



Awakening the Goddess Body

A women's mystery school immersion retreat in nurturing Santa Elena, Colombia that awakens your inner goddess, connects you to your beautiful, sensual body temple, and results in profound healing and transformation!

Isn't it time you:

- Break free from old dead energies and beliefs that are causing you pain and limitation
- Be reborn into a new sense of freedom and personal empowerment
- Fully embody your highest soul essence and purpose
- And reconnect to your own inner vitality

Join us on a sacred sisterhood retreat May 12 – June 2, 2019 for a special 22 days/21 nights to cultivate a new life vision built on your powerful inner resources, personal strengths and ecstatic freedom. Then, reenter the world as a sacred warrior!

This transformative mystery school immersion is for only a small group of women who are committed to purify and transform their body, emotions, mind and spirit.

Unprocessed emotions, along with the conditioning received and stored in this lifetime and beyond, are locked in the body. Our bodies and auras are full of these blocked energies.

Stuck energy prohibits our natural expression as beings and can delay and halt our spiritual evolution.

**Soul/spirit cannot flow
where the energy does not go!**

Drawing from methods and traditions known for profound and dynamic inner change, this women's collective creates a sisterhood community that holds sacred space for each sister to transform into their magnificence. With a core focus on our sexuality as the master key to our most vital energized self, we explore relationship to both internal and external feminine and masculine attitudes and imbalances.

Using techniques from shamanism, yogic science, Buddhism, Taoism, tantra, quodoushka, archetypal work, and alchemical and new age spiritual science, Elaine Marie guides each woman through a personal healing transformation process that:

- opens the vital energy in the body to maximize the flow of life-giving Shakti
- clears away many limiting and conditioned emotional and mental beliefs, patterns and behaviors
- deeply catalyzes spiritual evolution using the alchemical sciences clearing away karmic, ancestral and past life patterns and binding energetic contracts

What is the Goddess Body?

It is not a description of a body type or age nor of behaving hyper-sexual or hyper-blissful all the time. It is not any man-made cliché that attempts to objectify or define what the feminine is supposed to be, do or look like. It is important for us women to understand this!

The Goddess Body is a body that is open to its authentic natural responses and impulses towards life.

It is a body without resistance that does not resort to behavior which is inauthentic in order to portray a certain image. And, it is NOT fearful, numb or contracted against life to protect or armor itself from 'perceived' unsafe, external forces.

It IS a being in a state of grace, naturalness, openness and flow that is ready and clear to receive the impulses it was meant to em'body' from the divine part of self. When this flow is opened in a female, she becomes the divine embodiment of the living Goddess. This is a state of mature feminine energy expressing itself confidently, creatively and authentically.

During this immersion, we use somatic body-based experiences and awareness get us out of our head and into our glorious instinctual being. We learn to embrace the feminine as it is in all of its glorious shapes, sizes, colors and calibrations.

We engage in a sensual, deep and lively head-to-toe exploration of our inner and outer bodies. This exploration clears, balances and integrates the physical, emotional, mental and spiritual parts of ourselves. It is amazing how much life vitality can be unlocked by this body-based work!

We dissolve the blocks in our heart center; open to our natural flowing sexual energies; create a deep emotional awareness; learn techniques to locate and release armoring, trauma and defensive postures; and finally uncage our rapturous true authentic voice to express the divinity of the Goddess within us.

This is a life-changing journey into authenticity! Expect to be different upon your return as you fully embody your radiance and life force energy! Gift yourself with your true self – THIS is who you came here to be!

What Happens During The Retreat?

Our retreat is consciously designed so that each day and nights' activities build on each other. Rather than following a proverbial 'peel an onion' technique, we create a powerful spiral of energy that takes us to new levels of evolution. As the alchemy of our sacred container does its work, old energies, stale patterns and ineffective habits easily fall away. Fresh, self-empowering, self-supporting ways of being step in helping us **weave an original tapestry of self - one that is light, open and joyful!**

We focus on core archetypal themes, inner patterns of darkness and light, and misaligned/imbalance masculine and feminine frequencies within us. Through sacred self-inquiry into these areas, we are led into deep, inner reflection. Once there, we use expressive processes such as poetry, movement, touch, dance, art, sound, song and other musical means to explore and excavate our most hidden inner realms and shadows. And, to move the unwanted energies out of and desired energies into our bodies, we create a daily body practice of breathwork, Tantra yoga, and physical release and purification practices. This daily ritual goes home with us to support our continued spiral evolution.

