

INTIMATE RELATING WOMEN'S RETREAT PERU



SUNDAY - 5th of May

11AM Opening Sacred Space

Together we open the sacred space for this gathering with a Heart activation meditation. Afterward everyone will introduce themselves and share their intention for this coming week.

12AM Making Home

Choose your room and explore the gorgeous land we get to call home for this coming week. We are surrounded by mountains and a powerful river. There are many natural spots to explore as well as the temple space in the middle of the center.

1PM Lunch

3PM Creating the altar together

Together we will build a mandala made from abundant fresh flowers. You may bring a special object to place in the altar if you wish. The altar will be the anchor of our work and will hold the resonance of our inter-connected personal intentions.

4PM Connection

Intimate relating starts here. Through gentle exercises we explore connection. What is it that you need to feel connected to the group? What can we offer to create a safe space of intimacy in this precious circle of women.

5PM Shamanic Walk

A Shamanic walk is a meditative walk in which you set an intention or open up to a question being answered. Open your eyes, your ears, your smell and touch. Expand your awareness through your senses and watch how nature responds. Receive clarity through the plants, trees, mountains, birds, and anything unexpected you may encounter.

7PM Dinner

During our first dinner we will initiate our first "Yoni Talks". These are deliberate open conversations on intimate topics. Together we create a safe space for everyone to share their experiences, interpretations or questions. Tonights topic: "sisterhood".

8.30PM Starry Sky

In the evening we gather around the fire. To relax and watch the stars. A simple moment of connection and sharing. To chat and make music.

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MONDAY - 6th of May

8AM Grounding Morning Practice

Intimate relating involves everything. It involves your connection to your body, as well as the connection you have to the Earth. This morning practice is all about that. To assist you in fully arriving in your body, in this place, here and now.



9AM Breakfast

Yoni Talks - Freedom to Express

When did you feel limited in your expression, truth or actions? What do you need to feel free?

11AM Cacao Ceremony

The theme of the cacao ceremony is “attachment versus authenticity”. Recognising the truth within your heart and your womb. Opening this channel so that you can liberate yourself from contradictions and set free that which is preventing more of your authenticity to shine.

1PM Lunch

3PM Continuation of Cacao Ceremony

After you release energy it is highly important to connect to the core of your being. Using this energetic opening for becoming clear and directing your arrow of light with awareness. This is how you create your reality and choose what you attract in life.

5PM Free Time

This is your time to integrate, to explore the natural surroundings, read a book and just be.

7PM Dinner

Gratitude sharing.

8PM Yoni Steaming

The ritual of yoni (vaginal/womb) steaming has been practiced in all corners of the world. It is a deep healing experience on all levels of existence: *emotional, spiritual, sexual and physical*. Besides the medicinal aspect, it is my absolute favourite self-love practice. A beautiful ritual to honour and love your body, your yoni, your temple.

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TUESDAY - 7th of May

8AM Release & Let Go

Using breath and movement to release and let go.

9AM Breakfast

Yoni Talks: Criticism, judgements & projections

Let's dive into our own shadow. See how we can turn around

11AM Your Shadow, Your Power

You were born whole and complete. You were born with a consciousness knowing you are here to fulfil your purpose in the unique way only you can. It is through language, culture and relational dynamics that believe our shadows or imperfections are wrong.

Today we liberate ourselves from this concept. Today you get to embrace your imperfections and see the beauty in your scars. Learn to acknowledge your shadows and how they are your guide to empowerment and liberation of the self.

1PM Lunch

3PM Power of Receptivity

What does it mean to fully let go of control. What does it mean to truly receive. You can wait for trust to arrive, or you can simply trust. And through trusting, watch how the universe corresponds to your new energy.

5PM Free Afternoon

This is your time to integrate, to explore the natural surroundings, read a book and just be.



7PM Dinner

8AM Ancestral Clearing Ceremony

This is your opportunity to fully release unhealthy attachments to ancestral ties and unresolved issues. In this clearing ceremony you allow the power of forgiveness and gratitude to lift the weight. So that you truly can connect in honour and respect to your ancestral lines. Opening space for pure wisdom and guidance to come forth.

Over the years I have seen the most profound healing take place in ancestral clearings. This is truly where intimate relating begins - in your roots, in your blood and bones. Your intention and openness will guide the process. Naturally you will see a transformation arise in all your relationships.

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WEDNESDAY - 8th of May

9AM Breakfast

Yoni Talks: Ancestors

Recalling beautiful memories from the past related to family.

10AM River Offering

At the riverside we will prepare for the sweat lodge ceremony. Through meditation and visualisation you will gather the clarity for your intention. To empower your intention we will make an offering to the river.

11AM-4PM Rebirthing Ceremony

The sweat lodge is a very profound ancient ceremony that is connected to various tribal traditions all over the world. The sweat lodge (or Temazcal) is considered to be the womb of the Earth. Together we will enter this intimate space to sweat, to release, to pray, to sing and to essentially renew yourself so that you can truly invite the new.

7PM Dinner

During dinner we will have a sharing circle.

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THURSDAY - 9th of May

8AM 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, on a spiritual journey. Here you will find answers to some of your most intimate questions.

9AM Breakfast

Yoni Talks: Intuition

How do you know it is your intuition speaking to you? When do you feel that deep trust?

11AM Free Morning

This is your time to integrate, to explore the natural surroundings, read a book and just be.

1PM Lunch



2PM Andean Offering at Sacred Place with Native Medicine Woman

In the ancient traditions here in Peru, offerings are a way of connecting to the divine. It is a moment to connect to the timeless space of presence. To utilise the elements as a way of empowering your intentions to be heard.

Today we will go to a sacred sight together with a native medicine woman who is very dear to me. She walks her path in love, and will share with us tangible knowledge about the Andean tradition that you can easily implement into your life.

The intention for this offering is: empowerment, upliftment and envisioning. This is where we get to connect to our greatness and recognise the readiness for deep intimacy with life at large. By allowing others to witness our prayers, we amplify its power.

7PM Dinner

Gratitude Gratitude Gratitude

8PM Fire Ritual

Fire is the powerful force of transformation. Together we will burn the offering we created in the afternoon. This is the opportunity to release any residue energies that are preventing the core heart of your intentions to manifest into this realm. This fire ritual is a moment of celebration, of liberation, of truly allowing yourself to expand into your greatness.

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FRIDAY - 10th of May

8AM Embrace Your Existence

A profound guided meditation to integrate the new energies from this week long journey. Activate the intelligence of your mind, body, heart and emotions to fuse into oneness. Acknowledge intimate connection you have to the four elements, and how they will continue to guide you after we close this circle.

9AM Breakfast

Yoni Talks: Embodied Lightness

What are you taking home? What has been the most significant insight during this retreat?

11AM Love Your Body Ceremony

A beautiful ceremony of self-appreciation, self-acceptance, self-respect and self-love. Here we create a safe space to acknowledge and be acknowledged. To listen and be heard. To see and be seen. Here we elevate the vibration by truly shining the light on that which already is bright. This is embodied lightness.

1PM Lunch

3PM Closing Sacred Space

Together we close the sacred space for this gathering. In any shamanic tradition or ceremony it is highly important to be aware of “opening” and “closing” space. This will allow full circle to occur on an energetic level from within. This allows for full integration, ease and lightness after you return home.

This is our final sharing circle in which we get to give thanks to ourselves, the other women present, and all the jewels of wisdom we have received through this intimate space of co-creation.