

# TANTRA YOGA & GODDESS EMBODIMENT RETREAT -IBIZA -

31th August-7th September 2019



**Unique signature retreat with Yoga Tantra, Tantra  
Sacred Dance, Heart Tantra & Goddesses Practices**

**Level 1**

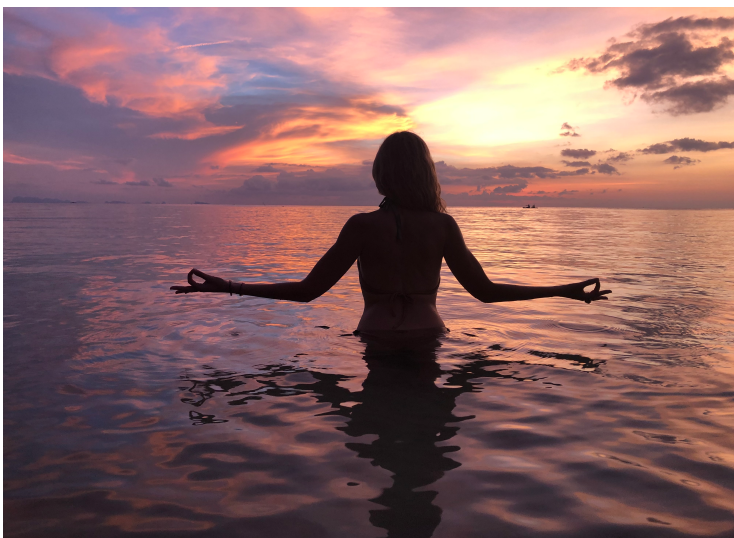
# TANTRA, YOGA & SACRED DANCE

## Unique Experience with Yoga, Tantra & Sacred Dance Program to reconnect with your true essence:

Tantra is an ancient Feminine path to connect with your inner true essence with acceptance using your entire being, finding balance, happiness and peace inside out.

We've designed this beautiful retreat experience for women all over the world. A safe space that will offer you comfort, guidance and education, to explore your pure, authentic and free Feminine essence.

Here you will have the opportunity to be introduced to Tantra Yoga, to awake the Goddess within you through Goddess Wisdom and Embodiment, Tanta Sacred Dance and real Heart Tantra practices for women, empowerment, exploratory & Sacred Ceremonies.



No prior level of Yoga, Dance or Tantra is required. It is suitable for all levels as the body is only engaged in a very gentle and soft way and focuses on the subtle layers of the body and inner sensations. There is no performance and no active exercises.

**"A FLOWER DOES NOT THINK OF COMPETING**

**WITH THE FLOWER NEXT TO IT. IT JUST BLOOMS." - Zen Shin**

# Unique Ancient Feminine Wisdom decoded & simplified for Modern Women

Our offering is based on four ancient codified systems that we have updated and simplified to make them accessible without previous and long traditional initiation.

**Yoga Tantra** is a form of the Yogic Technique path for gradual realization. In Tantra Yoga we work and embody our energetic field, we balance our feminine and masculine energies (Lunar and Solar).

The purpose of Yoga Tantra is into bring us in contact with the reality of the Goddess directly within ourselves. The Goddess is the bliss of Being, and we can never be content unless we realize this joy within our own hearts.

Undo popular misconceptions about this ancient and powerful yoga lineage, and discover a profound healing tradition to transform your practice and your life.

**Tan = To Expand**

**Tra = To the Fullest / Liberation**

**Yoga = Union with**

**Yoga Tantra: BE THE MOST EXPANDED YOU**



**Heart Tantra for women** is to bring awareness for growing and opening up your heart in order to free yourself and come back to your true nature with acceptance and love.

We will explore ancient Feminine practices, the power of the positive Feminine chakras and the transmutation of the limitations and shadows into love potential and self confidence with the support of the energy of the heart and the expansion of the senses.

**Goddess Wisdom and embodiment Dance** allows to integrate the archetypes and cosmic energies of the Tantric Goddesses and open up your body and soul to express in a wild and free Dance. Experiencing the connection with the Tantric Goddesses wisdom in all their expressions, activating your Shakti energy flow, releasing anything that does not longer serve you, will unlock your inner power.

