

SEDONA: Goddess Healing Spiritual Retreat

March 19-24th, 2010

Trip Leader: Shanti Gilbert

Ladies, join Shanti during this unprecedented time of spiritual awakening – when the cosmic scales of light are balanced in perfect equilibrium – when night is equal to day. With winter behind us it's time to celebrate our blossoming life force, to transform our inner darkness to light, and to plant the seeds of a new dream of deeper personal wisdom, understanding, patience, abundance, health, love, and peace. Together this Spring Equinox we'll re-awaken our remembrance of the divine Goddess within.



Sacred Space

The Light House, our private home and retreat center, is a nourishing and intimate place to treat yourself to a much needed rest and rejuvenation. Healthy food, morning stretches, walking to powerful vortexes, sacred ceremonies, and self-nurturing will be our focus. The Birthing Cave and our vortex sites will hold many of our ceremonies where we'll birth ourselves anew, free of old storylines, agendas and dogmas. Our days will be filled with many opportunities for physical, emotional, mental and spiritual healing.

Exploring the Vortexes



Our time together will include; sharing in circle, walking the land and exploring sacred sites, stretching our bodies and minds through activities such as movement class and guided visualizations. You'll participate in pipe, fire and springtime celebration ceremonies. Each person will receive a bodywork treatment from Joumana, voted the best massage therapist in Sedona – and have their astrology chart interpreted by Rosine Fievet, who's been charting for over 3 decades!

Transformation & Healing

The intent of our retreat is to release and dissolve old repressed emotions, played-out dramas, self-sabotaging and limiting habitual life patterns, and to open to planting the seeds of true joy, love, forgiveness, compassion and self-love. To be

reborn, and step into the next chapter of our lives, for our personal and planetary awakening. If you're called to attend our transformational retreat we will be most honored to hold sacred space with you. Intuitively guided and inspired to create this event at this time, Shanti offers healing retreats and sacred ceremonies in preparation for the 2012 paradigm shift.

Itinerary for the Sedona Goddess Healing Retreat

Day 1 March 19 (-/-/d)

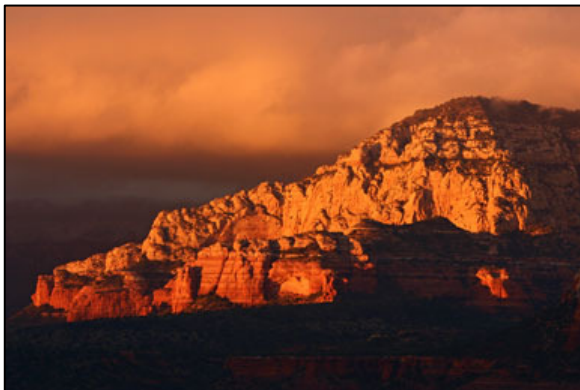
Meet the group at the Light House at 4:00 pm for a group get-together, opening ceremony and restful night. If you are flying into Phoenix you can carpool to Sedona with some of the other participants or take the shuttle! Once settled in we'll have an opening ceremony which may include calling in the spirits of the directions, conch shell blowing and the sharing of intentions. We spend the next four days exploring and moving through the sacred Sedona land. We'll work with ritual, ceremony, meditation and discussion. There's no definite schedule for these days because in Sedona we work with the energy present in the moment!



Day 2 March 20th (b/I/d)

Today is the equinox and the day of balance! After a delicious breakfast, we'll meet for gentle warm-up exercises and stretches. We'll be going this morning to High Priestess Alarya's ceremonial tepee where she will be creating a special ceremony for us to celebrate the Equinox on her sacred land. We'll all participate in this ceremony to honor the time of perfect balance, let go of the darkness of winter and plant our personal seeds for the spring. In the afternoon you can choose to have body work, your astrology reading or just have free time to journal and hike the land. After dinner we will share our intentions with each other and have a pipe ceremony to support and help manifest our intentions.

Day 3 March 21st (b/-/d)



This is the first day of spring! After our breakfast we'll meet in group for stretches and to awake the body. We'll stop in town and pick up lunch for our walk to the birthing cave where we will create our Spring Birthing time together. The birthing cave is a very sacred heart shaped cave that contains its own womb. We'll return to the Light House in the afternoon for free time and rest. In the evening we will create a healing environment together where we use guided imagery and sharing for

our healing process.

Day 4 March 22nd (b/l/-)

We will have our delicious breakfast at the Light House and then have a special process together. After class and time together, we'll take time for a walk/hike in Sedona's sacred land. Later we'll have time to shop, interact and have dinner in Sedona before returning to our home.

Day 5 March 23rd (b/l/d)

We'll spend this final full day together celebrating! After breakfast we'll gather for a fire ceremony that will allow each person to be witnessed in their wholeness with the seeds they have planted during our birth time together. In the afternoon you can either have your astrology session, bodywork or private time with Shanti. We'll gather again after dinner to design a support system for you to employ back home and have a beautiful closing ceremony.



Day 6 March 24th (b/-/-)

We leave Sedona today renewed and with a change of heart. New friends have been made and old friendships made stronger. We look forward to the challenge of bringing this new dream home with us!

Important Information for the Sedona Goddess Healing Retreat



Our Sedona retreat will be taking place at The Light House – a collection of indoor and outdoor spaces created with a complimentary merging of Indonesian, Japanese, Moroccan and East Indian cultures. Its warm, inviting rooms are interspersed with comforting courtyards, peaceful meditation gardens, hanging lounges, tranquil pools and restful waterfalls. The Light House offers a full sensory environment enhanced by inspirational natural and handmade architectural essentials: egg-shaped door knobs, pebble stone walls, hammered tin lights from Asia, custom furniture, mosaic tulip fountains, hand carved doors & banisters. The home has 6 bedrooms and 3.5 baths.

The Light House also incorporates the principles of Feng Shui to create a environment that is energetically aligned promoting harmony, serenity, creativity and vitality. An impressive cleansing crystal is strategically placed in the center of the house to ensure a healthy environment and numerous Feng Shui essentials are

found throughout this residential landmark. There are two ponds; one with large goldfish and the other native frogs and a real mud kiva on your short walk down to beautiful oak creek (200 steps).

What's Included:

- Meals are all included in this itinerary except one lunch and one dinner.
- Five nights double occupancy at The Light House private home and retreat center.
- All spiritual teachings, guided hikes, classes and ceremonies.
- One healing massage treatment.
- One Astrological reading.
- Fire ceremony.
- Equinox tepee ceremony
- Laundry room is available
- Outdoor and indoor fireplace
- Stereo system in the house, DVD & CD capable

What's Not-Included:

- Personal items such as phone calls and souvenir shopping!
- Your round-trip air flight to and from Phoenix, and your rental car or shuttle van to and from Sedona are not-included.
- Bring some cash for tipping for massage services, and for non-included healing services.

Sedona Goddess Healing Trip Costs

The 2010 trip cost is: \$1795.00 USD per person double occupancy. If you need a single the cost differential is \$350.00 for this spiritual retreat. Our retreat home also has a little cottage on the property with two twin beds (but no bathroom, you would have to walk to the house) and the cost for the retreat utilizing that space would be \$1595.00 USD double occupancy.

A deposit of \$500.00 USD with your trip registration forms is preferred by: January 1st, 2010. Final payment is due: February 1st, 2010.



Want to join us?

Give us a ring at 727-421-0849 (or register on the website) – we can't wait to hear from you! This is a profound and heartfelt trip – meant to connect you with your inner divine consciousness. Our intention is for you to become the highest expression of Spirit and light that you can be!