

Reclaiming the Mysteries of the Feminine

A Delve Deep with Eros in Love
.Bali Retreat, 25 - 29 March 2016

The Sacred Feminine Be nourished inside and outside

Delving Deep

Feminine qualities belong to both men and women and they draw us into the depths within us, into the wisdom of the soul. The feminine holds the mystery of creation. This primordial truth is often overlooked, and at this time of global crisis, we need to reawaken to the spiritual power and potential of the feminine which carries the seeds of a global transformation. When a culture devalues "the feminine" it can cause serious challenges like the environmental crisis, humanitarian crisis, and a gender identity crisis we face now. Without the full participation of the feminine nothing new can be born.

What does it mean to reclaim the sacred feminine?

How can you feel it in your bodies and daily life?

Do you feel a calling to reconnect with the power and wisdom you carry within, a deep knowing that belongs to your very nature?

Every woman knows this mystery in the cycles of her body, which are linked to the greater rhythms of life, the cycles of the moon. The feminine carries a natural understanding of the interconnectedness of life, how all the parts belong together. Reclaiming your femininity will open you up to the sacred substance of creation, and allow oneness to unfold.

Reclaiming the Mysteries of the Feminine is an adventure into the realm of wholeness in sexuality, embracing male and female beyond separation. It welcomes power and vulnerability, intensity and gentleness, light and darkness, opening portals to a fresh perspective in conscious sexuality.

The Call

We are calling for you, our sister, to come forward...

- You sense in your bones that a shift is imminent.
- You are ready to grow into an increased level of receptivity.
- You have explored the male structures to the edge, and somehow sense other possibilities.
- You know deep inside there is a potential untapped.
- You question repetition, indifference, frustration, irritation, tiredness, meaninglessness, delusion.
- You feel happy but not really...

Buried by masculine consciousness, the world's soul is crying out



Are you called?

Schedule a Free 30-min Discovery Session

What is included in your fee:

- Twin-sharing accommodation for 5 days, 4 nights
- Two 1.5 hour face-to-face coaching session worth US\$360 (during retreat and once more after retreat)
- Gourmet vegetarian meals
- Spa treatment including massage
- Group activities like trekking, shopping and dancing
- Course materials inc Martha's second book Orgasmic Yoga

Facilitators Your Feminine Leaders



Dr. Martha Tara Lee, DHS
Clinical Sexologist

Founder of Eros Coaching, Martha is the first certified sexologist in Singapore with a Doctorate in Human Sexuality. She has more than 7 years of clinical practice. She is the sex expert of Men's Health Singapore and Malaysia, as well as author of Love, Sex and Everything In-Between and Orgasmic Yoga.



Arakah
Movement Coach/ Facilitator

Founder of Dance Naturally, Arakah is very passionate about Dance and its potential to heal and transform lives. She has been facilitating Dance events that help her participants shake off energy blocks and inner struggles/ limitations. Arakah has 12 years of Life Coaching and Drama Directing experiences.

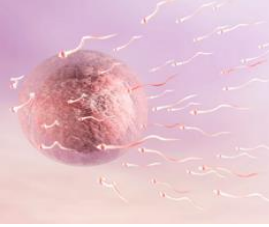
What You Will Learn



Tantra Sex

Beyond woo woo

Tantra is a 6000 year old tradition of unveiling the divine in the profane. This is the practice of ecstatic love, courageous inner freedom, harmonious development, continuous growth and complete and blissful surrender to the divine flow of life. Learn ancient tantra practices that will offer you a path to sacred sexuality, conscious lovemaking tools, sexual healing and awakening, and divine consciousness.



Sexual Anatomy by Martha

Beyond birds and bees

Reproductive and sexual anatomy includes the external and internal sex organs and the internal reproductive organs. Sexual anatomy includes both the genitals that are visible outside the body as well as the internal sex and reproductive organs. The most common questions sex educators answer are about sex anatomy - where certain body parts are, how those body parts work, and if your body parts are "normal". Besides anatomy, sexual techniques and tips will be covered.



Chi of Dance by Arakah

Release emotional blockages

Chi is the circulating life-force that flows within & around our bodies that keeps us healthy and alive! If there is any block of Chi in our bodies, we will experience emotional/physical challenges. During the journey of Chi of Dance with Arakah, Chi is translated into cathartic energetic body movements. You will be guided to shake off energy blocks through the flow of Chi via movements using compelling rhythmic music, dynamic breath-work and evocative directions. You will be releasing your fears, tension and limitations. You will have the opportunity to identify your specific block and release it



What You Can Expect

The feminine is the matrix of creation

Transformations may include...

