

10th Annual

## Magical Women's Retreat with Monika Nataraj

Chakra Yoga,  
Mystical Dance  
& Tantric Wisdom

Rejuvenate and renew in sisterhood. This special gathering is brought back by popular demand for its 10th season! Discover the secrets of subtle energy and your own boundless feminine potential in a sacred circle of women. Savor the beauty of autumn during this weekend retreat filled with chakra yoga, movement medicine, evening gatherings, and a special cacao ceremony. Monika will introduce tantric teachings for women including womb practices of the jade egg, yin/yang balancing and compassionate self care. Monika has shared women's sacred practices in over 24 countries around the globe since 2005, and leads teacher trainings. Awaken the goddess within - your feminine self!

### Retreat Includes

2 nights accommodation, vegetarian meals, Chakra Yoga, Mystical Dance, Evening Gatherings, Tantric Wisdom Group Sessions, Cacao Ceremony, an infrared Sauna Session, and use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Hammocks, Walking and Cycling Routes).

### Retreat Rates

**Semi Private**  
\$450+HST

**Shared**  
\$400+HST

### Retreat Schedule

#### Friday

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

#### Saturday

7:30am Self Serve Breakfast  
9:00-10:30am Hatha Yoga  
11:00-12:30 pm Group Session  
12:30pm Lunch  
1:30-4:30 pm Free Time  
4:30-6:15 pm Group Session  
6:30 pm Dinner  
8:15-10:00pm Evening Gathering

#### Sunday

Light Breakfast Upon Rising  
8:00-9:15 am Women's Yoga  
& Dance Movement  
9:45-11:00 am Cacao Ceremony  
& Closing Circle  
11:00 am Brunch  
12:00 pm Check out of rooms.

Please enjoy the property  
until 2 pm.

### About Monika



Monika Nataraj leads tantra retreats and women's transformational teacher trainings in 24 countries worldwide. She weaves a holistic model of empowerment, incorporating wisdom practices of sacred dance, yoga, philosophy, meditation, ceremony and inner work.

In 1999, Monika left her life in New York City, as corporate executive by day and professional dancer by night, to follow the call of her soul. She has spent the past 18 years, primarily in Asia, intensively studying and practicing with masters of Indian Tantra, Tibetan Buddhism, and Sufism. She's had the honor of sharing a bevy of mystical traditions herself for 15 years, to

many thousands of people across five continents.

Monika is the creatrix of Mystical Dance® and Shakti Spirit®. There are 230+ women from 42 countries to whom Monika has offered 200-hour teacher certifications in the tantric arts. Monika is a cosmic nomad, living on the road and in temple service. She is a senior teacher of Agama Yoga in Koh Phangan, Thailand and held a tantra yoga, dance and meditation school in Dharamsala, India for a decade.

To register, email [info@shantiretreat.ca](mailto:info@shantiretreat.ca) or call 613 777 0247  
[www.shantiretreat.ca](http://www.shantiretreat.ca)

