Art of Shamanic Ceremony Women's Retreat

1st to 3rd May 2027

Sunshine Coast QLD

This retreat is for the woman who's silently holding it all together.
The one everyone relies on.
The one who keeps showing up.
The one who keeps giving.
The one who smiles when she's exhausted.

The one who has spent so long being strong that she has forgotten what it feels like to be supported.

If that's you, keep reading.

x Natalie

Hi, I am Natalie McIvor, and like you I once asked myself -
“is this all there is to life?”

This question began a 20 plus year journey of spirituality, shamanism, mindset and mind/body and soul healing.

I have received and trained in many modalities, and have tried it all, in a quest to not just find healing in my life and lineage but to guide others to their healing.

Over this time I have sat in sacred circles, in sessions and in conversations where women have poured their pain, their suffering out, knowing that they are safe with me and hoping that I had the answers they needed.

Of course we know that the answers are within, and it often just takes an open heart, mind and soul to sit and hold space in these uncomfortable moments.

That is how I see my role in hosting these women’s retreats.

I am a woman who has walked before you, who has owned her stories, her trauma and continues to invite the healing into those spaces. When I completed my Munay Ki Rites journey, I felt first hand the impact that these ancient teachings and energies can have, in our life and also in our families lives. To date I have shared these rites with over 100 conscious souls, each one integrating powerful change into their life.

The Munay-Ki Rites are a series of energetic initiations that come from the wisdom traditions of the Q'ero people of the Andes in Peru. That invite us to begin to live our life from awareness, contribution and conscious creation.

The Rites, crossed my path at a time that I felt I had nothing more to learn, nothing left to heal, and wow, was I wrong about that.

These ancient teachings are the most powerful and life changing tools I have ever experienced or witnessed.
They truly guide us to discover what holds us back in life, what creates the trauma and patterns that keep showing up and how to release the energy that keeps us locked in to pain and challenge that most times is not even ours to start with.

The Ancient ones knew that the key to healing, to creating a happier life, to contributing to a beautiful and safe planet for all, was through ancestral healing

The Munay Ki Rites and the practices we work with at this retreat, brings us that and shows us how to step confidently onto a path where we are the creators of our own life.

If you are curious, (like I was), then I invite you to meet with me, talk with me, and discover if this retreat is what your have been searching for.

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, it is safe and guides you at your own pace.

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 safe circle, across the entire retreat.
We close every process properly, ensuring each woman has been fully held on her journey.

You will not leave emotionally opened or destabilised.

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 here ,around our fire.

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

mothers, grandmothers, daughters,
carers, healers, lightworkers
women who have always put others first
women who hold a lot for others and rarely feel seen, heard or loved

Most share one quiet feeling:
They have been strong for a long time, and they would like someone to hold them for a while

This retreat is for you if:

You're tired of carrying everything alone.
You've done a lot of healing but know there's another layer.
You crave meaningful connection with like-minded women.
Something inside you knows it's time to choose yourself.

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, unravel, let go.

Women leave with a deeper trust in themselves, clearer boundaries, and a renewed relationship with who they are beneath the roles they carry every day.

Almost every woman who attends, tells me the same thing:

“I nearly didn’t come.”
Not because it wasn't right for her.
Because she convinced herself she had more time.
That she would book the next retreat.
That she should wait until life felt less busy.
The truth?

Life rarely creates the space.
Sometimes we have to choose it.
If your heart has been whispering for something more, don't ignore it simply because fear arrived at the same time.

Fear often sits at the doorway of the very thing we need most.

I received this beautiful message after a recent retreat;

Natalie; I have no words to thank you for leading me through my journey this weekend, I didn’t believe it was possible to ever stop feeling the deep pain I have carried all my life. I felt seen, supported and safe from the moment I arrived and let go of something that I had been carrying for years.

Thank you for showing me how to let that go, D

WELCOME

Imagine waking up without carrying the emotional weight. you've carried for years.

"The Munay-Ki Rites offer a pathway into healing, ancestral healing, self-discovery and transformation that many women have never experienced before."

Every element of this retreat has been chosen for one purpose:
to help you reconnect with yourself, release what you've been carrying, and return home with greater clarity, peace and trust in who you are.

Handed down by the Ancient Shamans of Peru, these ancient transmissions guide us toward awakening the truth of who we are.

You will learn practical instruction to administer them to others and participate in daily processes to work with these ancient healing tools to bring clarity, purpose and peace back into your life.

