
SHE TEMPLE RETREAT

Mastering the Art of Healing, Being and Becoming



Where: Waiheke Island

When: **20th-26th of March, 2023**

“IT’S TIME: LET US MAKE
SANCTUARY”

— Bayo Akomolafe

Today we dance on what feels like the edge of the precipice. This feverous moment calls upon us to heal our individual and collective trauma to fully embody all of who we are and respond to the need of these times from our unique self.

In this She Temple retreat we take seriously the uniqueness of Self as part of the mystery of the Whole. We will gather in community for deep healing, to cultivate wisdom grounded in being, attend to the world with clarified heart full joy and descend into the innate sensual intelligence of our bodies.

It is in the recognition of the self, our relationships, this Earth, and the mystery of all that is sacred that we honour the specificity of our place in the world and the times we face. Here, in a celebration of Eros, we revel in the feminine, the masculine, the dark, the challenging, the ordinary, the grace, holding space for each other as we dare to respond to life’s longing for itself.

“The times are urgent; let us slow down.”

— Bayo Akomolafe



THE TEACHINGS

Undulating in and out of the 'I' and the 'We', the course is set up in the following interwoven modules:

- ❖ Right relationship to **Self**
- ❖ Right relationship to **Other**
- ❖ Right relationship to our **Ancestors**
- ❖ Right relationship to our **Precious Earth**
- ❖ Right relationship to the **Sacred and Unknowable Mystery**

We will be practicing together to awaken and deepen our soul's commitment through:

1. Trans personal psychological integration and soul work.
2. Somatic embodiment of sacred body/sacred world
3. Ritual, chanting, movement, dance and community celebration
4. Dharma teachings, heart-centred indigenous meditations and yoga practices



THE LAND

*Immersed in the stunning nature Waiheke
Island offers ...*

You will be staying at Puriri Valley in Church Bay, nested in luxury accommodation with ocean views and the sweet smell of Manuka trees. Click [here](#) for more information.

Teachings will be held across the road at Natalie's home and temple.

ABOUT NATALIE LASCELLES LLB, DipC, MA Psy.

I have been working as an integrative healer and clinical psychotherapist for 30 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, our Earth and the mystery of all that is in this time of metacrisis.

DAILY SCHEDULE

Morning Sadhana:

- ❖ Includes: ritual, chanting, pranayama, meditation
- ❖ Movement: yoga with Steph

Morning Session:

- ❖ Includes: teaching, inquiry, embodiment

Lunch

Afternoon Session:

- ❖ Includes: teaching, soul work, enquiry, dance and somatic embodiment

Break

Evening Session:

- ❖ Includes: community rituals, integration and meditation.

NOURISHMENT

Curated and cooked with care by Waiheke chef Antony McNamara, the meals provided everyday are healthy and vegetarian.

PRICING

Total: **\$4950 (Incl. NZ GST 15%)**

Price includes:

- ❖ 6 nights in luxury accomodation
- ❖ 3 Delicious and healthy meals per day
- ❖ Daily yoga sessions with Steph
- ❖ All retreat sessions
- ❖ Transfer from Waiheke ferry
- ❖ Dinner at Poderi Crisci/Mudbrick

"I recently returned from an incredible 6-night Goddess retreat hosted and run by Natalie on Waiheke Island, NZ. I had already been seeing Natalie as a private client for a little over a year, but knew no one else on the retreat. Due to my trust in Natalie and my desire to go deeper into myself, I made the decision to go to NZ and can quite honestly say, it is one of the best decisions of my life.

Natalie curated every single detail to perfection - the accommodation was sublime, the vegetarian meals were outstanding, not to mention the beautiful group of women who I met and bonded with I now call close friends. Right from the start there was a very intimate feeling amongst our group of women and under Natalie's guidance we were able to relax into and support each other through huge transformational shifts. Each day Natalie would tap into the mood of the group and if necessary change the material for that day, so there was always a lightness and spontaneity to the days which I loved. There was also plenty of time for yoga every morning, swims and long walks in the evening.

It is rare, in our busy lives to have the time and space to openly address the unresolved issues in our lives. The beauty of Natalie's retreat is that you feel safe enough to really dive in and go for it! I left Waiheke feeling deeply connected to everyone and everything around me and full of compassion and love for my true self. To this day, I continue to feel the after-effects of my week in Waiheke and am already planning this year's retreat!"

— Annabelle



TESTIMONIALS



"I was lucky to attend Nat's women's retreat on Waiheke. I felt sure that a retreat run by Nat would be a wonderfully worthwhile experience, but this surpassed my imaginings on every level. Waiheke itself is breathtakingly beautiful, the accommodation and food were wonderful, the group of women who Natalie invited all connected on a very deep level and very importantly the retreat and all its processes facilitated fundamental transformation and shifts in all of us, which I can say from my point of view are continuing to happen.

Nat's inherent creativity and spontaneity allowed her to adapt the program of the retreat as it went along, tailoring it in a way that was most productive to everyone's progress. Under Nat's inspiring guidance the retreat allowed me to come to a place of deep centeredness and groundedness, enabling me to tune into and work with my bodies own intelligence, access my power and creativity and connect me to a much greater and more expansive energy, giving life a sense of fullness and potency that I hadn't experienced before. The intimacy and feeling of sisterhood that existed between all the women at the retreat, meant that I felt completely safe and supported in openly addressing the major challenges in my life."

— Fiona

BOOKING INFORMATION

Numbers are strictly limited so please book early to avoid disappointment.

Text Natalie on +64212283583 for any further inquiries.

More details will be provided upon booking.

50% deposit due at time of booking.

Remainder due 20th December, 2022.

Full amount: \$4950 AUD (Incl. NZ GST 15%)

Deposit: \$2475 AUD (deposit non-refundable, but transferable to another retreat and valid for 24 months).

Click [here](#) for Natalie's Website.

PAYMENT

Direct deposit or PayPal

Bank Details:

Natalie Lascelles

NAB

BSB 082187

Account No. 454843731

