

WOMEN OF THE NEW EARTH



AWAKENING YOUR  
FEMININE ESSENCE



# AWAKENING YOUR FEMININE ESSENCE

RETREAT 6-10 JUNE

Join us on a 5 day journey into nourishment, feminine embodiment, ritual, sacred sexuality, polarity work and transformation, return to your radiating essence and magnetise the life your heart so deeply yearns for. This includes two nights with the mother plant medicine.

There is something magical that happens when women fall back into their receptive essence; they become so magnetic, life, their men and work begins to pulse towards them. This falling back into her heart and womb is anything but a collapse.; it's an empowered surrender that can only occur when she's integrated her masculine and feminine -her inner King and Queen- within. She's learned to let go of the armour of survival, control, pretending and is strengthened by the inner sword of encouragement, discernment and protection. She's learned to no longer withhold her voice and emotions and reveals her heart's truth artfully into the world. She's remembered she's the born alchemist, at home in her softest light and fiercest darkness, daring to feel through the stories, patterns and programming so she can be free from them and step into the life truly meant for her. She dares to be risky, to not always 'hold it together' so she can actually keep it together.

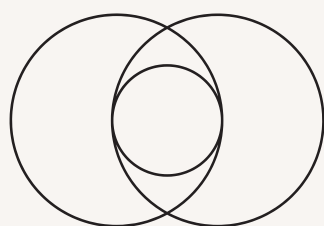




A woman who's fallen back into her essence has returned to inner wholeness of self-love, self-worth and self-belief and creates from that space, sharing her gifts not from her mind, but from her direct channel to the divine. She's no longer looking to extract in neediness from love; she devotes herself to living as love. She's as grounded in the mundane as connected to her intuitive oracle, at home being a bridger of worlds. She dares to long, all the way, becoming the embodied prayer to attract the life she wants. She gives herself what she's missing in the world and offers it as medicine to others.

She is a well-nourished woman. A turned-on woman. An awakened woman. A tender woman. An expressed woman. A sensual woman. An abundant woman. An authentic woman. A raw woman.

Sister, do you feel the call to break the outdated, exhausting paradigm of living and sink into the essence of the feminine; a state of being, an intuitive wisdom, an inexhaustible creative inspiration, a fierce sensuality; our feminine radiance?



**Are you ready to become a Woman Of The New Earth?**

# AYAHUASCA

## CEREMONIES

Also known as the Mother or the Grandmother, this sacred Amazonian medicine has been used for thousand of years for physical, emotional, and spiritual healing and the expansion of consciousness.

The Ayahuasca brew is made from two different plants, the Ayahuasca vine and the leaf of the Chacruna plant. It is an entheogen that allows us to access different realms and connects us with our higher selves, in order to release traumas and blockages and become more authentic and compassionate human beings.

We will hold 2 Ayahuasca ceremonies, held around a fire, guided by sacred songs from different spiritual traditions, combined with moments of silence and meditation.



# PROGRAM

## DAY 1

17.00 Opening Ceremony: Falling Back Into Your Essence  
Masculine reconciliation, Inner union & Feminine Surrender.

## DAY 2

08.30 Morning practice with Vero  
11.30 From Nice Girl to Womanhood  
Breathwork, womb-, boundary-, inner child work.  
19.30 Plant Medicine Journey

## DAY 3

12.00 Feminine glory & deliciousness  
Feminine praise, roses, oils and falling in love with your body  
19:30 Plant Medicine Journey

## DAY 4

12.00 Turning Complaints Into Desires & Polarity  
The art of revealing the heart, Sacred Theatre, feminine oracular expression, polarity work, receptivity.  
20:30 Temple Night: Activating Hidden Archetypes & Dress up  
Erotic aliveness, sensual pleasure and the edges of taboo.

## DAY 5

08:30 Integration Circle  
11:30 Closing Ritual; Your Feminine Essence  
Sound bowl voice activation, feminine elemental dance, standing in your value.



# ABOUT AMORALEZA, THE AREA & ACCOMMODATION

Amoraleza Association was founded in 2013 and has as its objective the promotion of a **healthy lifestyle**, the closest to nature possible.

If you are interested in our project, you may stay with us some additional days to experience outdoor living, connect with the earth, give us a hand in the garden, hike in the mountains or **relax in the nature**.



Night time is a special moment to connect with the elements and stargaze.

Being close to nature is helpful with the **integration of the medicine** work. Expect basic comfort, not luxury. There are shared compost toilets and outdoor hot showers, there is good mobile and internet coverage but no Wi-Fi connection.

