

Seven Rays Retreat

Reclaiming Who you Are Meant to Be

Bali Retreat, 25 Dec 2016 - 2 Jan 2017

Sanak Retreat North Bali and Alaya Resort Ubud



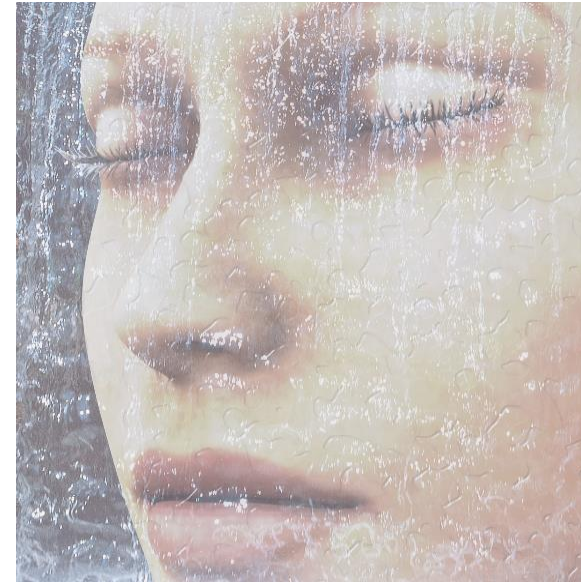
The Call

We are calling for you 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 sense other possibilities awaiting you.
- You know deep inside there is a potential untapped.
- You question repetition, indifference, frustration, irritation, tiredness, meaninglessness, delusion.
- You feel happy but not really...

The world's soul is crying out for our attention.

**ARE YOU CALLED?
SCHEDULE A FREE 30-MIN DISCOVERY SESSION**



Seven Rays by Sri

All the Colours of the Rainbow

The seven *chakras* are the centers in our bodies in which energy flows through. Blocked energy in our seven *chakras* can often lead to illness, so it's important to understand what each chakra represents and what we can do to keep this energy flowing freely. Each day, we will be focusing on a different chakra, clearing and reconnecting with each so that your life will begin to flow freely again.

1. **Root: I am.** (Deals with survival and grounding. Can be blocked by fear.)
2. **Sacral: I feel.** (Deals with desire, wanting to connect. Can be blocked by guilt)
3. **Solar Plexus: I do.** (Deals with will power. Can be blocked by shame and disappointments.)
4. **Heart: I love.** (Deals with compassion, love. Can be blocked by grief.)
5. **Throat: I speak.** (Deals with communication, creativity. Can be blocked by lies.)
6. **Third Eye: I see.** (Deals with inner wisdom, intuition. Can be blocked by illusion.)
7. **Crown: I understand.** (Deals with bliss, cosmic energy, understanding. Can be blocked by earthly attachments.)

As all the 7 chakra centers glow together they emanate a very strong power. Surrendering yourself and having complete control and awareness of all your thoughts and actions.

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.

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.

What You Can Expect

Never been the same Again

Transformations May Include...

- Connecting to universe, Mother Earth and your intuition
- Clearing of what's holding you back -- karma, ancestral, past lives, soul contracts etc.
- Following your body's wisdom and "higher guidance"
- Manifesting abundance more easily
- Thinking more positively
- Experiencing more energy and passion
- Experiencing orgasms as a full-body phenomena
- Feeling more comfortable with your sensuality and sexually aroused from within
- Simply feeling vibrantly alive

To lead a fulfilling, healthy and passionate life where we create what we want, we must re-integrate all of who we have lost, and re-claim all of who we are meant to be.

Refrain from Substances and Electronics

The program is free of alcohol, smoke and perfume. We ask you to allow your electronic devices a rest throughout. There are moments of rest, silence, meditation and integration. You will work on your own assignments/ private exercises. Enjoy the nice weather, the swimming pools, or any of the other wellness facilities (some on your own expenses).

Sample Daily Schedule

7:30 - 8:30 Movement practice
8:30 - 9:30 Breakfast
9:30 - 12:30 Group workshop session
12:30 - 1:30 Lunch
1:30 - 5:00 Free time with individual reflection
5:00 - 6:00 Workshop or private sessions
6:30 - 7:30 Dinner
7:30 - 9:00 Sharing circle and evening meditation

What You Can Expect...

