



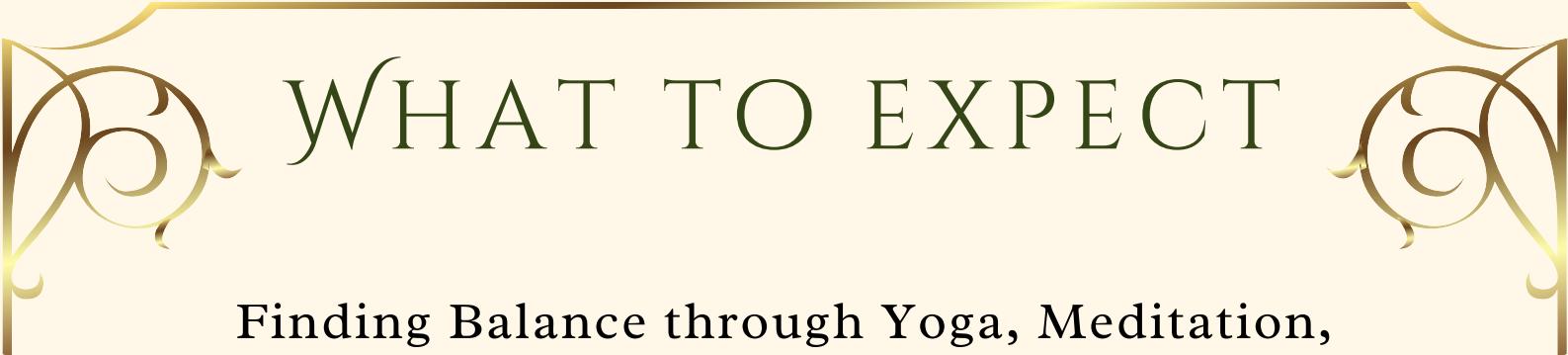
# WOMENS HEALING RETREAT

HEAL YOURSELF THROUGH  
NATURE NURTURE NOURISHMENT

JUNE 10TH - 19TH 2023  
SUNDANCE STUDIOS, MISSION BEACH  
FNQ, AUSTRALIA



WE INVITE YOU  
TO BREATHE, TO HEAL  
AND NOURISH YOUR  
SOUL



# WHAT TO EXPECT

Finding Balance through Yoga, Meditation,  
Breathwork

Reconnecting with your inner child, through  
Improvisation, Song and Play

Coming home to nature through Embodiment:  
Ecosomatics, 4 Elements and Ocean dance

Discovering your womb wisdom within and connecting  
to your female body.

Revealing your creative expression:  
Poetry, Creative Writing and Altar building

Finding ways to embrace your deepest wounds through  
trauma-informed Grief-tending circles

Learning how to integrate all of these practices into your  
daily life.

Healing through Tears, Laughter, Community and CAKE!

# DAILY SCHEDULE

8.00 - 9.30

MORNING PRACTICE

10.00

BREAKFAST

11.30

NATURE, CREATIVITY & HEALING WORKSHOPS

15.00

AFTERNOON TEA & CAKE

16.00

YOGA, SOUND HEALINGS, WOMB MEDITATIONS

18.00

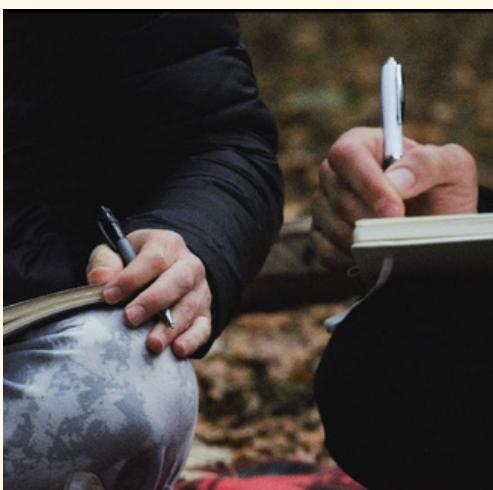
DINNER

20.00

CHANTING & EVENING ACTIVITY

22.00

END OF THE DAY



# YOUR FACILITATORS

Ana



When you find yourself in a state of imbalance it is coming back to simplicity which allows you to become balanced again. This is the essence of what Ana shares and the foundation of her life.

Through her unique combination of yoga asana, Tantra, pranayama, Qi-Gong and intuitive movement, Ana guides you through your own practice. Creating space for you to breathe in your own body, and move in your own way to bring all the energies into balance.

Over the past 7 years, Ana has been sharing yoga with people from all over the world. Helping them to find balance within their bodies, within life, and also to guide women through their own healing process.

