

## **Sacred Svathisthana | a sacral chakra healing retreat for women**

Immerse yourself in a transformative journey of self-discovery and healing at our Svadhisthana Chakra Yoga Retreat, exclusively designed for women. Nestled in the serene embrace of nature, our retreat takes place in an enchanting Mongolian yurt, nestled creek and forest side. The gentle symphony of nearby rapids creates a soothing backdrop, enhancing the ambiance of tranquility and connection.

Dive into the realm of the Divine Feminine as we guide you through a harmonious exploration of the sacral chakra. Each day is a symphony of healing practices, carefully curated to facilitate your connection with your inner self. Morning sessions begin with invigorating breathwork, followed by mudra and mantra exercises that channel and elevate your energy.

Guided meditation will help you to delve deep within, nurturing the intimate connection with your sacral chakra. Lunch is a nurturing experience where a deliciously catered meal will be served, aligning with the rejuvenating atmosphere of the retreat.

Afternoons unfold with restorative yoga sessions, infused with the transformative power of reiki energy. Each movement is a dance of healing, fostering a profound sense of balance and renewal within. As the sun begins its descent, a crystal singing bowl sound bath envelops you, resonating with the harmonious vibrations of your chakras.

Throughout the retreat, experienced facilitators lead you on a journey of self-awareness, empowerment, and connection to the Divine Feminine. Our goal is to create a sacred space where you can release blockages, awaken your creativity, and nurture your emotional well-being. Join us in this harmonious embrace of nature, sound, and ancient practices, as you embark on a path towards greater self-discovery and healing of the sacral chakra.