

# Embodying the Goddess Retreat 2023

## Thursday, September 21st

**5:15 - 6:15 PM:** Dinner

**7:00 - 9:00 PM:** Introductions. What is Shakta Tantra Philosophy? Talk, Five Directions Sacred Goddess Ceremony & Invocation

## Friday, September 22nd

**7:00 - 8:15 AM:** Pranayama/yoga asana

**8:30 - 9:30 AM:** Breakfast

**10:00 AM - 12:15 PM:** Chakra Meditation, Kundalini Energy & Five Shakta Powers talk  
Goddess Durga invocation & teachings, Sacred Durga mantra

**12:30 - 1:30 PM:** Lunch

**1:30 - 3:00 PM:** Free time to hike/get a massage

**3:00 - 5:00 PM:** Chakra embodiment and earthing exercises, Warrior Goddess asana; Goddess Kali introduction and mythology

**5:15 PM:** Dinner

**6:00 pm** Arti Ceremony at the Ganesh and Hanuman Temple

**7:00 PM - 9:00 PM:** Letting go Kali Breath exercise, Sacred Fire Ceremony for intention setting/releasing

## Saturday, September 23rd

**7:00 - 8:15 AM:** Pranayama/nadi shodhana/yoga asana

**8:30 - 9:45 AM:** Saraswati invocation & teachings, Chakra meditation & Empowered Saraswati mantra, "Ask the Goddess" diad and writing

**10:00 - 11:00 AM:** Brunch

**11:30 - 2:30 PM:** Saraswati's lessons. Goddess Lakshmi invocation, sacred mantra and iconography. Money is Love writing and contemplation. Embodying pleasure with food.

**2:30 - 5:00 PM:** Free time to visit bookstore/café or hike

**5:15 PM:** Dinner

**6:00 PM:** Arti Ceremony at the Temple

**7:00-9:00 PM:** Ancient Goddess hymn and abundance invocation, Awakening the Divine Feminine Ecstatic Dance

## Sunday, September 24th

**7:00 - 8:15 AM:** Pranayama/yoga asana

**8:30 - 9:30 PM:** Breakfast

**10:00 - 12:00 PM:** Deepening your practice with Goddess Technology. Embodying the Goddess walk and integration

**12:30 PM:** Lunch