- Initiation to your chakra and the chakra system
- Introduction to and use of tarot cards
- Egyptian temple healing meditations
- Deep questioning of how we relate to our sensuality and sexuality
- Introduction to sexual polarity
- Explanation of female and male sexual anatomy
- Exploration of 7 components to better orgasms
- Enhancement of sexual techniques and communication
- Practices on giving and receiving demonstrating authentic consent
- Discussions on love, sex, dating and relationships
- Sacred rituals and ceremonies

What is included in your fee:

- Twin-sharing accommodation for 9 days, 8 nights
- 2-way land transport from the two different retreat venues (Sanak Retreat North Bali and Alaya Resort Ubud)
- Gourmet vegetarian meals
- Scheduled shopping day
- 5 daily tantra sessions
- 4 rituals and ceremonies
- 2 shadow work sessions
- 2 individual private coaching sessions by Dr. Martha and Sri (worth US\$450)
- Your own set of Tarot cards
- One Spa treat
- One workbook

Package does not include:

- Airticket to and fro Bali
- Personal, medical or travel insurance
- Additional activities not listed above
- Souvenir shopping, personal phone calls, laundry and any tips

The Facilitators



Dr. Martha Tara Lee Clinical Sexologist

Surrounded by friends who were sexually inhibited and struck by dire lack of positive conversations around sex and sexuality, Dr. Martha Tara Lee set out to make a positive difference in embarking on her doctorate in human sexuality, then launching Eros Coaching in 2009. She works with individuals and couples who wish to lead pleasure-filled and confident lives. Since 2011, she has been and still is the only certified sexuality educator by the American Association of Sexuality Educators, Counselors and Therapists (AASECT) in Singapore.

She takes prides in making sure all her events are fun, educational, and sex-positive. This comes easily to her because even though she is extremely dedicated and serious about her work, she fundamentally believes that sex is meant to be fun, wonderful, amazing and sacred.

Often cited in the local media, Dr. Lee is the appointed sex expert for Men's Health Singapore, and Men's Health Malaysia. She was recognised as one of 'Top 50 Inspiring Women Under 40' by Her World in July 2010, and one of 'Top 100 Inspiring Women' by CozyCot in March 2011. She has published two books: Love, Sex and Everything In-Between, and Orgasmic Yoga.



Sri Mulyadi Intuitive Healer

Sri is an especially gifted natural healer who has been initiated in the Great Pyramid and Temples of Egypt as a High Priestess of the Goddesses Sekhmet and Isis. She is also an Advanced Isis Mystery School Authorised Teacher plus an Angel Miracles Teacher and Psychic.

Having studied many other systems of healing and spiritual development, Sri has a vast level of knowledge and many hours of experience in the healing and divination arts. She is skilled in offering insights and give direct instructions to co-create your reality for you.

When you have a session with Sri, it will begin with a look into your current issue via Tarot and assessing your energy field. Depending on what is required for you during your session, these and more can be executed.

Sri is also a Bazi Practitioner with extensive training and practice is Joey Yap's Fengshui system. Sri offers healings and psychic readings, teaches Angel Miracles and Isis Courses in Singapore, Malaysia, Hong Kong and Egypt.

Gallery

Two Locations, Infinite Inspiration



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All the A's to your Q's

Relationship Status

All are welcomed!

1. I'm a man - is this retreat for me?

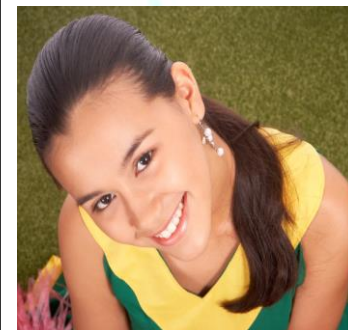
This workshop is open to all genders.

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 life - including relationship and lovemaking.

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

The practices are relevant to all regardless of sexual orientation.



Fears

One step at a time

4. I feel really nervous and afraid of doing this retreat. 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. Will this retreat still work for me?

