

embodying the sacred feminine

Annual Women's Retreat

WWW.ELEFThERIA.CENTER

27- 29 January 2023



Have you been yearning for....

heart centred connection?

restoring your grace?

to feel self- love deep in your bones?

the Soul food which only comes from sister circle experience?

Feeling that call to trust your gut and connect to your soul voice?

The Embodiment Sacred Feminine Retreat is

for women who are ready to heal deep, come HOME to sacred self, and restore sovereignty.

It is an experience which is beyond words or time...

It is a safe space in the heart of nature, to be held, to nurture, to activate your feminine core.

Location

Temenos Retreat Center,
McGregor, Cape Town

Date

Friday, 27 January 2023-
Sunday 29 January

Retreat Details

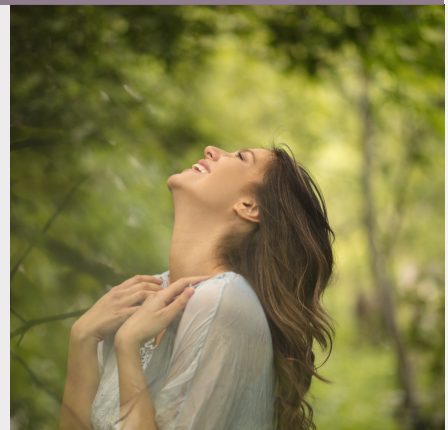
Three day Experiential Retreat



- Rituals for Release
- Healing herbs & Processes
- Real heart-work
- Feminine break-throughs
- Yoga with Thespina
- Embodiment practices

After this retreat you will:

- Reconnect to sovereign self
- Clarify soul focus for 2023
- Discover your unique gifts
- Realign with personal truth, power and purpose



Save the Date

**Friday, 27 January -
Sunday, 29 January
2023**

**McGregor, Cape
Town
South-Africa**

Workbook, Life-time tools, Vibrant Lunches & breakfasts, Gift-bag,
Circle magic + follow-up session.

REGISTER ONLINE TODAY

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Temenos

Retreat CENTER

McGregor



Our Restorative Sanctuary for the Retreat



about the venue

Temenos is a Greek word meaning 'a sacred space'. However there was in ancient Athens a temple to Gaia, the earth mother, called Temenos. At a certain point in its history an earthquake occurred and a crack appeared in the centre of the building revealing a well.

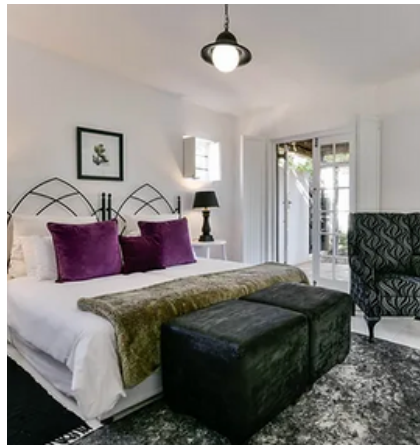
People came from all across the known world for healing by casting honey cakes into the waters. What was remarkable about this temple was that no one was ever excluded from entering it. It was a safe and sacred precinct for all.

Even if an escaped prisoner took refuge within its walls no one could order them to leave. The Well at Temenos represents this ancient sacred site, and everyone regardless of creed or station in life is welcome to come to heal or rest.

Investment

You have three options to choose from.
Attending the Retreat only without accommodation. Retreat + Accommodation single occupancy, or Retreat + Accommodation shared occupancy.

Temenos offers a 50% discount on the third night stay -in case you would like to integrate the experience and sleep over on Sunday night.



Rosemary Package

RETREAT ONLY

*Saturday + Sunday breakfast
Saturday + Sunday lunch
Group Coaching & facilitation
Life-time embodiment tools
Gift Bag
Follow-up group session*

R 4800

Thyme Package

RETREAT +
ACCOMMODATION

*Saturday + Sunday breakfast
Saturday + Sunday lunch
Group Coaching & facilitation
Life-time embodiment tools
Gift Bag
Follow-up group session
**2 night Single occupancy at
Temenos***

R 6700

Sage Package

RETREAT +
ACCOMMODATION

*Saturday + Sunday breakfast
Saturday + Sunday lunch
Group Coaching & facilitation
Life-time embodiment tools
Gift Bag
Follow-up group session
**2 night Shared occupancy at
Temenos***

R 6300

Feel free to contact me with any further questions, or for registration via whatsapp or dropping an email.
I look forward to hearing from you.

| www.eleftheria.center | retreats@eleftheria.co.za | 0829249322 |

Thespina

your sacred
feminine retreat
yoga teacher



*It is an honour to have Peni as our retreat
Yoga Teacher this year!*

Thespina, sees herself as a therapeutic facilitator and uses both Yoga and Craniosacral therapy to facilitate the wellbeing of her clients. She has experience working with all ages from new-borns to octogenarians. She started teaching Yoga in 1982 and has been offering Craniosacral therapy sessions since 2003.

It is an absolute honour to announce Peni as our retreat yoga teacher on this retreat. I met Thespina in 2001, and we connected immediately. Through-out the years (decades) at milestone synchronous moments, I had the privilege to attend her yoga classes, workshops and healed my body and spirit with her support through cranio-sacral healing sessions.

What I appreciate most about Thespina as teacher, is her gift of intuitive body wisdom, her impeccable integrity and the spaciousness she provides her students and clients for empowered healing.

What an incredible to share 'my' yoga teacher with You on my last retreat on this beautiful continent!

Eleftheria

your sacred
feminine retreat
facilitator



Gracious Gratitude

I would Love to share the magic of women's circle with you, in my last retreat
I will host in South-Africa.

Over the last two decades I have had the immense honour, pleasure and privilege to work with phenomenal, heart-centred women. Every story has touched me deeply, inspired me, enriched my own sense of purpose, personal truth and presence.

Thank you, from my heart to yours, for your contribution to
weaving the feminine tapestry.

I truly believe when a woman heals a part of herself, she heals a part of the world -
which we are inextricably connected to.

You are pure magic, you are sacredly woman, you are powerful beyond measure, you ARE
sacred purpose, you are Enough - and YOUR presence here - Matters deeply.

With Luminous Love,

