

*Embodied Feminine Journeys*  
*Wise Woman Rising Retreat*

*North Bali*

*June 12<sup>th</sup> – 18<sup>th</sup> 2020*



ARTWORK kindly granted by AMANDA SAGE <https://www.amandasagecollection.com/>

At menarche a young woman enters her power  
Throughout her menstruating years she practises her power  
At menopause she becomes her power

~ Native American Saying

## Welcome to Embodied Feminine Journeys North Bali Retreat

I had a vision of running this retreat when in Bali 1 year ago.

It was there I planted the seed.

The seed has been watered for some time now and its finally being birthed.

Embodied Wise Woman's Journey Bali Retreat 2020 is a gathering for women who have transitioned or are transitioning into moon pause, the last phase of a woman's rite of passage. In our common language this is the menopausal transition of life.

This transition is also known as 'the wise woman stage' where the archetypal energy of wise crone emerges. The Crone is what is also referred to as the last aspect of the Triple Goddess, together with the Mother and the Maiden she represents part of the feminine circle of life.



It's this time when a woman begins to step fully into her wisdom. The wisdom that she has gathered in her life, through all her experiences. It is within this retreat she will be given the opportunity to honour herself and this transition with other woman who have entered or are entering into this last powerful phase of the triple goddess energy.

I invite you to join the coming together in this bond of sisterhood. Together we create a safe container. Within this safe container we create a sacred circle of feminine energy where there is no division or separation.

We are all equal as one honouring the journey of ourselves and each woman present.

Over our 7 days and 6 nights we explore, embody and honour the cycles of a woman's life reflected in the three stages of the Triple Goddess:

The Maiden, the Mother and the Crone.



Together we journey through each rite of passage, sharing laughter, tears, fears, and joys. We will hold loving space as we share stories from the heart and womb. We will open to hearing and learning from each other's wisdom without fear of judgement. We will delve in to the archetypes of maiden mother and wise woman energy dissolving old beliefs that disempower you from feeling the fullness that we all desire and deserve as we enter into our last chapter of our feminine cycle. This retreat will give you the gift and opportunity to honour yourself into this wonderful transition.

The evenings we will gather in circle to harness and express our energy through creative arts.

The mornings practice will support the triple goddess archetype we will be honouring on the day. Through yoga, dance, meditation, and other gentle practices of embodied movement, we awaken and cleanse the energies of the body.

# THE JOURNEY

## Day 1 Friday

2pm - 5pm Guests begin arriving

Welcome Ceremony

6:00 pm Dinner

7:30 pm Evening Circle

## Day 2 Saturday

### The MAIDEN

The maiden is the first journey of the triple goddess and is honoured by our first rite of passage; menstruation.

We explore the aspects of our maiden energy through embodying the playfulness, curiosity of our inner child through our own unique creative expression. We remember the youthful innocence joys and challenges of being a sensual young woman.

7:15 am Morning practice

Arousing the maiden energy through movement and meditation.

9:00 am Breakfast

10:15 am Morning circle

Reflections of the maiden

1:00 pm Lunch

2:00 pm Afternoon workshop

Free time

6:30 pm Dinner

7:30 pm Evening gathering



## Day 3 Sunday

### MOTHER

#### Journeying into the womb

We explore the aspects of our mother energy. It is not necessary to be a physical mother to embrace the Mother archetype. Her gifts are available and accessible to every woman. The Mother focus is about procreating and her ability to grow and nurture all that she births. She houses the energy of fruition, innovation, creativity, and nourishment. We embody the giving and receiving of self-love and the nourishment it brings forth.

7:15 am **Morning practice** - Feminine yoga flow

9:00 am Breakfast

10:15 am **Morning circle** - Reflections of the mother

12:30 pm Lunch

2:30 pm **Afternoon workshop**

Free time

6:30 pm Dinner

Evening gathering; **path to the heart; nourishing breast vitality**



Artwork by Desere Pressey

## Day 4 Monday

7:30 am Morning Practice - **Yoga for the Yoni; connecting back to the feminine essence**

9:00 am Breakfast

### Free day

Treat yourself to one of the offerings at the day spa; take one of the tours the resort offers (not included in retreat costs) or lounge by the pool with a good book.

