



Soul of a Woman Retreat

Where the white sand beach meets the azure Pacific water

Tulum, Yucatan, Mexico

If you sit in the centered stillness and listen, you can hear the Great Mother singing you home! Her gentle winds of objective truth will blow free your resistances, Her sacred fire will spark the secret longings of your soul, and Her healing waters will embrace you, and rejuvenate your spirit!

Full Moon Week of August 2 – 7, 2009

The essence of the Divine Feminine holds an ancient knowing...an intuitive way of being that resonates deeply in the body, expresses from the heart, and attunes with the vast beauty and rhythms of nature. Ancient civilizations honored the Mother Goddess in all of her many aspects and forms, some so power-filled that they were later misinterpreted, suppressed or totally obliterated from Western culture. It is a time to re-member these ways that bring healing and restorative balance to us and to our mother earth. It is time to once again trust and embrace life, to honor our spirit and give voice to our own unique expression.

Your place within this Women's Circle is welcome, as we explore these ancient teachings, ceremonies, and body based practices from sacred earth traditions and ancient mystery schools of the Divine Feminine -

- Ceremony, Ritual and *the Beauty Way* – *A Return to the Time of the Sacred*
- The Power of the Dreamtime
- The many faces of the Goddess
- Tantra: Sacred Sexuality and its new role in Western Culture
- Gentle women's yoga and ancient body-based practices for opening the heart and body

**COST: \$795 per person double occupancy (early booking discount by June 1, 2009)
\$895.00 (if booked after June 1, 2009, subject to room availability)
Single rates for beachfront cabanas available at additional cost**

What's Included: 5 nights lodging in beautiful jungle or garden view cabanas just steps away from the tranquil waters of the Caribbean; 2 delicious meals per day; daily women's yoga and body-based practices with Kate and ceremonies & teachings of the Divine Feminine with Cynthia; guided day trip to the Tulum Mayan ruins; entry fees; roundtrip group airport transfers from Cancun airport to/from hotel; unlimited use of kayaks, snorkel and boogie board equipment; and all gratuities. Everything is taken care of except for your international roundtrip airfare to Cancun and any extra food, beverage or extra activity you may choose to enjoy!

Your Facilitators:



CYNTHIA FLORES-SIGNET, founder of ANCIENT WISDOM TEACHINGS, promotes esoteric wisdom found in indigenous cosmologies, ancient mystery schools and sacred histories. These "ancient wisdom teachings" apply universal truths and disciplines that accelerate the awakening of consciousness and remind us of our interconnectedness to all things seen and unseen.
www.ancientwisdomteachings.com

KATE WATERS, Yoga instructor and founder of SHAKTIPAT YOGA STUDIO, in San Cristobal, Chiapas, Mexico, is dedicated to skillfully and compassionately offer movement and body-based practices – both ancient and modern – that provide a doorway for deepening the connection with our true essence and purpose.
www.shaktipat-yoga.org



This women's retreat will be held at a beautiful hotel with an intimate number of cabanas located between the jungle and the Caribbean Sea on one of the most wonderful beaches of Tulum, Mexico. There are a very limited number of rooms at the above price. Please reserve your place today, to avoid disappointment and to qualify for the early registration discount! *Namaste*

www.ancientwisdomteachings.com /Cynthia@ancientwisdomteachings.com /830-268-4626