

Magical Women's Retreat

Chakra Yoga, Mystical Dance & Tantra Techniques with Monika Nataraj



Rates

Semi Private
\$425+HST

Shared
\$395+HST

November 17-19, 2017

Friday

Arrival After 2:00pm
5:00-6:30pm Hatha Yoga
6:45pm Dinner
8:15-9:30pm Tantra Session

Saturday

7:30am Self Serve Breakfast
9:00-10:30am Hatha Yoga
11:00-12:30pm Tantra Session
12:30pm Lunch
1:30-5:30pm Free Time
5:00-6:30pm Tantra Session
6:45pm Dinner
8:15-9:30pm Tantra Session

Sunday

Light Breakfast Upon Rising
8:00-9:30am Hatha Yoga & Dance
Movement
9:45-11:00am Tantra Session
11:00am Brunch
12:00pm Check Out of Rooms
Enjoy the Property Until 2:00pm

Rejuvenate, renew and share in the magic. This special gathering is brought back by popular demand for its 9th season! Discover the secrets of tantra and your own boundless feminine potential in a sacred circle of women on picturesque Wolfe Island. Savour the beauty of autumn during this weekend retreat filled with chakra yoga, sacred movement, evening gatherings, and tantric teachings for women including an introduction to the practices of the jade egg. Monika has shared tantric teachings with women in over 20 countries around the globe since 2005. Awaken the goddess within - your feminine self!



3 Day Weekend Includes

2 Nights Accommodation at Shanti Retreat, 5 Vegetarian Meals, 3 Hatha Yoga Classes with Monika (Suitable for All Levels), 5 Tantra Sessions, 1 Infrared Sauna Session, and Use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Hammocks, Walking and Cycling Routes).

About Monika

Happily not over-identifying with any external "identities", Monika most enjoys dancing the Divine into existence, finding Truth in every breath and sharing this with others. Since 1999, she has lived full time on the road as a "nomadic dancing mystic Shakti adventurer of the soul" studying and practicing with a host of incredible spiritual masters and in turn teaching a bevy of sacred traditions herself. Her current manifestations are the result of a deep passion and dedication to movement mysticism, tantric yoga, meditation, travel and community work. Monika is the creatrix of Mystical Dance® and Shakti Spirit®. She is a pioneer of modern sacred feminine practices and transformational teacher trainings for women. Monika has brought Tantric teachings, Yoga and sacred dance to 22 countries around the globe and to many thousands of people, as she delves into the inner connection of it All. She has journeyed to more than 70 countries across all 7 continents, has embodied varied avocations ranging from professional NYC bellydancer, corporate executive, yoga school co-director, non-profit foundation grant-maker, master scuba diver, teacher trainer, film festival co-founder and Mystical Dancer. She took the name Nataraj -- Shiva in the dancing form -- to remind her always that consciousness and creativity are eternally moving as One. Monika continues to travel and teach extensively in Asia, Europe, North America and South America, at esteemed retreat centers and in the heart of nature.

www.monikanataraj.net