Finally, the day's work is integrated into evening meditations, gentle movement and stillness practices and ceremonies that unlock expansive dreamtime states perfect for deep healing. **This special design triggers an awakening of greater consciousness, vitality and personal freedom while providing momentum for our upper spiral of energy! AND it all comes with lots of EASE and GRACE!**

The Rhythm and Flow of our Days

Early Morning: Meditation and Yoga Practice

Mid- Morning: Healthy Vegetarian Meal

Late Morning: Sacred Circle with Group

Mid-Day: Free time to relax, unwind, check in with the world, go for a cloud forest hike on the property's Parque Arvi boundary or whatever your heart desires

Late Afternoon: Healthy Vegetarian Meal

Early Evening: Explore, connect, rest, be

Into the Night: Sacred Circle with Group, meditations, gentle movement and stillness practices, ceremonies and rituals to prepare for dreamtime rest and healing

Personal Time Throughout Day: Personal time for reflection, journaling, integration and processing

Please know that this plan is open and spacious for a balance of personal and group processing, exploration, resting/relaxing and integration. It ebbs and flows as needed for the profound healing and transformation of the sisters!

Topics and Experiences

- BODY AWARENESS, ATTITUDES AND IMAGE
- OPENING THE VOICE, HEART, AND MIND
- CHAKRA CLEARING
- EMOTIONAL/TRAUMA RELEASE TECHNIQUES
- SACRED DANCE, MOVEMENT AND BODY EXPRESSION
- BODY MAPPING
- SACRED SELF-INQUIRY
- TANTRIC BREATHWORK, YOGA AND KRIYAS
- TANTRIC RITUAL, TOUCH, AND MASSAGE
- SACRED SELF-CARE FOR REJUVENATION
- SHAMANIC AND FEMININE MYSTERY HEALING PRACTICES
- BODY ALCHEMY PRACTICES
- THE RITE OF THE WOMB
- THE NINE SACRED MUNAY-KI RITES
- HEART OPENING CACAO CEREMONY
- AND much, much more!!!

DIETARY AND PURIFICATION RECOMMENDATION: We are serving two healthy vegetarian meals each day spaced later in the day to encourage intermittent fasting as a part of the body's purification process. We highly recommend not eating after the afternoon meal, but this is optional. You need to provide your own food if you choose not to fast for the evening time meal. There are small food markets and a variety of restaurants within walking distance of the finca for simple food supplies and meals if desired.

ADDITIONAL FREETIME OPTIONS: Private healing and bodywork sessions are available for an additional cost and can be scheduled during free times throughout the retreat. More information about available options for private work are provided during orientation.

Your Guides

Elaine Marie Tucci



Elaine Marie founded the Path of Wholing as a bridge for women to return to our own inherent spiritual wholeness. As a priestess, intuitive empath, shamanic tantric healer, Language of Light sacred sound vocalist, musician, teacher, guide, artist and writer, her goal is to assist and guide you in making and strengthening your own sacred connection with the Knowing Self Within. As an old soul, she has returned with a Bodhisattva vow in this time of planetary ascension to embody the Divine Mother Goddess archetypal energies. As a lineage holder of the Magdalene and the Mary Path, and a priestess of the ancient White Rose Sisterhood, she shares her innate wisdom of the feminine divine via the mysteries of sacred sexuality and body awakening and through her deep experiential knowledge of modern ascension science.

She has worked with the [Ascended Masters](#), archangels and other ascended beings as a high initiate and adept of the spiritual ascension process and now turns to be of service as a wayshower for others to follow the path of deep remembering. In this introductory immersion retreat, Elaine Marie demonstrates how to permanently and profoundly heal the body, emotions, mind and spirit in order to raise the consciousness, which is the foundation of our personal evolution.

