PM Lunch**
- **3.30PM Intimate Relationships**  
Releasing attachments to the past is needed to move forward. To allow all your relationships to flourish, and to invite your soul partner. We will dive into the mysteries of the womb. You will learn womb clearing techniques and get clear about what has been holding you back. From here true willingness and openness arise. The space needed to manifest your true desires.
- **5-6PM Sacred Sexuality**  
Kundalini activation to connect with the Divine masculine and feminine principles inside you. Feeling a profound new alignment take place. An inner peace through understanding and forgiveness of all that has been. Bringing you to the present: an empowered state to move forward.
- **6.30PM Dinner**
- **7.30PM Fire Ceremony**  
Fire is the element of release and transformation. Fire holds a tremendous power - when we connect with conscious intent, the effects will be immediate. During the ritual we will connect with Tobacco, a master plant known by all native traditions as an amplifier of prayers. *(There will be no smoking. Tobacco can be used in many different ways).*



## 20 NOV - WATER #1

- **8-9AM Yoga Flow - Awaken the Water Within**
- **9.30AM Breakfast in Silence**
- **11AM Full Permission to Feel**

Water is emotion. Women often dive into blame, shame or guilt because they feel “too much”, get overwhelmed by their sensitivity. Today we dive fully in to permission to feel. Dive into the intelligence of your emotions and find inner guidance through your sensitivity. Finding answers to: How to trust what I’m feeling (instead of what I think). What is mine? What is of the other, which I can feel too? What comes from intuition and can I trust? What comes from the mind?

- **1.30PM Lunch**
- **3.30PM Releasing Suppressed Anger**

Boys are not allowed to cry. Girls are not allowed to get angry. During this deep guided journey into your inner child, you will open up to pull out the root of what is stopping you to connect with the authenticity of your anger, and open up to its powerful essence.

- **5PM Dinner**
- **6.30PM Love Your Body**

Your emotions have a hold on your physical health as well as self-acceptance. In this sacred space you get to release self-criticism, judgement and insecurities. Authenticity is the path to , exactly 100% for all that you are, you set yourself free. Enabling transformation, expansion and true empowerment.

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## 21 NOV - WATER #2

- **8AM Water Meditation**
- **9AM Breakfast in Silence**
- **10AM-4PM Water Ritual at Sacred Lake**

Lorena will take us to a sacred lake to make a traditional Peruvian offering. She will guide us into profound self-healing practices of the heart. Afterwards there will be a baptism from the holy waters, setting your vows to yourself, giving yourself permission to be ALL that you are.

- **6PM Dinner**
- **7.30 Energetic Presence**

Experience increasing your awareness over your energetic presence. Learn how to feel safe and secure in your own body and energy field around you. Therefore, instead of the need of protection yourself and your sensitivity - invite new boundaries based on respect, presence and expansion.

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## 22 NOV - COMPLETION DAY

- **9AM Breakfast**
- **10AM-4PM Sweatlodge Ceremony**

This is the moment for complete integration of all the elements. To allow all the profound deep work of self-healing and empowerment to be fully integrated into your being. Today we will be preparing the sweat lodge by: making the fire, heating the stones, saying our prayers. Working together as a powerful circle of sisters.

- **Purpose of Sweatlodge**

The sweat lodge is a known spiritual practice that can be connected to many ancient traditions worldwide. It is a deep profound cleans on a soul-level, allowing you to being reborn into the most expanded version of yourself.

- **6PM Dinner**
- **7.30PM Full Moon celebration**

Closing circle around the fire with song, dance, prayer and sharing. Setting the wild feminine free!



## **23 NOV - CLOSING CIRCLE**

- **10.30AM Breakfast**
- **12AM Closing the Sacred Space**

Final sharing of the group in our temple space. Taking time to give thanks. A moment to honour yourself and all the other women who came to share their wisdom. Together we close the sacred space in recognition and love.

I look forward to welcoming you into the circle!