

ZENSI

RETREAT

THE FEMININE – Goddess Retrieval with Ruby & Ali 23/2/24 – 25/2/24

Brief

When a woman feels truly seen and honoured for her sacred nature, it reinforces and strengthens the power of the feminine spirit. Awaken and embody your Goddess nature, pave the way to liberation from the limiting beliefs and conditioning from our societal, cultural and generational constructs. This is a place of safety and connection, woman to woman.. Discover the parts of you that has been longing to be free, creative, wild, intuitive and self nourishing.

Women – There is something profoundly healing when women from all ages, backgrounds and life circumstances come together.

Listen softly to hear the call to reconnect with your feminine, to heal and release past wounds and give yourself dedicated time and space to fulfill your needs.. Allow the support and nurture of our retreat and women around you to embrace and unify through eachothers lived experience.

Being the FULL MOON of Leo – We will be involving workshops that spark a light within, womens embodiment ceremonies, science-based ancient practises such as voice activation, fluid movement yoga, nature meditation, journalling, art, dancing, resting, whatever it is your soul is asking for we are here to be that space for you.

Our space is formed to make you feel truly cared for, from the gift under your pillow and silk bedsheets for rest.. Organic seasonal produce will nourish whilst the countryside resets your rhythm into synchronicity with Gaia.

Please get in touch with our Zensi Team to enquire on room availabilities and any questions. We look forward to meeting you and sharing this connective experience together!

Friday

1 pm – Check in & settle in!
2 pm – Opening cacao circle
3:30 pm – Nature bathing/ Exploration
4:30 pm – 6pm Facilities and personal time
6:15 pm – Dinner
7:30 Yin & sound healing
8:30 Free time / Bed

Saturday - FULL MOON

7 am - 8 am – Feminine flow yoga
9:15 am – Breakfast
10:30 am – Voice activation and women to women open conversing
12:30 – Lunch
3:30 pm – Tea ceremony + breathwork and sound healing
5 – 6 pm – Free time / Silence / Journaling
6:15 pm - Dinner
7 pm – Free time / Spa Amenities
6:30 pm – Dinner
7:30 pm – Full Moon Fire Ritual

Sunday

7:30 am – Cleansing breathwork, Qi gong + Meditation
9 am - Breakfast
11 am – Closing circle
1 pm - Snack platter before departure
12 - 2pm - Check out

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Additional extras

Enquire with the Zensi team if interested in a restorative massage or reiki energy healing & sound therapy

Nourishment - CHEF

Clitie @fromfarm2plate - Mudgee born, Chef Clitie is the mum of the group, catering to our every need with love, support and making sure you never go hungry! Her creative nature and passion for what she does resonates within her cooking, which has a focus on organic, seasonal produce from the Mudgee region. It's wholesome, fun and satisfying!

Investment for whole retreat

Villa double share - \$1500 PP
Master double share - \$1300 PP
Bed 4 double share - \$1200 PP
Bed 2+3 triple share - \$890 PP **3 spots left**
Teepee \$600 PP – **Limited spots**

16 guests in total

Bed configurations

All beds are able to split into king singles (minus Villa)
Tee pee beds are king splits only

BOOKINGS AND ENQUIRIES

Please enquire via email info@zensiretreat.com.au / **0433 004 163** and our team will assist you with booking availabilities, inquiries and any other questions you may have.

We look forward to having you immerse into the carefully crafted retreat experience, namaste.

Facilitators

Ruby – Co founder of Zensi Retreat

Ruby has been enrolled in the human experience for over 30 years, with her training course leading her through many moments of darkness and light, her journey has gifted wisdom and insight, which is ever growing as she continues on the path back into Wholeness.

Rubys modalities range from Reiki Master, yoga, sound healing and Qi gong, with personal practises deeply focused on breathworks, meditations, somatic experiencing, manifestation and most useful of all, finding peace within the wild ride of life.

Rubys goal – “To be an embodied, authentic, loving, creative, ignited woman free from self limitations and societies constructs. A Woman that can hold space deeply for others on their journey back into union with their true Self. “There is nothing more luminous than a woman that is at complete ease in her own skin”

Ali - @melodiousyogi

Ali Skiba is a medicine woman and devoted practitioner of breathwork, sound healing and voice activation. With a celestial voice and a deep connection to the healing power of music, Ali has facilitated transformative experiences for countless individuals seeking a path to inner harmony.

Ali's recent debut on The Voice Australia has resonated with audiences worldwide, sending waves of healing vibrations across the globe. Her Holistic approach addresses anxiety and depression, safeguards against burnout, and enhances mental performance, offering a pathway to holistic well-being.