

Womb Wisdom Retreat

With Uma Dinsmore Tuli and Alexandra Pope

The focus of the retreat is on Renewal. We will join together in the darkest time of the year and in our spirits, just on the cusp of the emerging light—it is akin to that last day or two before bleeding and the transition of menopause. Both Empty and Full, it is the doorway for your renewal. By deeply letting go and connecting with the fullness of yourself your spirit and knowing can emerge with a clearer sense of the path ahead.

Together we will explore the inner powers of your body as a woman, in particular the spiritual opening at menstruation and at menopause. You will be guided into and through the four ‘chambers’ or phases of menstruation—your unique inner template for monthly renewal—and how to work with this for developing your inner wisdom and life direction. This will be combined with yoga practices and meditations to support and deepen the process. If you have crossed the menopause, you will explore the ‘chambers’ as the phases of menopause

Preparation for the Retreat (optional)

Take some time to reflect before coming to the retreat about what you would like to let go of— unfinished business, a relationship, ways of relating that no longer serve you, a way of thinking about yourself etc. If you're not doing this already and would also like to begin exploring your cycle contact Alexandra for a menstrual chart.

Pay in full for the retreat by January 17th and you receive a free copy of the new e-book *Menstrual Cycle Awareness* by Alexandra. Email info@womansquest.org.

Retreat Outline

Friday

Arrivals from 4.30pm. Help yourself to tea and snacks. Welcomes and informal hellos in the Library, settle in and take a stroll in the gardens if you like.

Sunset yoga in the main hall: 5 to 6pm

6pm Supper: Dining hall

7–9pm Introductions, Death/Rebirth Ritual

You will introduce yourself by what you want to release from the previous year. After this simple ceremony, you will prepare for bed (i.e. get into your jammies!) and then come back to the group room in silence for Yoga Nidra to deepen in to the letting go. We will ask you maintain this silence until after breakfast the following morning.

Saturday

Optional early morning activities for larks –

6.45–7.15 am dawn light meditation and gayatri chanting in the woodland meditation space (meet 6.30am by the Spring for a silent walk to the meditation space) followed by:

7.30 –8.30 early morning revival - hatha yoga in the main hall

8.30–9.00am Breakfast –still in silence

9.15-11.30am: Session with Alexandra

Breaking the silence! Sharing

Breaking the taboo on menstruation: introduction to the power of the cycle.

Exercise: The Primal image—opening to your inner forces

11.30am Morning tea

12 – 1pm Yoga Session with Uma. Pranayama and bandha (breath and energy locks) : Pre-lunch time energiser and re-stoking the fire.

1-2pm Lunch

2-3pm Session with Uma – out in the woods and fields. With movement meditations for

Mother worship/earthing in nature.

3pm Afternoon Tea

3.30 to 6.00pm Session with Alexandra

Exercise: Exploring the 4 chambers of menstruation
Sharing and unfolding
Teaching on the spiritual powers of menstruation

6-7pm Dinner

7.30–9.30pm Celebratory Shakti Yoga Dance with Anjali

Sunday

Optional early morning activities for larks –

6.45–7.15 am dawn light meditation and gayatri chanting in the woodland meditation space (meet 6.30am by the Spring for a walk to the meditation space); followed by

7.30–9.30am morning revival hatha yoga in the main hall

8.30 - 9am Breakfast

9.15-11.15am Session with Alexandra

Growing in to the power of the cycle: how the cycle initiates you into yourself. We will keep deepening into the process of the cycle drawing on what has happened in the previous two sessions.

11.15-11.30am Morning tea

11.30 – 1pm Yoga Session with Uma

Fluidity in action, moving from stillness through spirals to honour the womb wisdom within using gesture, sound, movement and breath

1-2pm Lunch

2-3.30pm Completion session with Uma and Alexandra

How to pack it up and take it with you: practical guidelines and support for the transition back into the world.

Closing yoga ritual

Finish 4.00pm