**Amoraleza** is between the Sierra Nevada and the Tropical Coast, 45 minutes drive from both the beach and Granada. More specifically, it is in the Alpujarras Mountains, between Orgiva and Lanjaron, close to other alternative communities. The area is also well-known for its hiking paths and traditional villages.

It is possible to go horseback riding, visit the Tibetan meditation centre or organise a trip to Granada, to walk through the Albaicin (old Moorish quarter), the Sacromonte caves, or the Alhambra, one of the **Seven Wonders of the World**.

**Private or shared accommodation** is available for an extra fee and depending on availability. Otherwise, participants can camp (bring your own tent or rent one).

# CONTRIBUTION

-5 DAYS RETREAT-

·Camping	888 €
·Camping with gear rental	908 €
·Shared yurt	988 €
·Private bell tent	1048 €
·Private yurt or cabin (only 1 spot left)	1088 €

## RETREAT DATE

June 6th - 10th 2024

## GETTING HERE:

By air to Malaga or Granada airport, then by private taxi, ride-share or bus to Lanjaron. A pick-up service from Lanjaron can be arranged upon your arrival. Bus times can be found here:

<https://www.alsa.com/en/web/bus/home>

# FACILITATORS

## & WOMEN OF THE NEW EARTH



VERONIKA POOLA

Medicine Woman, Naturopath, Tantric massage therapist, community leader and raw food chef. In her late twenties, she had an awakening and experienced a major life change, healing herself from a long-standing depression through fasting and a raw food diet.

Since 2005, she has been leading Ayahuasca ceremonies in Amoraleza, the medicine community she created with her family. She is passionate about inspiring others to take responsibility for their health, reconnect with nature and tap into their innate healing power. When not organising retreats and running a community, she dedicates her time to her 4 children, who she is raising in the most natural way possible.



SARAH WARNAAR

Is a guide, artist and spaceholder who supports women in embodying their most sovereign self.

As a priestess of the Rose, she serves as a bridge from the beginning of the journey of awakening - trauma, masculine/feminine, codependency and Tantric work - to those closer to walking their own priestess path - archetypal, shamanic, polarity and purpose work.

Through her eighteen years of worldly travels as a model, she's experienced the pain of living disembodied and the superficial ways our society perceives beauty. Daring to feel it all and making art out of your aches is at the core of her work. When she isn't holding circles or painting, Sarah lives with her man and her cat Minerva in between Amsterdam and Cape Town.



# REVIEWS

2022 & 2023 EDITIONS

'Deep down we all want to feel whole. We want allowance to express it all, accepted and perfect in our raw truth, expensive depth, lush beauty. There are unfortunately limited places for that. The spaces Sarah & Vero create, and I get the honor to co-create at times, are those portals.

Invitations to all of you, the messy, your darkness, the too-muchness and loudness. Also the shy, gentle, fragile you is allowed here. Wide and deep, soft and sharp, foolish and wise, princess and queen. All, truly all of you. And how liberated we become together! How we flourish, play, dance with the stars and sing with the endless. How we rejoice in the vastness of the universe, the complexity of our tiny perfect bodies, perplexed by proud egos, impressed by brave souls. What a gift this path is. I leave the Women of the New Earth Retreat immersion with more of me. More at home.

As a safe, solid, powerful woman.

Daring to face the dark.

Inviting of the light.

Because life is both.

And I am here to live'

- Lisa, Sweden



# REVIEWS

## 2022 & 2023 EDITIONS

'How liberating it has been to gather with my sisters. To play, to laugh, to sing, to dance, to grow, to feel the joy and the pain, the beauty and the sadness. To be able to express all of it and to be seen and held. So much love, wisdom, gentleness. A few weeks have gone by and not a day goes by without me feeling deep gratitude for this space and for this circle of women.

From the bottom of my heart, thank you.'

- Audren, France



# REVIEWS

2022 & 2023 EDITIONS

'I have no words. Because there are no words. Beyond words, beyond the physical and mental there is just vibration and radiance, which is the true language I am speaking, the true food that nourishes me and the only currency that truly flows.

The words deepest gratefulness, connection, openness and love that I feel for the women and sisters of Amoralaza and their way of living.

I was blessed with deepest clarity and relief of being seen and understood for the very first time, true and deep connection to the feminine within and around me, the memory of my true nature and the experience of being nourished with pure life force. With sacred medicine flowing through the veins - with shifted perspective - it'll help so much with letting go of what no longer serves me, to trust in this path that I am meant to go.

The deep connection to the Devine feminine and masculine within me will provide the strength and the playfulness that is needed for the transformation.

- Ulrike, Germany