Womb Wisdom and Ayurveda have become major philosophies that have merged with all aspects of Anas life. Through the teachings she has received, and the wisdom found through her own experience, Ana is now able to share this wisdom and can facilitate you through your own process of self discovery, and healing of the womb.

Tantric Massage is the newest addition to Anas toolkit. Using conscious touch, Ana's tantric massage is the perfect addition to her work as a yoga teacher and healer.



[www.theintimacyproject.online](http://www.theintimacyproject.online)



[www.instagram.com/ana\\_x\\_chakora/](https://www.instagram.com/ana_x_chakora/)

# YOUR FACILITATORS

Holly



Holly believes that everyone deserves to unlock their own unique power and expression. Their work aims to heal, grow and connect people through creativity, nature-immersion, community and embodiment.

Holly is a qualified embodiment coach, creative/nature facilitator, movement artist and reiki practitioner from London, UK.

Holly facilitates ecstatic dance ceremonies, grief-tending circles, creative day retreats in nature, singing circles, 4 elements practice and ecosomatics workshops. They believe that deep healing and transformation can occur in group, circle and ceremony, especially in nature. However, they also frequently offer 1:1 reiki and embodiment coaching.

Their working background has been in the arts and community; having spent the last 5 years working in a variety of charity and educational settings: homelessness outreach, rehabilitation centres, special needs schools and forest schools.

Their performing arts background also makes for a workshop space full of creative possibility. They have an innate trust in the wisdom and healing potential of the creative process and enjoys working on the bridge between performance and embodiment.

# SPECIAL GUEST

*Karen*



The wonderful Karen will be joining our retreat team as a massage therapist, sound healer and emotional support. Her background is in palliative care and over the years of caring for the aged, has gathered many holistic practices to help people along their healing journey. Including Indian head messaging, Swedish massage and reflexology. What a treat to have her with us.

As well as working with care homes and with private clients, she has also worked with animals and participated in many professional and voluntary positions within healing, caring and natural

Karen has also facilitated meditation and dance circles with sound bowls as a way to heal through the movement of emotions, discovering and releasing stagnant energy in the body, and sharing knowledge from own personal trauma to assist others within their journey.

It truly is an honour to have her as part of the team. Karen will be offering her massage services by donation throughout the retreat. So upon arrival, if you would like a treatment, be sure to sign up quick!





# ACTIVITIES EXPLAINED

## Morning Practice

*'If you can breath, you can do yoga' Krishnamacharya*

Breath focused gentle asana, pranayama and meditation. All guided as a seamless process to bring your energies into focus, and into balance.

## Ecosomatics

A gentle and healing movement practice which taps into our innate wisdom that highlights our body's inherent inseparability to the cycles of our ecosystem. It has been described as an art of remembering and coming home to nature.

## 4 Elements Practice

An embodiment practice which explores our emotional and physical relationship with the elements. There will be workshops dedicated to exploring each element through a guided sound and movement journey; Earth, Water, Air and Fire.

## Altar building

This powerful ritual invites us to visually arrange found components in nature to reflect on a question, idea or situation as means of moving forward. This will be done as a collective and individually throughout the retreat.

## Creative writing

Collaborative creative writing in a fun and peaceful way to set words trapped in the mind free. Through stories, haiku's, nonnets and your own expression, this joyful activities has the power to soothe and set shadows free from the heart.

## Improvisation, Song and Play

These activities generate a group spirit of laughter, joy and play. They comprise of team-building, drama games (no performance involved) and collective singing - these workshops will take place outdoors.

## Womb Wisdom

Through guided asana and meditations, we will connect to our wombs in the same way we connect to our hearts. Through this connection we will learn to listen to the infinite wisdom within, and create space for attachments to be seen and released, for old wounds to heal, and acceptance to be found.

# ACTIVITIES EXPLAINED

## Art of Intimacy

The art of Intimacy is something that has been lost throughout the modern world. Through simple connection meditations and space given we will work on building an intimate connection with ourselves, and open up a dialogue with the heart so we can explore the boundaries created through past experience.

## Ocean Dance

Ocean Dance is a combination of Ecstatic dance with Contact improvisation. A form of dance that requires us to breathe, to listen and to flow with the energy within us, and within our partners. A beautiful practice of self discovery, and embodied healing.

## Abhyanga Massage

Abhyanga Massage has been practiced for thousands of years and many people find remarkable benefits and therefore incorporate this practice into their daily routine.

We will be exploring this practice together and also for self practice.

