

The New Feminine Voice

Facilitated by Claudia Sherwood & Juliana Barros

on Limnos Island Greece July 4th - July 8th, 2018



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Every woman holds the Divine Feminine within herself. The original impulse and blueprint of our essential nature, as women. This essence is held as an urge to rise, deep within our bodies — Our Divine Feminine Inheritance. The Goddess Within.

When cultivated, supported and embodied consciously, this impulse becomes a movement. It can be powerful yet tender. An internal movement that is aligned with and informed by our Divinity.

Also within our bodies, we hold our ancestral, cultural and collective inheritance. We carry both the essence and the traumas of those who came before us. Particularly of the women's lineage that have preceded us in the walk of Life. Our natural movements are interrupted or disrupted by traumatic experiences from childhood, birth, or family heritage. A stream of both resources and traumatic imprints that underline and influence our lives, here and now. Often times, unconsciously, we are recreating the past that wants to be remembered within us and through us. Sometimes to heal, other times to clarify and forge a new path or identity. Not only



our own past, as individuals, but our past as women within our families, within our cultures and within this planet.

We recreate the past experiences where the unprocessed original movement might have been frozen, where our body held the energy that wishes to be completed. What we often experience as difficulties and challenges in our lives are in fact not only brilliant opportunities for conscious integration and healing of these traumas, but also an invitation to reconnect with, to restore and potentially fully embody our essential feminine instinct and movement.

To restore our original movement is to return to the hands of the Goddess. To allow this movement to move us is to walk through Life with Her, as Her.

It means to accept Life as a woman as a gift. It means to fully embody and become the Gift in return.



We invite you to join us for a five day inner journey on the island of Limnos, Greece, where we will explore our intuition, our strengths and our connection to Mother Earth with the sacred Aegean at our doorstep. We will explore and ground our energy system to better understand and direct our essential movement.

These practices will enable us to connect with the level of Being in which our evolutionary power resides. The ensuing opening will offer us the opportunity to lead more authentic lives in which we can realize our fullest potential as women. Please consider joining us. We would love to share this great adventure with you.

The 5 day workshop is \$485
(Workshop is held in the Apothiki Gallery at the hotel)

Our workshop will engage in

. A container of emotional safety within vulnerability and shared feminine resonance using somatic experience influence practice

. Explore our unique feminine emergent journey, our sexuality, diving in and sharing what it means to be a woman

. Understanding the resources and gifts of our own feminine tapestry of family heritage and culture

. Finding a resting place emerging from our own intuitions and impulses

. Tracking and supporting the restoration of the subtle moments of our Soul

. Integrating and grounding our own movements and shifts in our return to home

Sample Daily Schedule

8-9am Early morning meditation

9-10:30 Aegean swim /breakfast on veranda

10:30-2pm SESSION in hotel gallery

2-4pm Lunch on hotel veranda / rest

4-6:30pm SESSION in hotel gallery

7:00-8:30pm Taverna group dinner by the sea

8:30pm Moonlight tea fire circle





All airfare, hotel lodging and dinners are additional

Limnos Adventure Hotel

**reservations@limnos-experience.com and tina@souzu.co.uk
tel is +4420 878 000 25.**

***(All photos are of the hotel and hotel veranda on the sea & above
hotel sample room)***

- . Transportation to and from the airport is included**
- . Seafront Accommodations on the beach steps from the room**
- . We are estimating a daily rate per person of 115 euros to 127 euros (x 5 nights) in 2 shared apartments or rooms, based on 5 or 6 women per apartment including breakfast and lunch in group.**
- . Dinner is with our group outside the hotel in various Greek tavernas transport included approx. 20 euros per dinner**

Airfare

***(arriving in the Athens airport and then an approx. 40 minute flight
to Limnos)***

**Aegean Airlines from Athens to Limnos Island and return. Aegean
Airlines Inter-Island roundtrips flights range from 160 euros to
240 euros round trip.**

**Sample fares to Athens from the U.S. are up to \$850-1200 round
trip.**





Note: The Sofitel Athens Airport is across the street from the airport, and offers a buffet breakfast approx. 25-30 euros open to the public for the with long stopovers.

Day tours: cheese making & organic wine visits and classes on greek cooking can be arranged for longer stopovers pre and post retreat.



Claudia Sherwood is impassioned with the feminine divine emergent process in herself and globally. She leads groups of women in mindfulness techniques, and does public speaking on working with tools for healing trauma including self-care and exploring trauma passed down in family heritage, called NEST. She is connected with nature on a deep intuitive level, giving and receiving symbiotically. She is a coach and a guide for end of life journaling; using mystical principles of healing, Positive Psychology, Reiki, essential oils, and energy medicine. She cultivates herbs, forages and makes her own herbal tinctures. She has traveled the world drawing from science, religion, culture and indigenous healing practices, sharing this wisdom with her own insights.



Juliana Barros is a female mystic and healer. She is the founder and director at Heal The Soul. She is a trauma specialist, working in the field of prenatal, developmental, intergenerational, cultural and collective imprinting. Her field of studies are advanced somatic training in bonding and attachment, polarity therapy, pre and perinatal psychology, essential movement practices as well as the field of systemic constellations. Her spiritual background includes Mysticism, Shamanism, Buddhism and Spiritism. She has a particular interest in religious imprinting as well as restoring the spiritual role of the feminine throughout space and time. Her work focuses on the healing of the Soul and the embodiment of Spirit.

(This workshop is for women over 18 years of age)