

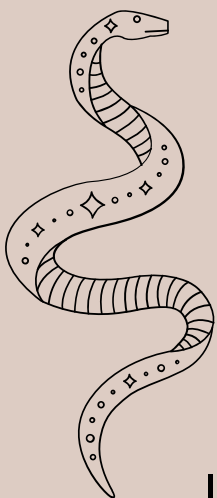
Art of Shamanic Ceremony Retreat

2026 retreats open for registration NOW
WA, NSW

This is for the woman who's silently holding it all together...



You've been carrying so much.
Smiling when you feel hollow.
Giving endlessly, and wondering when it will be your turn.
You've done the therapy. The yoga. The books.
And still — something inside whispers:
"I don't feel whole."



This isn't in your head.
It's in your body.
In your womb.
In your lineage.
In your soul.

In the places you haven't been given space to fully
fall apart, release, and rise.

You're not broken. You're ready.

 **This isn't just a retreat. It's a rebirth.**

A time to step into sacred ceremony.

To land in a space where your soul is safe to unravel.

We gather, held by the land and each other,
to remember what the world made us forget.

This is deep healing work for the woman who's ready to stop
surviving and start living from her soul.

BEFORE YOU DECIDE

Many women arrive at this page after feeling a strong pull – and then hesitation appears.
That hesitation is completely normal.

This retreat is not for a certain “type” of woman.

You do not need to be spiritual, experienced, or have done healing work before. In fact,
many women who join us have never attended anything like this.

Some come because life has been heavy.
Others come because life is fine... yet something inside them knows they are missing themselves.

Both are welcome here.
You will never be forced to share
You are always given choice.

You will never be asked to speak about anything you do not want to.
You are never required to tell your story publicly.

Many processes happen internally and gently. Women often share later;
not because they had to, but because they finally felt safe to.
Silence is respected here just as much as expression.
This is not overwhelming healing work

A common fear is:

“What if something opens that I can’t handle?”

The work is carefully guided and paced.
We do not push you into emotional intensity. We create safety first, always.

You will be supported, grounded, and held in a structured container across the entire retreat.
We close every process properly.
You will not leave emotionally opened or destabilised.

Women consistently tell me they feel calmer and clearer when they leave than
when they arrived.

You don’t need to understand shamanism

You do not need knowledge of ceremonies, energy work, or spiritual practices.

You are not expected to perform, believe, or become someone different.

You are simply invited to show up exactly as you are – tired, curious, unsure, hopeful - all of it
belongs.



Who comes to this retreat

The women who gather here come from many walks of life:

mothers

professionals

carers

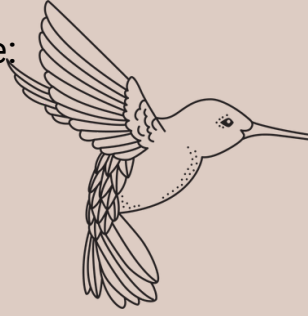
business owners

women in transition

women who hold a lot for others

Most share one quiet feeling:

They have been strong for a long time, and they would like to put that down for a while.



What actually changes

This retreat does not “fix” you.

Instead, it gives you something many women have not experienced in years;
a safe space where your nervous system can finally settle.

From that place, clarity comes naturally.

Women often leave with:

- a sense of inner steadiness
 - decisions they have been avoiding becoming clear
 - emotional relief they could not create at home
 - reconnection to themselves, not a new identity
- Your life will still be your life when you return.
But you may find yourself meeting it differently.

A gentle truth

Most women who attend tell me the same thing:

“I nearly didn’t come.”

Not because they didn’t want to – but because they kept waiting for a more convenient
time, more certainty, or permission.

There is rarely a perfect moment in life to choose yourself.

Sometimes the decision itself is the beginning.

If you feel the pull, you do not have to override it with logic.

You only need to decide whether now is the time you are willing to step toward yourself.



👉 [more info here](#)

“Are you ready to remember who you are?”

WELCOME

Join us and you will:



★ Be safely held, supported, guided and witnessed with love, gratitude and acceptance

★ Receive the Sacred Munay-Ki 9 Rites of initiations and the 13th Rite of the Womb. Handed down by the Ancient Laika Shamans.

★ Learn practical instruction to administer them to others and participate in daily processes to work with the 4 directions, sacred archetypes & shamans of many cultures.

★ Learn practices for protection, wisdom and power and meditations to journey with your guides and archetype. Release wounds of the past with a Sacred Shamanic Cacao, Breathwork & live sound healing journey.

★ Build connections with other women that will become your tribe for life as you create practices and ceremonies for daily use together as well as enjoy time out for journaling, reflection and relaxation.

★ Enjoy Luxury accommodation, organic meals and sacred altar gift pack



WHAT YOU WILL LET GO OF



- ***Stories that hold you back***
- ***Fear that keeps you locked into repeating the same mistakes***
- ***Suffering and struggle in all areas of your life***
- ***Physical pain that leaves you crying***
- ***Wounds that never heal***
- ***Relationships that wound you***

You don't just receive the Rites, you become them.

love Natalie

DAY ONE A SACRED WELCOME



- On arrival we will take a moment to settle into the space and its beautiful surrounds and hold a very sacred blue lotus flower tea ceremony in circle
- You'll receive an introduction to the Munay Ki Rites and as you are initiated into the first two Rites, you begin your journey to join a group of ordinary men and women who lead extraordinary lives – the medicine people of the Laika.
- We'll close out the evening with preparing our Pachamama Sticks

DAY TWO SAFETY IN SPIRITUAL AWAKENING

- You'll continue your journey in receiving the Nine Rites (Rites 3,4,5) and as you receive the Rites, your chakras will have the opportunity to become clear and you will acquire what the Earthkeepers know as the Rainbow Body, as your chakras glow with their original radiance.
- Afternoon Despacho and Fire Ceremony where a bundle of offerings are given to Earth.
- Receive a powerful opportunity to be guided through a Fire and Power Animal Meditation

DAY THREE YOUR EXPANSION CONTINUES

- Continue to receive the Rites (Rites 6 and 7) in natural surroundings, under the ancient trees and by the fire.
- Take some sacred time to enjoy the journey, allow it to integrate and reflect on your expansion
- Receive the Sacred 13th Rite of the womb in a gentle water ceremony
- Finishing the day with a Shamanic Cacao Ceremony and Live Sound Bath and Sharing Circle

DAY FOUR A SPIRITUAL BLESSING

- You'll continue your journey in receiving the Nine Rites (Rites 8 and 9) and as you receive the Rites, you will feel the presence and sense the wisdom of these luminous ones who have broken out of linear time and now dwell in infinity.
- Afternoon Medicine Wheel Workshop
- Complete the journey with an afternoon fire ceremony



Dates & Locations:



8-11th May 2026, Hunter Valley NSW

18-21st September 2026, York WA

Pricing:

*\$2397 shared room *2697 private room

Save \$300

when paid in full upon registration

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Next Steps:

**A \$297* deposit
secures your spot**

(*retreat payments are non-refundable, in unlikely event you are unable to join us,
a transfer may be possible as per retreat T & C)

**Arrival – 9 am on Friday

**Departure – 4pm Monday

Got Questions?

If you're ready to take the next step in expanding your spiritual journey and desire to connect with ancient wisdom over a weekend of shamanic practices, soul integration and sacred activations, then let's chat more
x Natalie

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