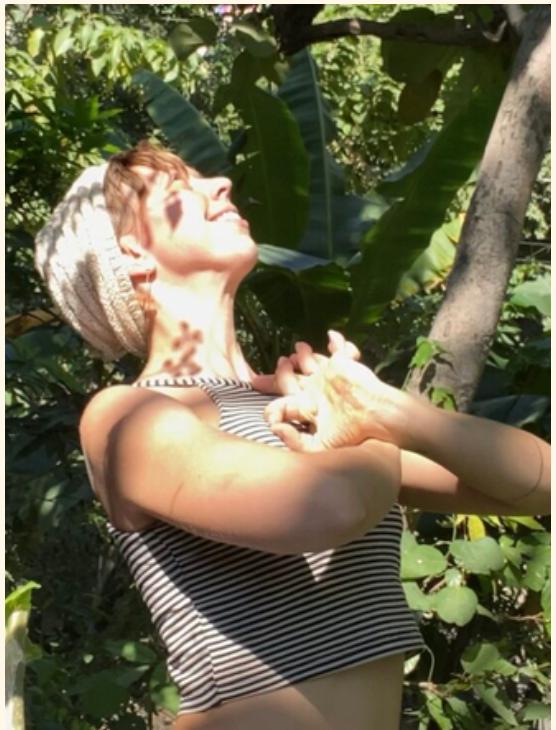
Positive effects of this practice include, reducing blood pressure, improving skin health, promoting lymphatic drainage, reducing muscle stiffness, increasing self awareness, self care, and self love.

## Grief-tending circles

Grief-tending circles are a safe space where people are invited to share any unresolved grief in a raw, unfiltered way. There will be a sharing circle and ritual. All forms of grief are welcome - it is not about death exclusively- it could also be the end of a relationship, the death of a part of you, a difficult experience you havent been able to make sense of etc. Vulnerability and pain will be met with love and listening. This is a practice where no advice/judgement/quick fix solutions will be given - the art of sharing, listening and being witnessed by others is the healing itself.

## Mantra Singing Circles

The power of mantra can not be explained, only experienced. Through chanting together and setting our voices free to dance within the space, these ancient wisdom of the mantras is released and magic is felt.



# WELCOME TO MISSION BEACH



Running from Cairns to Cardwell, the Cassowary Coast is one of the undiscovered gems of Queensland, a quiet stretch of coastline bordered by the Wet Tropics Rainforest and the Great Barrier Reef. Mission Beach (actually four separate towns spread along a 14km stretch of palm-fringed beach) is at its heart. Despite its popularity, the town has retained a dreamy, laid-back vibe and the welcoming locals are never outnumbered by tourists.



