

# Goddess Tara Retreat with Antoaneta Gotea



## Rates

**Semi Private**  
\$425+HST

**Shared**  
\$395+HST

August 21-23, 2017

### Tuesday

Arrival After 12:30pm  
Enjoy Shanti's Grounds  
4:00-6:00pm Gentle Hatha Yoga & Breathing Exercises  
6:15pm Dinner  
7:30-9:00pm Retreat Introduction & Inspiring Talk

### Wednesday

7:30am Self Serve Breakfast  
8:30-12:30pm Inspiring Morning Talk (with breaks) and Practice (Gentle Hatha Yoga)  
12:30-3:30pm Lunch & Break  
3:30-6:00pm Inspiring Teachings & Practice  
6:15pm Dinner  
7:30-9:00pm Evening Session

### Thursday

Light Breakfast Upon Rising  
8:00-10:00am Inspiring Talk & Practice (Gentle Hatha Yoga)  
11:00am Shanti Signature Brunch  
12:00pm Check Out of Rooms  
12:00-2:00pm Closing Session

This unique 3-day Tara retreat with Antoaneta will empower you with several simple and effective practices, from esoteric and Western texts, to awaken the power of compassion within yourself. Living with an open heart can be a daily reality. We often reach out for love to fulfill our personal needs and desires. This is natural; however this is just a limited way of perceiving love. In this retreat, you will learn how to transcend your limited personal relationship with love to reveal something much more profound; an impersonal, unchanging, and infinite dimension within yourself. This deeper dimension of love is not asking for something in return. It is a helping hand for those in suffering. When your love is not your love anymore, but you are love and wisdom, then you will come to understand the true power of compassion. This retreat will assist you in attuning more with your heart than the mind resulting in greater insight into the healing power of truth, love, kindness and compassion. A part of this retreat will include an opportunity to observe noble silence. Namaste.



## 3 Day Retreat Includes

2 Nights Accommodation at Shanti Retreat, 5 Vegetarian Meals, All Sessions with Antoaneta, 1 Infrared Sauna Session, and Use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Hammocks, Canoes and Kayaks, and Walking and Cycling Routes).

## Main Elements of This Retreat

- Presentation of Goddess Tara
- Hatha Yoga Practice (Heart Opening)
- "Heart Breathing" Methods
- Tara Mantra Chanting
- Tara Mantra Japa
- AUM Chanting
- Tara Visualization Practice
- Blowing Upon the Embers of the Heart
- Awakening Compassion Meditation (*Metta* meditation)



## About Antoaneta

Antoaneta Gotea is a senior yoga teacher and the co-founder of Hridaya Yoga. During the last 20 years she has led meditation retreats, yoga courses and workshops on Tantra, Mystical Relationships and the Divine Feminine in Europe, Asia and North America. She spends many months of the year serving, teaching and practicing at the Hridaya Yoga headquarter in Mazunte, Oaxaca in Mexico. She is skilled at holding the space for sacredness and transformation. She creates an intimate atmosphere in which participants feel comfortable going deeper into themselves.

