



POPPIES IN THE SNOW

INNER TANTRA RETREAT FOR WOMEN OF YOGASOMATICS

7 - 12 January 2020

Dearest Women of YogaSOMATICS,

It is with a spacious heart and warm hara that I invite you to this special 5 day retreat at the Danish seaside in the quiet days of early January 2020. It is a retreat just for women who already have a deeper experience in YogaSOMATICS or SOMATIC BODYWORK and wish to explore practice working with and transforming the sexual energy.

Why "Poppies in the Snow"? I just love this theme . . . Poppies are a tantric symbol used throughout many different wisdom traditions - from both the East and the West. A symbol of the connection with the earth, with the meeting the mystery and bringing our own inner energy out into the world with vivid, bright, unique color.

With Love and Warmest Welcome,
Ateeka

ABOUT THE RETREAT

You will be guided in a very safe and sacred space towards coming home to your beautiful and unique female body, channeling your life and sexual energy and moving into life in an integrated and empowered way.

Ancient meditations from the Vijnana Bhairava Tantra as well as Inner and Outer Taoist/Tantric practices combined with modern somatic awareness guide us from the inside out to discover yourself, your body, your emotions, your very human-ness. The relationship that you cultivate with yourself directly reflects upon the relationships you have with others.

Our tantric meditations can include organic yoga movement, breath-work, dance, safe self-contact and partners massage (fully and partially clothed), sitting meditation, sacred sound, art and creative expression, ritual and verbal sharing. Some of our time will be spent in periods of silence . . . and others in shared communication . . . any who knows . . . maybe even howling at the full moon. All of our practices and meditations will lead toward deeper awareness of your inner self and will help you to cultivate trust in the intelligence, power and flow of your own sexual and life energy. This retreat is open by application only.

We will explore:

- Accessing meditative presence by contacting and refining sexual energy
- How to “come home” to your body through movement and sensing
- The healing power of pleasure and orgasmic energy
- How stimulate, channel and refine the inherent creative power of sexual energy in your own body
- The energetic anatomy of the pelvis and woman’s sexual organs and how to recognize and free held tension in these areas
- How to create safe boundaries in which to explore your sexual energy
- Creative expression (through art and movement) and writing exercises that help give meaning and release taboo-tension around sexuality
- Develop personal rituals of self-care and self-touch including breast massage and yoni egg practice.
- Suggestions for bringing inner tantra practices into an outer tantric expression with a partner.
- The heart’s role in sexuality: awaken your desire for love and intimacy and sexuality
- Explore how sexual energy can lead to deep inner stillness.
- The Path of Softness: Flow is more powerful than force.

TANTRA FOR WOMEN Practitioners Retreat is open to women practitioners of YogaSOMATICS. This retreat is for who already has a good foundation in YogaSOMATICS practices so that we may use our familiar practice as a jumping off point from which to explore new inner movements and energy flows. This is a gentle and non-pressure practice into the ways of a woman. If you are not sure if this course is for you, please feel free to send an email to Ateeka personally to inquire about the appropriateness of the material. Most women find the work liberating, joyful and non-threatening.

Ateeka’s mail is ateeka111@mac.com
www.yoga-somatics.com

January 7 - 12, 2020

Arrivals on Tuesday January 7 in afternoon
Departures after practice and breakfast on Sunday 12 January.

Strandgaarden Retreat Center
Esby Strandvej 8
8420 Knebel, Denmark

Your Contribution

Course cost: 490 euro (deposit paid before 1 September 2019)

Registration/Deposit after 2 September 2019: 590 euro

REGISTER ONLINE by 31 MAY and get a SPECIAL SURPRISE

Accommodation cost: (Depends of the number of participants)

min. 4000 DKR - max. 4800 Dkr. (535 euro - 643 euro)

Includes:

Accommodation in shared bedroom (single room option available for extra fee)

3 beautiful meals per day

Fruit, tea, coffee ad libitum

Strandgaarden is located in the beautiful nature at Helgenæs near Mols Bjerge National Park.

Strandgaarden has its own private beach where you can ice bathe in the crystal clear waters then jump in the sauna! The countryside is lovely for walks and there are sweet and cozy llamas (the animals . . . not the Tibetan teachers . . . ha ha) to pet.

Read more: www.strandgaardenretreat.dk

From abroad, the nearest airport is Aarhus. Otherwise fly to Aalborg or Billund and catch a train or bus to Aarhus. From here you can catch a bus or we can arrange pick-up.

Travel expenses are your own cost and responsibility to organize. If you need some suggestions for how to arrive, please contact course organizer.

To reserve your space:

1. Complete application form ONLINE here: www.yoga-somatics.com/join-tantra

2. Pay deposit of 300 euro (non-refundable)

(you will be sent an invoice for payment upon acceptance into retreat.)

Payment Balance is due: 30. september 2019

Course Organizer:

Birgitte Sondergaard: mail@birgittesondergaard.dk

Mobile: +45 20954660