6:30 pm Dinner

Evening circle - **Sound Healing Journey**



## Day 5 Tuesday

### The wise woman / Crone

Opening to the wisdom within.

The transition into our last rite of passage may present a time of chaos and uncertainty.

For many of us we fear the ageing process and cling to aspects of our youth instead of allowing the full power of our life experiences of being a woman to shine through.

Crone energy embraces the dark and light within us. She sheds or dissolves all that no longer serves, enabling her to step into her true authentic wisdom. She speaks her truth with clarity and strength. She is in expectance of being completely with what is.

7:30 am Morning yoga practice - evoking the crone energy of revolution and transformation.

9:00 am Breakfast

10:00 am Morning circle - sharing the wisdom within by offering our truths and experiences of how our Crone energies show up for us in our daily lives and where we feel we may need more balance.

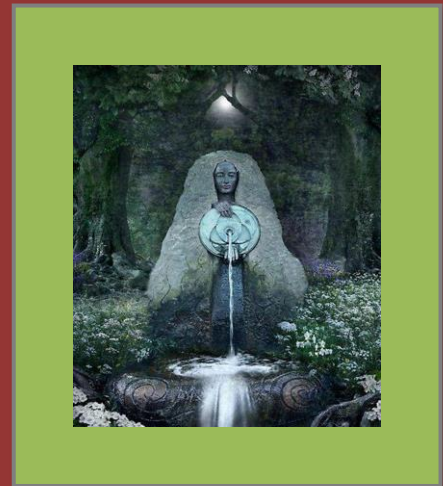
12:30 pm Lunch

2:30 pm Afternoon workshop Transformation

Free time

6:30 pm Dinner

Evening gathering - Creative healing circle



## Day 6 Wednesday

### Crowning

7:30 am Morning practice - Collaborating the energies from each mornings practice into an expressive gentle yoga flow

09:00 am Breakfast

Morning circle - integrating the triple goddess

1230 pm Lunch

Ceremony - We honour and celebrate the women who have entered into their crone energy in a beautiful closing ceremony.

6:30 pm Dinner

### Free night

## Thursday morning

7:30 am Closing Circle

Breakfast

11:00 am Depart



Art work kindly granted by NAZIM <http://www.NazimArtist.com> <https://www.youtube.com/watch?v=WfwiBDITxI>



## Accommodation

For centuries Bali was called " Island of the Gods". And that it is. Having travelled to Bali more times than I can remember I have a deep love for the people, the culture, and the energy of the land.

Our gathering will take place at beautiful Northern Bali Oceanside Resort and spa. This exclusive location situated in a remote part of the island far removed from the hub of tourists. Adjacent is a traditional fishing village, which offers you the rare opportunity to experience the charm and magic of the real Bali that can seldom be seen anymore. You will still be able to witness Bali as it used to be.

You will see Balinese women making their daily offerings, fishermen going out to sea at night, dotting the ocean with little starry lights. You will wake to the sound of the birds; fall asleep to the gentle ocean lapping on the shores.

### SINGLE ROOMS

There are 4 beautifully decorated single ocean view villas available. All with either king-size or queen bed and private bathroom with your own verandah and ocean view.

### TWIN ROOMS

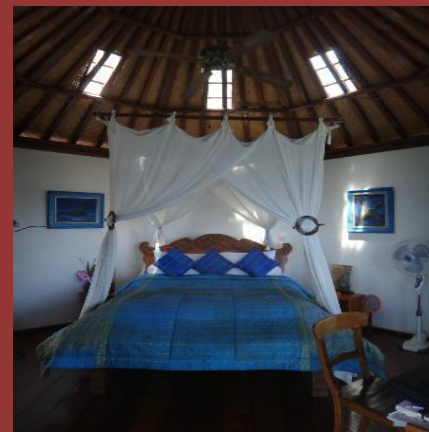
The rest of accommodation, still every bit as beautiful, will be double share, comprising of a king size and single bed, private bathroom per room with either ocean / garden views.

Click the link below and feel into the beauty and tranquillity that this seaside resort offers to the heart and spirit.

