



SHIVA *Shakti* DANCE

RETREAT 2022

EPIC EMBODIMENT
LIFE-CHANGING TRANSFORMATION
DEEP RELAXATION

Saturday 2 APRIL

Arrival from 5pm	We will greet you at the main house and show you where to get settled in.
6:00-7:00pm	Dinner & welcome
7:30-9:00pm	Opening Ceremony

Sunday 3 APRIL

Morning free time	Sleep in, swim in the lake/pool, bushwalking, rock balancing, meditation, journaling etc...
7:30-8:30pm	Breakfast
9:00am-12:00pm	Session 1
12:00-1:30pm	Lunch
1:30-3:30pm	Session 2
Afternoon free time	4pm: Dessert/afternoon tea served in the main house Steam room will be available. 5-5:40pm: Non-Linear Movement Method® Pleasure Practice with Felicity – <i>great for integration!</i>
6:00-7:00pm	Dinner
7:30-9:30pm	Fire Ritual

Monday 4 APRIL

Morning free time	Sleep in, swim in the lake/pool, bushwalking, rock balancing, meditation, journaling etc...
7:30-8:30pm	Breakfast
9:00am-12:00pm	Session 3
12:00-1:30pm	Lunch
1:30-4:00pm	Session 4 - <i>Bring some layers of clothing and/or wear something that makes you feel sensually alive!</i>
Afternoon free time	4pm: Dessert/afternoon tea served in the main house 4:30pm: Movie – 'Kama Sutra: A Tale of Love'
6:00-7:00pm	Dinner
7:30-9:30pm	Awakening the Senses Ritual

Tuesday 5 APRIL

Morning free time	Sleep in, swim in the lake/pool, bushwalking, rock balancing, meditation, journaling etc...
7:30-8:30pm	Breakfast
9:00am-12:00pm	Session 5
12:00-1:30pm	Lunch
1:30-3:30pm	Session 6
Afternoon free time	4pm: Dessert/afternoon tea served in the main house Preparation & adornment for the evening ritual - <i>Adorn yourself and each other with whatever makes you feel beautiful, sensual & radiantly alive, e.g. make-up, body paint, jewels, essential oils, jewellery, sensual clothing/lingerie. (*no glitter, please)</i>
5:30-6:30pm	Dinner
7:00-10:00pm	Temple of Transfiguration

Wednesday 6 APRIL

Morning free time	Sleep in, swim in the lake/pool, bushwalking, rock balancing, meditation, journaling etc...
7:00-8:00pm	Breakfast
8:30-11:30pm	Session 7 + Closing Ceremony
11:30-12:30pm	Lunch
Depart by 1:30pm	Packing up & farewells

Amara Property Map



Please tell someone if you're going out on a lengthy bushwalk or to swim alone in the lake.

If you need anything, we're here:

Holly – [REDACTED]
Ashleigh – [REDACTED]
Felicity – [REDACTED]

If it's not urgent, please send an SMS (...we like naps).