“Come with the intention to transform yourself, for you will not be the same after this retreat. If you are ready for radical release and transformation, within the sacred and safe container of an intimate women’s community, and within the mystical beauty of the Colombian high mountain cloud forest, this is the experience for you.” Elaine Marie

Junia Gail Imel



Junia Gail Imel is the owner and operator of Divine Adventures. She is considered a premier tour advisor for divine journeys around the world. In 2002, Junia took a quantum leap. She left her MBA degree and successful twenty-five year leadership career in advanced technology and education to discover the world from a new perspective — her own intuitive awareness. Courageously following an inner call, she spent 6 months traveling solo in Peru where she was invited into ritual with the Q'ero, Shipibo and medicine men/women. There she spent time studying with indigenous shamans, curanderas, spiritual guides and mystics. Her life was changed forever. . .

During her first trip to South America, Junia participated in the Merrayabo Tsintikash Jiwiki Bewakani Ritual Ceremony - a ritual to heal the master plants of the world - conducted by Shipibo-Conibo shamans. The shamans bestowed upon her, her Shipibo name "Inin Beka" which means 'sweet smelling protective cloth.' Since that moment, she opened to the calling and has become a master of holding sacred space so others can journey within; safely and fully protected.

And now she has merged her love of adventure and her natural leadership into a unique travel experience called, Divine Adventures. Here one journeys to inner and outer worlds to unleash innate wisdom and genius. She leads sacred journeys for groups or individuals into various sacred places around the world. She has taken people to South America including Peru (Machu Picchu, Sacred Valley, Lake Titicaca and Amazon), Bolivia; Central America including Guatemala and Mexico; Europe, India/Asia as well as others. She always has new exquisite trips that combine service with personal expansion and transformation.

(www.DivineAdventures.org)

Pricing for Retreat & Meals Only (Without Lodging)

Awakening Goddess Body Retreat Only (see below for lodging options*):

INVESTMENT = \$2750 US (without lodging for 22 day/21 night retreat)

**Total price range is \$2897 to \$3065 US per person with lodging
(see lodging details below)**

Price includes:

- Retreat guidance from priestess, intuitive empath, shamanic tantric healer, Language of Light sacred sound vocalist, artist and writer Elaine Marie
- Retreat support from an 'inner and outer journey' travel expert Junia
- Daily yoga, meditation, and movement practices
- Daily activities and processes that support the transformative journey into personal magnificence
- Sacred sister community building
- Guided ceremonies and spiritual processes
- 2 healthy, vegetarian, mostly organic** meals per day, snacks and fruit, filtered water, herbal tea and juice
- Group transportation on May 12 from José María Córdova International Airport to Finca Lemuria and on June 2 from Finca Lemuria to José María Córdova International Airport

**When possible, ingredients come from our organic vegetable and herb garden and other organic sources.

Price does NOT include:

- International airfare to/from home city to Medellín's José María Córdova International Airport
- Transport between Medellín and Finca Lemuria outside designated group transport times
- Lodging
- Any accommodation arrangements outside the Finca Lemuria
- Other meals and beverages not noted
- Gratuities
- Miscellaneous expenses (i.e. phone calls, laundry, personal expenses, shopping)
- Optional activities and excursions
- Personal healing/spa sessions
- Travel and Trip Cancellation Insurance (HIGHLY recommended)

Pricing for Lodging Options

FINCA LEMURIA LODGING

Finca Lemuria has limited Glamping Lodging options available on the property. These options are provided on a first come/first serve basis. It is recommended that you stay on the property to maximize the benefits of the retreat, so get your reservation in early.

The options are:

Bamboo A-Frame Sleeping Huts with single mattresses and bedding provided (double hut shown in photo)



- Hut 1** Single only, (size of a two person tent)
\$10 per night = \$210 pp for 21 nights
- Hut 2** Double occupancy with 2 single beds (smaller)
\$10 per person per night = \$210 pp for 21 nights
- Hut 3** Double occupancy with 2 single beds (larger)
\$15 per person per night = \$315 pp for 21 nights
- Hut 4** Double occupancy with 2 single beds (larger)
\$15 per person per night = \$315 pp for 21 nights

OFF-SITE LODGING

Santa Elena offers a variety of accommodation options from simple to high end via airbnb and local hotels/hostels. We can provide some recommendations for off-site accommodations by request, but you are responsible for your own booking and transportation to and from the finca. We highly recommend staying on the finca to receive the full community immersion experience.