As you walk the medicine wheel, you will take back your power as you integrate shamanic tools for protection, wisdom and power.

A Shamanic Cacao, Breathwork & live sound healing journey, will support you as you let go of and release old pains and trauma.

You are invited to 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.

The Medicine Wheel Journey is just one of the powerful integration process that you will ever experience.

My signature process, developed over time, holds the entire journey together.

As we walk this wheel of transformation, we let go of;

- ***Stories that hold you back***
- ***Fear that keeps you locked into repeating the same mistakes***
- ***Physical pain that leaves you crying***
- ***Relationships that wound you***
- ***Beliefs that limit 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 begin to receive these Sacred Rites, you begin your journey to join a group of
- ordinary men and women who lead extraordinary lives – the medicine people of the Andes.
- 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 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 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
- The integration deepens with a powerful Medicine Wheel Journey
- Finishing the day with a Shamanic Cacao Ceremony and Live Sound Bath and Sharing Circle

If You've;

been carrying too big a load for so long,

smiling when you feel hollow,

giving endlessly, and
wondering when it will be your turn.

If you have done ALL the therapy, all the classes,

And still - something inside whispers:

"I don't feel whole, I feel lost."

I want you to know that you have found your tribe, your safe place to heal.

Women tell me they come for many reasons.

Some are carrying grief.
Some are carrying responsibilities that never seem to end.
Some have spent years healing and still feel something deeper is calling.
Some simply know they have lost connection with themselves.

Whatever brought you here, you do not need to explain it.
You do not need to justify it.
You only need to honour it.

This isn't just a retreat. It's a choice.
A choice to nurture you.

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

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

" This retreat cracked me open in ways I never felt possible, I came with a load of baggage, some of it I was unwilling to let go of. Natalie gently guided me away from the pain and connected me with my purpose. I am definitely leaving here, different to when I came , lighter, happier, and I am so glad, I didn't let fear stop me from coming - truly life changing" L

1/5/27-3/5/2027 Sunshine Coast QLD

Over four sacred days and three nights you will be immersed in a deeply supportive experience designed to help you reconnect with yourself, release what no longer serves you, and remember the wisdom already within.

Your retreat experience includes:

- The complete transmission of the 9 Sacred Munay-Ki Rites
- The Sacred 13th Rite of the Womb Ceremony
- Daily shamanic teachings and ceremonial practices you can continue using long after
- the retreat ends
- Guided Medicine Wheel Journey for healing, integration and personal transformation
- Despacho Ceremony and Fire Ceremony for release, gratitude and intention
- Blue Lotus Tea Ceremony
- Shamanic Cacao Ceremony & Live Sound Healing Journey
- Guided meditations and journeys to connect with your guides, archetypes and inner wisdom
- Sacred practices for energetic boundaries, protection and self-awareness
- Personal reflection, journalling and integration time
- A small and intimate circle of women, allowing genuine connection, support and belonging
- Luxury accommodation in the peaceful surrounds of Sunshine Coast
- Nourishing organic meals throughout your stay
- A sacred altar gift pack to support your journey
- Ongoing connection to a community of like-minded women beyond the retreat

Most importantly, you will be held in a safe, compassionate and nurturing space where you are free to simply be yourself.
No expectations.
No performance.
No need to have it all figured out.

Just an opportunity to put down what you've been carrying and reconnect with the woman beneath it all.

This retreat is intentionally limited to just 10 women.
Not because we want exclusivity, but to create authentic connection.
When circles become too large, women can disappear into the crowd.

I want every woman to feel seen, supported and personally guided throughout her journey.
The depth of this work comes from trust, intimacy and the relationships we build together over these four days.

Early bird offer $200 off ends 30/9/2026

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1st May to 3rd May 2027
Sunshine Coast, QLD
Early bird discount $200 off ends 30/9/26

Pricing;
$1897, shared room
Private room $2197 only 2 rooms left!

If you have made it this far, perhaps something in you recognises something in this work.
Perhaps you are curious.
Perhaps you are ready.
Perhaps you simply know there is more waiting for you.

Whatever is bringing you here, I invite you to reach out.

Let's connect, woman to woman, and explore whether this retreat is the space your heart has been searching for.

I know every woman's circumstances are different.

For those who are ready to make a full commitment to themselves and their journey, I offer a $300 saving when the retreat is paid in full at the time of booking.

If a Flexible payment plan feels more aligned for you, that option is available too.

Contact me, get to know me, before you decide if this retreat is for you.

x Natalie

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