This retreat will re-awaken your body and 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 vitality is important at any age, you are definitely at the right place! We warmly welcome you bringing your wisdom.



More...

We are together

7. Why is this retreat so expensive?

We have chosen to hold this retreat during the peak holiday season believing that there will be individuals who see the value of going within during this sacred time. In addition, your investment includes Bali-transfers and two location-stays - all of which add to our costs.

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



Return to our Power Centre with Martha Initiated to Ancient Tantra Practices

"Martha is a great facilitator. I really love learning about my power centre and how it can change my life. Just a simple exercise during Martha's class and I could already feel the difference in my speech patterns and demeanor."

– Anonymous lady

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

"Even (though) I'm very open minded, I was a bit scared before this workshop: 'How can I learn techniques on a carrot in front of others?!' But Martha was very confident and funny, so it makes me feel very comfortable about the situation. I really recommend it (to) every lady!"

– Michelle Wild



True Kindness with Sri Has the Light

"I had a session with Sri Mulyadi a year ago. I was already feeling relaxed just by looking at her. She has the light, and true kindness in her eyes."

I lied on the bed, and waves of warmth traveled through my body as she passed her hands above me. Guided by her voice, I fell asleep a few minutes later. Falling asleep apparently, is a natural reaction of defense of your body, it just shuts off, to let the healing happen. As I woke up, Sri disclosed to me what she felt and saw. It is funny because she told me that I might be eating too proteins from nuts, and in fact, I have been bingeing on almonds and macadamia nuts for the past days. She also told me what she saw on spiritual and energetic level. Her session is very refreshing and not invasive at all. You will be surprised by her intuitive sense, and her capacity to inspire a sense of balance and peace" - Anonymous Lady

clinical sexologist, Eros Coaching

She wanted to help others. That was why Dr Lee decided to focus her work on sex and sexuality. "Sex is always discussed in negative ways in Singapore. It's either rising sexually transmitted diseases or how not to get pregnant. Often, sex is marked as a way to keep your man. Sex is wonderful and is to be enjoyed - but nobody was saying that." And take it from the professional: love and sex are inextricably intertwined.

Sex involves body, mind and heart. You can have sex without love, but to have the best sex you need to have love. We undermine the emotional aspects of sex and intimacy. Women think they can differentiate between the two but it's tough. Homosexuality is different from love.

In sexual intercourse, your heart can unconsciously open up. On the other end of the spectrum, meanwhile, are one-night stands, where you go in and get what you want. To separate the two, however, you need to shut down your heart. This can lead to longer term problems, particularly with intimacy.

Many sexual problems stem from psychological and emotional. The biggest lesson I picked up from my doctorate studies in human sexuality is that there is so much more to sex than the act. Many physical problems I deal with, from vaginitis to pre-mature ejaculation, are rooted in a mental fear of penetration or anxiety. I teach techniques like strengthening pelvic floor muscles to control this, but also work with couples to change their thinking on such issues.



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

THEIR/DOES/WOMAN/February 2013

Heed the Call...

An Exclusive Retreat

An Exclusive Retreat

Dates: Dec 25 to Jan 2, 2017

Location: Sanak Retreat North Bali and Alaya Resort Ubud, Bali, Indonesia

Pax: Limited to 12 participants

Invest in Your 2017!

US\$3,000 (before 31 Oct)

US\$3,800 (from 1 Nov)

Payment Schedule:

Initial Save My Spot Non-Refundable Deposit: US\$500 is due immediately. (Space is limited).

Second Deposit: 50% of remaining fee is due no later than Nov 15, 2016

Balance is due no later than Dec 1, 2017

You may pay via PayPal, Credit Card or check. US Currency only.

Cancellation Policy:

Your initial \$500 deposit is non-refundable unless we agree in our interview that this is not right for you. We make this non-refundable because our space is limited and we are committing to providing you the highest quality service, accommodations and guidance and ask that you in turn make a commitment to your own self care and not allow other things to take precedent.

Any cancellation will result in a loss of the \$500 deposit. We reserve the right to cancel the trip if it is not meeting the trip minimum (if we do so your deposits are refunded in full).

Registration: info@eroscoaching.com