## RARE BIRDS

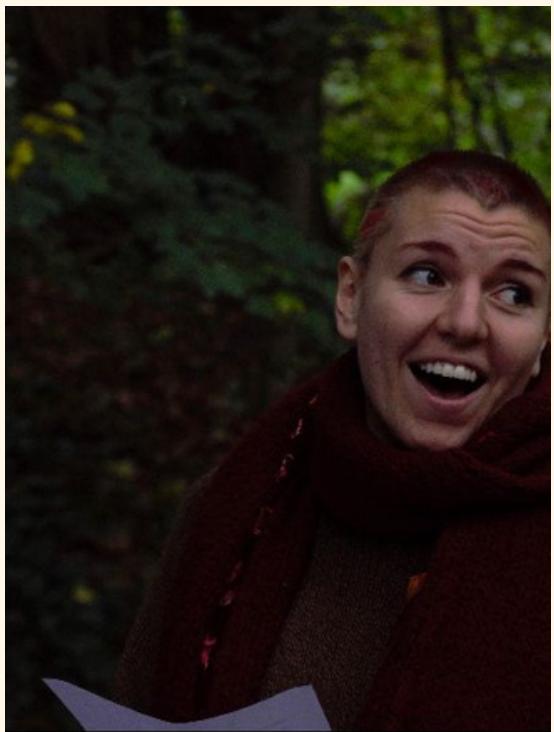


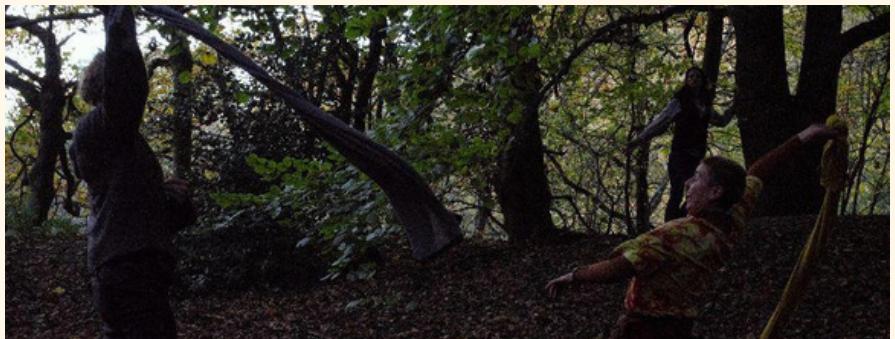
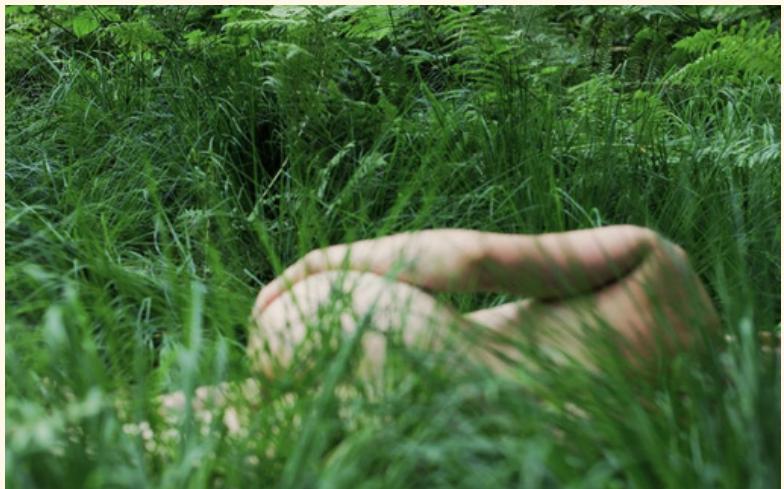
The area around Mission Beach is home to one of the highest concentrations of the endangered cassowary in Australia. These large flightless birds can be spotted walking through fields and gardens, and even occasionally swimming across rivers.



## ADVENTURE STARTS HERE

There's plenty for the more adventurous at heart to: the Cassowary Coast is the launchpad to white-water rafting down the Tully River (about 50km inland from Mission Beach), or you can skydive over the reef and rainforest from Mission Beach. You'll also find an extensive network of mountain biking and hiking trails through the stunning Wet Tropics rainforest.





# ACCOMMODATION

We have 5 spaces available at the house attached to Sundance studio.



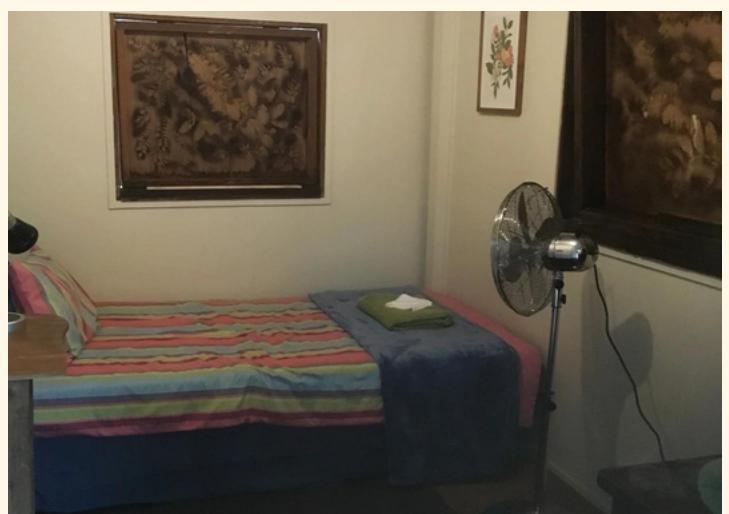
# ACCOMMODATION

Double Room Single  
Occupancy



Double Room Single  
Occupancy

Twin Room: shared  
occupancy (photo  
unavailable)