- Accessing the most attractive force you have within – your feminine essence
- Falling in love with your own body
- Discovering your sensuality in a conscious way
- Increasing deep relaxation alone and with others
- Enhancing your confidence and self-intimacy
- Experiencing orgasms as a full-body phenomena
- Looking more confident, healthy, and radiant when you walk into a room
- Feeling more comfortable with your sensuality and sexually aroused from within
- Initiating into a powerful moving meditation that easily accesses profound states of peace and joy, even on the toughest of days
- Following your body's wisdom and "higher guidance" rather than always pushing to make things happen
- Learning to cultivate more energy in daily life
- Tapping into an endless source of creative power
- Healing past issues without going through them again
- Experiencing more passion in your life – particularly your love life
- Simply feeling vibrantly alive

When a woman's feminine energy is disowned or under-valued her life suffers. When a woman embodies her feminine essence, her whole life is transformed. She becomes attractive, grounded, and sensual. When she walks into a room, everyone appreciates the glow of her feminine radiance. To create a positive world-wide shift we must return to the balance that we have lost. To lead a fulfilling, healthy and passionate life where we create what we want for ourselves and our communities, we must start adding the feminine principle back into our experience to compliment the strong and unwavering masculine.

What You Can Expect...

- Definition of being woman/ female
- Introduction to femininity, masculinity and sexual polarity
- Explanation of female and male sexual anatomy
- Exploration of 7 components to better orgasms
- Practices from Art of Feminine Presence
- Physical movements that cultivate feminine energy
- Body awareness practices that help women "be at home" in their bodies
- Energetic practices that spark an instant expansion of a woman's personal presence and radiance
- Deep questioning of how we relate to our femininity, sensuality and sexuality
- Being taught explicit sexual techniques – vulva massage, penile massage, fellatio
- Facilitation of 3 Chi of Dance - Releasing fear, tension and other blocks in your life
- Demonstration of Lindwall Releasing Technique
- Practices on giving and receiving demonstrating authentic consent
- Discussions on love, sex, dating and relationships
- Sacred feminine rituals
- Safe witnessing and appreciation circles
- Review of 10 Tantra Keys to Awakened Life

Frequently Asked Question

All the A's to your Q's



Relationship Status

All are welcomed!

1. I'm single - is this workshop for me?

This workshop is about connecting with your sexuality and pleasure. It can help to re-align your desire and confidence, so it's great as a foundation for all future relationships.

2. I'm a relationship - will this help me have better sex with my partner?

Applying all of the practices with your partner will bring more meaningful richness and heights of pleasure and excitement into your relationship and lovemaking.

3. I identify as lesbian or bisexual. Does this matter?

The practices are relevant to all women regardless of sexual orientation.

Fears

One step at a time

4. I feel really nervous and afraid of doing this workshop. Does that mean I shouldn't do it?

Fear and nervousness are the most common feelings along with excitement that we experience. However when we do face our negative emotions and gently release them, we grow and experience more freedom and pleasure in our lives!

5. I feel super shut-down sexually. Will this workshop still work for me?

This workshop will re-awaken your sexuality if you stick with the practices. Please send me an email letting me know about your specific situation, and we'll come up with a great process suited to you.

6. Am I too old to do this?

Since our femininity and sexuality is important at any age, you are definitely at the right place! We warmly welcome you bringing your wisdom.

More...

We are together

7. How much Tantra is in this workshop?

All of the tools are a result of Martha's 20+ years of spiritual and sexual learnings. This workshop is a way to give you the foundational tools essential to a vibrant, healthy inner sensual experience for a woman.

8. What if I don't like this program?

We would suggest you keep communicating with us and stick through with it. We have designed varied content into the program and everybody will definitely get just what they need from it. Take this as a journey you are called to take because your soul recognises you are strong enough for it.

What People Are Saying

This is what others are saying about our past workshops



"To have the best sex, you need to have love."

Sexual Techniques with Martha

Light-hearted Seriousness

"In this workshop, you delivered so much more than just a lesson on 'how to please your man'. Your great sense of humour puts participants at ease. All the tricks and flourishes were based on an empowering message of open communication, mutual respect & enjoyment in our relationships. It enables us to lead the way toward deeper connection. When I put my learning into practice, the experience was very intense and amazing for my partner as well as myself. This has definitely opened the door to further exploration and deeper levels of intimacy. I'm curious to learn more and will look out for your other workshops!"

- L

Energy reset with Arakah

Inspired and healed

"Finally found the energy 'reset' button on my body--it's activated by dancing. Thank you Arakah! So funny to have found each other again without expecting to! I don't even have to say anything about the large papers and crayons for our 'crime scenes'--that bit was unexpected and a very cool method of self-discovery! Much learnt, a lot of inspiration and healing to take home. And yay new friends!"

- Janet Chui

Heed the Call...

An Exclusive Retreat for Women

Dates: **March 25 - 29, 2016**

Location: **Destiny Villas (Private Villa), Bali, Indonesia**

Pax: **Limited to 7 participants**

Fee: **US\$2,230 (Includes accommodation, gourmet vegetarian meals, massage and activities!)**

Registration: <mailto:info@eroscoaching.com>