<https://www.youtube.com/watch?v=KQzPGjmTnsw>



Welcome to beautiful North Bali Retreat and spa





The beautiful Temple space where we will gather for our morning and evening practices and workshops



Plenty of time to relax in or by the salt water pool

One of the 4 stunning single ocean view villas available      Dining by the sea



## YOUR INVESTMENT

Single accommodation in ocean side villa with either king-size or queen bed and private bathroom:

**SINGLE:** \$1,790 AUD p/p

Twin share, comprising of a king-size and single bed, private bathroom per room with either ocean/garden views:

**TWIN:** \$ 1,590 AUD p/p

**These prices include:**

- 7 days /6 nights' accommodation in beautiful North Bali
- 3 x daily delicious vegetarian buffet meals with herbal teas, fruit and water 24hrs
- All yoga/meditation sessions and group workshops
- Sound healing workshop
- A goodbye singing mantra ceremony

**These prices do not include:** airfares, airport departure taxes or travel insurance, airport transfers, optional tours or spa treatments

## DEPOSITS AND PAYMENTS

You have two investment options:

**Option 1:** Pay in full to secure your spot

**Option 2:** Pay AU \$350 non-refundable deposit and payment plan option.

Once I receive your deposit payment, your space is confirmed. Please note: If you feel the call to join me and the only thing holding you back is the price, I am happy to discuss a customised payment plan to help you make it happen.

## Cancellation Policy

Any cancellation **MUST BE MADE 90+ DAYS PRIOR TO RETREAT STARTING DATE**. In this case you will be refunded (less your \$350 deposit). After this time no refund can be issued.

I understand that life doesn't always go to plan, so in the unfortunate event of an unexpected personal crisis or work commitment that may force you to cancel it may be advisable to look into travel insurance that covers not only your personal baggage etc but also will cover you for anything unexpected that might prevent you from taking part in the retreat. This of course is your own personal choice, but highly suggested.

There is more information about this in the Welcome Pack you'll receive after you secure your place.

\* All figures are based on retreat reaching minimum 10 participants.

\* Figures could be subject to change.

## Contact Details

To secure your place, please email [meredithharrison65@gmail.com](mailto:meredithharrison65@gmail.com) and you'll be sent an invoice, registration form and welcome pack .

Or BOOK ONLINE: [www.embodiedfemininejourneys.com.au](http://www.embodiedfemininejourneys.com.au)

If you have any questions at all about the retreat, please don't hesitate to contact me **0432 101 259**



## Your Host - Meredith Harrison

Entering into my early menopausal years, I am witness to my own transpersonal journey. More than ever this is the time to find peace and wholeness. I am no exception.

As I continue to work with my own shadow self, healing , integrating and dissolving stories that no longer serve or support me, including shedding society's beliefs around menopause, the more I feel empowered to embrace this challenging but powerful transitioning time of life, and the more trusting I become to the unfolding of my own true authentic wisdom.

It's within this transition I have felt a deep calling to offer an opportunity where woman come together to share, celebrate, and honour their rites of passage. A space to love, laugh, shed and heal unspoken wounds within a circle of trust and respect. Together we weave the wisdom of sisterhood.

It's from this vision that WISE WOMAN RISING Bali retreat 2020 has birthed. I would be honoured for you to join me on this sacred embodied feminine journey.

Blessings Mez



## My Story

I have been a Remedial therapist for almost 28 years, practicing and educating in the field of anatomy, bodywork and Natural therapies. It's within this field, that I have come to witness the subtle workings of the emotional and energetic body and the varied ways the imbalances of these systems shows up within the physical body.

This curiosity has led me down many different pathways of personal and spiritual development. Exploring Yoga, mindfulness, meditation, Reiki and other energy based practices.

Having felt the call to turn my love of yoga into the gift of teaching, I studied with Flo Fenton in Byron bay, then opened Clarence Valley Yoga Studio where my classes and workshops are held at present.

The last 7 years my awareness has moved into the embodied practices of Shamanism, Taoism, and Tantric arts and I have been fortunate enough to experience the teachings from renowned practitioners in Australia and overseas.

I am a Tantric educator certified with The Australian School of Tantra and currently in my 2nd spiral as a Womb apprentice with Janine-ma-ree.

It brings me immense gratitude and joy to bring woman together in circles to support them in finding empowerment through connecting to their true feminine essence, and raising their level of consciousness so that they may live a more integrated, connected, contented and joyful life.