TOTAL RETREAT PRICE INCLUDING LODGING RANGES from \$2897 and \$3065 US depending on on-site lodging option

This price range only covers onsite accommodations. If you choose off-site accommodations they are charged by the location separately and you are responsible for your transportation to and from the finca.

REGISTRATION

- **Early Bird Registration** by February 28, 2019 receive \$250 off

To register:

- Send non-refundable deposit of 50% of the full retreat price + Finca Lemuria lodging
- Send the following information to Elaine Marie at elaine@pathofwholing.com:
 - FULL NAME
 - FULL MAILING ADDRESS INCLUDING COUNTRY OF RESIDENCY
 - EMAIL
 - TELEPHONE OR WHATSAPP NUMBER
 - 1st & 2nd Choices for LODGING
 - TRAVELING COMPANION(s) for DOUBLE OCCUPANCY
 - MEDICAL CONDITIONS/DIETARY RESTRICTIONS

NOTE

1. Minimum of 8 people required
2. Spaces are limited to a maximum of 11 participants
3. Non-refundable deposit of 50% of the full retreat price + Finca Lemuria lodging due at registration; 100% due on or before April 12, 2019
4. Payment installments are available by request
5. Daily itineraries are subject to change

OTHER INFORMATION

Travel to Colombia

A valid passport is required for entry into the country. Colombia offers a no hassle visa upon arrival and there is no pre-entry requirement to receive a 90 day tourist visa. You fly into the José María Córdova International Airport which is the second largest and most modern airport in Colombia. Roundtrip group shuttle transportation to and from the airport to Finca Lemuria is provided and included in the retreat price for your convenience.

The Setting



Finca Lemuria is located near the beautiful, small town of Santa Elena nestled high in the Andes mountains that surround Medellín, known as the '*City of Eternal Spring*'. Medellín is Colombia's most modern and beautiful city, where highrises tower out of blankets of green forest that reach up the mountain sides. In Santa Elena, we enjoy a tropical high mountain cloud forest ecosystem with stunning biodiversity amid rugged mountain terrain with many wetlands, streams, creeks, and lush native tropical vegetation. At any time, a mystical cloud cover can drift through the property creating a magical and surreal effect.

Local soils are rich with nutrients that allow local farmers the enjoyment of growing nutritious produce and an abundance of tropical and local varieties of flowers, many of which are exported to international markets abroad. Santa Elena is also the birthplace of the ornate flower arrangements called *silletas* that are the cornerstone of the Flower Festival or Feria de Las Flores in Medellín.

With a beautiful, warm and sunny climate during the dry season and with cool mountain evenings, our land offers a wide variety of flora and fauna and an amazing array of wild tropical bird species. We are also located on the boundaries of the National Parque Arvi, a 28,000 acre protected natural reserve area with many hiking trails right out our back door.

Santa Elena is a popular weekend destination for Medellin and offers a variety of artisan restaurants, cafes, spas, and a yoga dome. With its laid back rural villages, Santa Elena and the surrounding local pueblos are safe and friendly places to wander and the local Colombians are warm people eager to greet you with a neighborly “buenas!”



The Journey

This process is an exploration into openness and receptivity, awareness and clarity. Your guides offer suggestions and empowerment to recognize inner dynamics that may be hindering your emotional and soul expression, inviting fresh choices and interactions.

Join us NOW

Your interest in participating in this retreat reflects your ability to sense the profound potential that this sacred time of inner work and healing may reveal. It shows that you are already becoming attuned to your own wisdom and richness of life experiences, therefore are ready to free your own resources, and expand your ability to live fully your joy, love, freedom and creative vitality.

Please let us know if you have any additional questions! We are happy to answer them for you. Please don't hesitate to ask.

To register and reserve your spot email Elaine Marie at elaine@pathofwholing.com or contact Elaine Marie via WhatsApp at +1 303 328 7368

When you register, please provide the following:

- NON-REFUNDABLE DEPOSIT of 50% of the full retreat price + Finca Lemuria lodging
- FULL NAME
- FULL MAILING ADDRESS INCLUDING COUNTRY OF RESIDENCY
- EMAIL
- TELEPHONE OR WHATSAPP NUMBER
- 1st & 2nd Choices for LODGING
- TRAVELING COMPANION for DOUBLE OCCUPANCY
- MEDICAL CONDITIONS/DIETARY RESTRICTIONS