**Tantra Sacred Dance** is an ancient and very sacred and subtle meditative dance which will allow you to go to the deepest layers of your being, unfolding the sacred feminine mystery and reconnecting you to your inner radiance, Goddess Essence and true potential. Witnessing the dances of other women and becoming a pure vessel of transmission was the secret form to create an exclusive space to receive Divine teachings and blessings. To become a channel and Dancer of the Universe is the most beautiful gift from the Divine Feminine.

**This is a unique signature retreat to reconnect with your true self through the ancient feminine wisdom of the purest and most sacred practices of Tantra, combined with the magnetic energy of Ibiza Island.**



**Are you ready to let emerge your true essence?**

# WHAT IS UNIQUE IN THE RETREAT?

\* You will rejuvenate your body and empower your Femininity with authentic ancient Tantric practices and ancient meditations for women.

\* You will reconnect and get to know your inner Goddess essence with an exclusive Priestess ritual.

\* You will be initiated to the sacredness of the Cacao ceremony in a Shamanic way with a channelling of the nature, you will be initiated to a ceremony from the Amazon and you will be initiated to a true Ancient Temple Priestess Ritual.

\* You will be initiated to Tantra Sacred Dance.

\* You will work with guidance your inner Shadows and Light, meeting your true essence in a beautiful relationship.

\* Women only retreat will offer a nourishing support system allowing yourself to express your feelings, get in touch with your true emotions, in an optimal condition for self inquiry.

\* You will have the space to unleash your authentic womanhood allowing yourself to truly shine.

## Example of a typical day of retreat\*:

|               |   |
|---------------|---|
| 8h30- 9h30:   | Yoga Tantra   |
| 9h30 -10h30:  | Meditation - Pranayama  |
| 10h30-11h30:  | Breakfast buffet  |
| 11h30-12h30:  | Goddess Wisdom Circle / Each day we will study the wisdom of a different Goddess  |
| 12h30:13h30:  | Goddess Dance Embodiment  |
| 13h30-        | Free time (you can enjoy the private swimming pool and lounge spaces in the garden or to go to the beaches closed by walking distance)) |
| 17h00.-18h00  | Heart Tantra practice – (will be substituted one day by a Sunset ritual at Es Vedra)  |
| 18h15- 19h30: | Initiation to Tantra Sacred Dance (One session will be dedicated to the ritual of giving birth to your Goddess essence)                 |
| 19h30-20h00   | Compassionate Sharing   |
| 20h00         | Dinner  |
| 22h00- 23h00: | For 3 nights, we will have Goddesses nocturne rituals, (The other nights will be free)  |



\*Suggested to modification according dynamic and progress of the group, and weather conditions.

- 1 Cacao ceremony
- 1 Sananga ceremony (optional)
- 1 Sunset spiral ritual to Es Vedra

**Working process with the 4 elements realizing your limitations & inner shadows towards the integration of your potential & light during New Moon.**

\*\* (This retreat is not proposing any sexual practice).

# WHERE AND WHEN

## Date:

Check-in is Saturday the **31th August 2019** from 15hoo.

Check-out is the **7th September** at 11hoo

## Location:

The venue is located in Prana Retreat in Santa Eulalia (Santa Eularia in local language) at 17 km from the International Airport of Ibiza and at 12 min walking from the beaches.



[https://www.google.com/maps/place/Prana-Ibiza+Retreat+Centre/@38.9913015,1.5402703,15z/data=!4m2!3m1!1soxo:ox15a87ff6983358e7?sa=X&ved=2ahUKEwiF9OyxtaziAhVP-YUKHTLACTwQ\\_BlwDHoECAwQCA](https://www.google.com/maps/place/Prana-Ibiza+Retreat+Centre/@38.9913015,1.5402703,15z/data=!4m2!3m1!1soxo:ox15a87ff6983358e7?sa=X&ved=2ahUKEwiF9OyxtaziAhVP-YUKHTLACTwQ_BlwDHoECAwQCA)

The island is accessible by air with direct international and national daily connections, or by Ferry from the Iberic Peninsula.

The lowcost companies offering flights until Ibiza are Vueling, Easyjet, Dolotea, Ryanair, Jet2cost. The other companies are listed in the link below:

<http://www.aena.es/es/aerolineas/listado-companias-aereas.html>

The companies offering ferry from Denia, Valencia and Barcelona are Balearia, Trasmapi, and Mediterranea.

## Accommodation:

Shared twin rooms in luxury private house with swimming pool, garden, lounge, yoga shala, roof terrace, at walking distance from beaches.

