

Your deepest truest self is longing for your attention...

# SHE TEMPLE RETREAT

## Mastering the Art of Being Woman

I am inviting you as one of eight women to the beautiful island of Waiheke to explore your unique self and your connection to the source of all life.

From Monday 11th to Saturday 16th November, 2019  
at [BlackWood Retreat](#) on [Waiheke Island, New Zealand](#)

All inclusive, A\$2,750 per person (excluding GST),  
in single or shared luxury accommodation.

Book and pay by 25th September and enjoy  
early bird rate of A\$2,500 per person.

Exclusive of flights and transfers.  
\$500 deposit to guarantee space.  
Limited to 8 women.

### Your week includes

Luxury accommodation on Waiheke Island.  
Organic homemade vegetarian meals by [LuxeWaiheke](#).  
Daily Yoga with [Steph Nelson](#), an exceptional and

For more details, please visit [my website](#), or email  
[natalielascelles@icloud.com](mailto:natalielascelles@icloud.com)  
with any questions and to request a registration form.

This retreat is a full immersion in the work of transformation.  
It is for women ready to fully engage and  
willing to dive deep into somatic and soul work.

# The Delights of She Temple Retreat

## Where we will:

- Experience soulful sisterhood and intimate sharing with a small group of women.
- Learn the most effective way to meditate for real results, with specific pointing out instructions highly recommended by the Dalai Lama for westerners.
- Heal and strengthen your base and grounding for access to true power.
- Cultivate deeper intimacy with divine/ grace through chanting, prayer dance and other explorations.
- Relax more into the body, releasing the knots and contractions of our history, reawakening parts that are numb and cold.
- Experience powerful group work with Somatic Experiencing.
- Delve into inner yoga practices, dyads, inquiry, movement and feminine healing touch.

## Expect to come away with:

- A daily practice uniquely tailored to you.
- The ability to be present to, and relax into the whole range of feelings in your body.
- Increased interpersonal skills.
- Capacity to attune to yourself and follow your inner compass.
- Ability to quieten your mind and differentiate between mental noise and your intuition.
- More vibrancy and aliveness.

Natalie Lascelles LLB, DipC, MA Psy.

I have been working as an integrative healer and clinical psychotherapist for more than 20 years, helping clients release what no longer serves them, and guiding them to relax into their innate wholeness.

My passion is developing mastery of the art of being human which includes our relationship to ourselves, each other, and the mystery.

