

WINTER SOLSTICE GODDESS RETREAT

Wellsford Forest Retreat (near Bendigo)



THE SPIRITUAL WOMAN... Your role in life as a woman has many facets that need your attention. To balance all the dimensions of yourself, the spiritual Self needs nurturing. Dedicating time in practice, ritual and creative workshops, encourages us to expand our confidence, enhance our spiritual strength and return to a natural balance within. At "The Spiritual Woman" gathering, we will explore the spiritual woman within the framework of Yoga and Tantra, primarily focussing on Shakti - the universal feminine principle of energy, and ten Shaktis in particular - the *Dasha Mahavidyas* (Ten Mahavidyas) - ten Tantric goddesses or cosmic forms who embody Mahavidya ('great knowledge'). **...WITH SWAMI JYOTIMITRA**

Swami Jyotimitra Saraswati is a teacher in the Satyananda Yoga tradition.

शाक्त साधना



JUNE 2010 - Start Thursday 17th 6pm - Close Sunday 20th 2pm

Numbers limited.

\$420 inc GST Full Price (bookings close 4th June)

\$400 inc GST Earlybird (close 23rd April)

\$400 inc GST Concession

Payment in full by closing date two weeks prior to retreat deposit welcome.

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