*There is the possibility to have a single room with extra fees (see conditions).*

Fresh breakfast buffet and vegan dinner are included, as teas and fruit all the day.





# FACILITATORS

## Cony Faine

With a degree in Psychology, Cony is also a certified Counsellor and Life coach. As well as completing over 1100 hours of advanced Yoga teacher training, including Meditation, Pranayama, Traditional Tantra and Hatha Yoga. She is as well an Usui Reiki Master who is passionate about dance and movement.



As a Psychologist and certified yoga instructor, Cony has years of experience in helping people move forward in life through revealing and highlighting hidden or lost aspects, and providing the necessary tools and reflections for their development. Being her mission to help others to reconnect and grow in their connection with their body, their hidden potentials & understanding of their true essence. Through a beautiful Dance between body, mind and soul, Cony is a passionate Wellness and Yoga & Meditation facilitator out Dance and movement.

**Following her passion and dream of doing what she loves, Cony offers an authentic mindful & embodiment into exquisite Tantra Yoga Classes, to reconnect to the power of the sacred feminine.**

She is from Chile, have been living for years in New Zeland and now she is travelling the world sharing her expertise.

## Anna Lucas

Before she became a certified teacher in Heart Tantra, Traditional Yoga Tantra and Tantra Sacred Dance, and using the techniques of Prana Healing and Dearmouring, Anna was a successful executive manager in a men corporation, travelling and living in different countries.



After having had a revelation of her eternal being and reconnecting with her true essence and freedom, she had been moved by the will to share the process of inner alchemy and self transformation she had been given. She decided to let it all behind to help other women and men who are facing the challenges of the awakening in their mind and bodies.

**She is specially committed to reconnect women with their Sacred Feminine and to guide them in the process of healing, inner empowerment and tantric self development to plant the seed for individual and collective evolution and to teach the secrets of the energy of beauty and love.**

Anna is French and Spanish and is today traveling the world and giving one to one sessions and workshops to women and men. Sharing the transmissions Anna received from her own direct spiritual experiences and from her Amazonian Women Shaman's Family, Tantric teachers and Priestess lineage.

# FEES

## Price of the package:

. 1,777 euros with payment of 800 euros at booking and payment of the rest the first day of the retreat.

-1,600 euros without dinner (same conditions of payment).



Please contact us to  
[info@tantrawomenretreat.com](mailto:info@tantrawomenretreat.com) to  
receive booking and payment details

\*If you are a professional doing photography,  
video and edition, the value of the classes can  
be partially exchanged, please contact us to  
check possibilities\*

Limited to 14 persons, Don't miss your spot!!!

## What is included:

- 7 days & nights in shared twin rooms in private luxury venue near beaches, in the beautiful and magnetic island of Ibiza.
- Daily Fresh breakfast buffet, vegan dinner, tea breaks and fruits.
- Daily Yoga Tantra class.
- Daily Meditation and Pranayama class.
- Daily Goddess teachings and embodiment practices.
- Daily authentic Tantra class for women following a process.

- Daily women circle and sharing.
- 3 nocturne rituals and ceremony (Cacao ceremony, Sananga ceremony, Es Vedra Sun Set ritual with transport until Es Vedra included).
- Certified teachers in Traditional Yoga Tantra, Heart Tantra, Tantra Sacred Dance, life coaching and Psychology.
- Facilitators speak in English and Spanish.

## What is not included:

- Transport until Ibiza and the venue in Santa Eulalia.
- Lunch and extra drinks.  
(Breakfast buffet is included and is late in the morning. You have 3 hours of free time you can use to go to the beach and have lunch as you prefer. There will be fruits and tea available all the day. Supermarkets are at walking distance. We can eventually arrange lunch with an extra of 25 euros per persons on demand.
- Extra for single room is 350 euro.
- Personal insurance. If you are not from the CEE, we recommend you to contract a travel insurance.

## Conditions:

In case of cancellation from the student, the booking fees of 800 euro dedicated to guarantee the accommodation will not be reimbursed as initial condition from the venue.

The rest of the fees can be reimbursed unless the request is done at least 33 days before the beginning of the retreat.



If you need further information, don't hesitate to contact us to:

[info@tantrawomenretreat.com](mailto:info@tantrawomenretreat.com)

Or through the website <http://www.ladiosa.com>

Love and Beauty,

Cony & Anna

