

Retreat Outline

There are two levels to Awakening Within; each level is a five day journey of deep healing, acceptance and opening to one's true feminine potential.

Level One: 'A Guide to Self Loving'

- ⊗ Awaken the senses
- ⊗ Celebrate the sacred feminine
- ⊗ Experience deeper intimacy
- ⊗ Honour and accept the body as the temple of the soul
- ⊗ Learn Tantric yoga, meditation and breathwork
- ⊗ Release blockages that limit true and authentic expression
- ⊗ Understand masculine and feminine energies
- ⊗ Understand the nature of sacred sexuality and the variety of orgasms available to women

For those who want to go deeper Level Two: 'Embracing the Goddess' explores ways to:

- ⊗ Balance and expand chakras through Tantric practices
- ⊗ Connect deeply with the sacred feminine
- ⊗ Enhance orgasmic energy
- ⊗ Experience body de-arming both energetic and physical
- ⊗ Free blockages to expand into orgasmic state
- ⊗ Increase consciousness, intimacy and pleasure through Tantric healing and massage practices
- ⊗ Transform negative ancestral patterns around sexuality
- ⊗ Why men really are the way they are emotionally and sexually

Awakening Within Details

There are two facilitators (one man and one woman) guiding each Awakening Within journey, creating a sacred and safe space that ensures utmost respect for each woman and her individual needs.

The retreats are residential and held over five days with food and accommodation provided. A maximum of 14 women per retreat ensures intimacy and time for each woman to explore, understand and celebrate her deeply personal and sacred feminine essence.

Much of the retreat is based around the circle, in this form each person contributes to the creation of the sacred space where healing and awareness can occur on many levels both personally and collectively.

We are dedicated to supporting women of all ages in reclaiming what is their birthright and cultivating wisdom that empowers and inspires all people to live authentically.

If you'd like to speak with one of the facilitators or would like more details, please contact us or visit our website.

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Awakening within

spiritual sexuality retreats

experience endless pleasure and inner beauty



*To awaken is to answer the call - to take back what has been taken away,
to embrace the goddess within...*

Many of us have been taught to suppress our natural pleasures, to feel shame about our bodies and expressing our sexuality.

These beliefs are invalid and do not reflect our true authentic selves. They only serve to undermine our capacity for happiness.

Most ancient cultures consider body image and sexual expression to be a natural, healthy and essential part of life experience.

To live harmoniously with ourselves means to embrace our spiritual, emotional and physical wellbeing. Conscious acceptance of our bodies and our sexual nature plays a vital role in our spiritual development.

Awakening Within emphasises learning how to play again, while engaging in a series of open discussions and exercises and a voluntary sharing of one's own experience.

Women may come to grips with what it means to be a sensual/sexual human being, not as a mere classroom exercise, but as a sacred ceremony.

There are guidelines established for Awakening Within which make it safe to express your sensuality and sexuality, and celebrate your own body.

Reclaiming our bodies as a source of strength and pleasure gives us further power over our lives with the freedom to design our lives more creatively, and to define love more flexibly.

We learn that the "special someone" we've all been seeking to bring us true love is ourselves. From self-love comes the ability to love others.

Awakening Within helped me feel better about the changes my body has been through after having two children. I never realised how my attitude to sex and my body really mirrored what was happening in my deeper emotional life.

The course has enabled me to feel more freer in my capacity to express my sexuality and experience joy. By exploring my sexual journey, and external influences to my attitudes about myself and my body, I am finding new depths in my relationship of 16 years and in my relationship to myself.

*Carmen, 37
Journalist*

I was always concerned with how I looked to others and what they thought of me. Awakening Within has given me the gift of clarity, acceptance and love of my body and soul.

*Paige, 28
Civil Engineer*

I found Awakening Within to be a beautiful, gentle, challenging, nurturing, refreshing, liberating and in short, life-changing experience. I learnt things about myself and my 49-year-old body that had long been hidden, buried, unknown. I enjoyed the totally supportive environment that was set up and maintained by the facilitators. I was able to trust myself and others and let go.

I laughed out loud (often) and also had opportunities for solitude, deep reflection, tears and healing. I found the exercises to be well paced and conducted in a climate of the utmost reverence and respect for each participant. Healthy food, comfortable lodging and idyllic surrounds made this five days a unique, memorable and lovely gift to myself.

*Gail, 49
Teacher/Counsellor*