# ACCOMMODATION

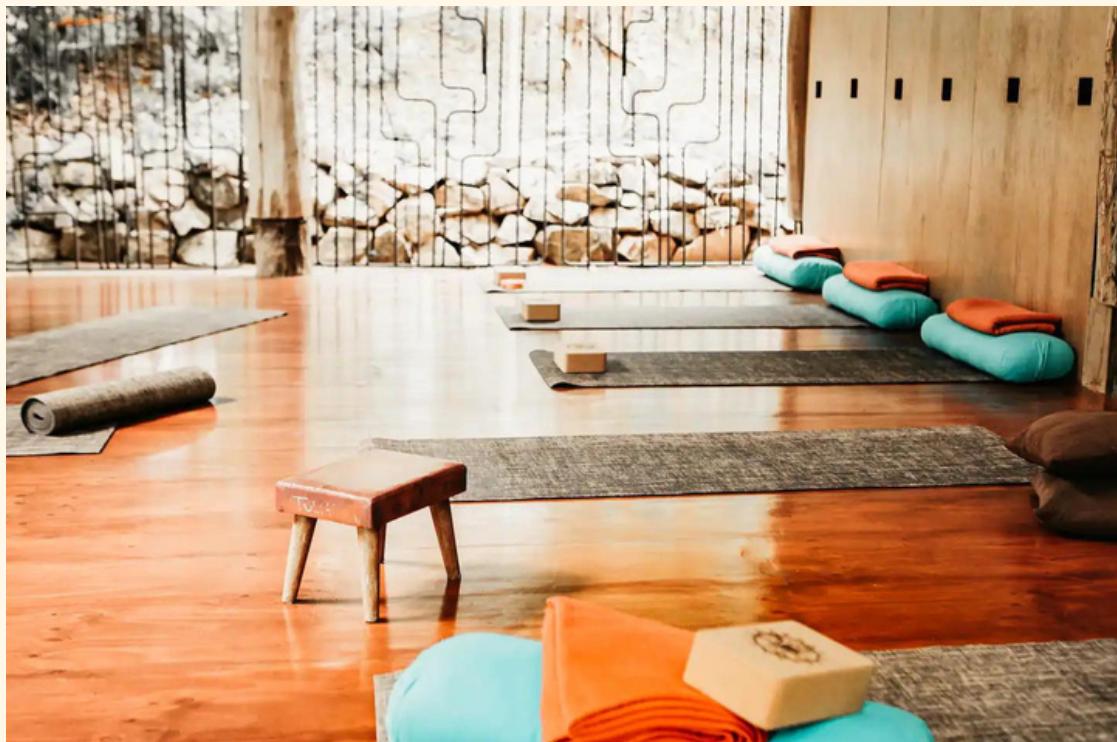
There are many alternative options for those seeking their own accommodation via Air B&B and Booking.com

Camping is also an option if you would like to bring your own tent, and wild camp within the surrounding rainforest.

There is an outdoor shower and compost toilet, and of course you will be able to use the facilities in the house.



# THE STUDIO



Settled into the rainforest, the gorgous open sided studio offers the perfect retreat space for us to gather and connect to ourselves and nature.

'Dancing with Sun Energy is rising to the most magnificent version of yourself, playing with the natural rhythms of light. Accepting self & others. basking in the warm glow and trusting in your Organic Flow.'



# FOOD AND DRINK

THE FOLLOWING MEALS ARE INCLUDED:

BRUNCH  
FRUIT / SNACKS  
DINNER

THE FOLLOWING DRINKS ARE INCLUDED:

WATER / TEA / COFFEE / JUICES

THE FOLLOWING DIETARY REQUIREMENT(S) ARE SERVED AND/OR CATERED FOR:

VEGETARIAN  
VEGAN  
GLUTEN FREE

IF YOU HAVE SPECIAL DIETARY REQUIREMENTS PLEASE LET US KNOW AND WE WILL ACCOMMODATE YOU AS BEST WE CAN. :-)

FOOD WILL BE IN ABUNDANCE, FRESH, ORGANIC AND MADE WITH LOVE







# YOUR INVESTMENT

**\$2222 PER ADULT**

## **INCLUDED IN THIS PRICE**

MORNING PRACTICE | BRUNCH | MORNING WORKSHOPS  
AFTERNOON TEA + SNACKS | AFTERNOON WORKSHOPS | DINNER  
EVENING DISCUSSIONS AND ENTERTAINMENT

### **ACCOMMODATION SUPPLEMENTS**

**DOUBLE ROOM 1 \$900 (1 BED AVAILABLE )**

**DOUBLE ROOM 2 \$800 (1 BED AVAILABLE )**

**A TWIN BED IN SHRED ROOM \$400  
(2 BEDS AVAILABLE )**

**CAMPING WITH SHARED BATHROOM AND OUTDOOR  
BATHING \$100 PP**

### **ADDITIONAL EXTRAS**

TANTRIC MASSAGE WITH ANA

REIKI WITH HOLLY

HEALING TOUCH MASSAGE WITH KAREN GREENBACK

A RESERVATION REQUIRES A DEPOSIT OF 50% OF THE TOTAL PRICE.

THE DEPOSIT IS NON-REFUNDABLE, IF THE BOOKING IS CANCELLED.

THE REST OF THE PAYMENT SHOULD BE PAID ONE WEEK BEFORE THE RETREAT

**TO BOOK, PLEASE EMAIL ANA  
THEINTIMACYPROJECTONLINE@GMAIL.COM  
OR**

**WHATSAPP +147940074913**