

## **Empowerment and Transformation for Women**

Welcome to an adventure of a lifetime on a Cretan holiday for women only. Since 1995 I have been leading sacred journeys to the stunning island of Crete, located in the eastern Mediterranean. It is a great privilege to return once again to a place so rich in feminine history and spirituality, a magical place where we can embody our feminine nature in a profound and healing way.

In ancient times, Crete was a place of holy initiation rites for women, designed to help women align with their femininity, sexuality and powers of intuition and vision. Archeological and mythological evidence reveal the bountiful gifts flowing from the Goddess tradition of this land, including the 3 powerful Cretan Snake Goddesses, the labyrinth, the labrys or double-headed ax, the myths of King Minos and Theseus, the bull dancers of the Cretan court and the ecstatic dancers of Ariadne, high priestess.

During our 12 days together on Crete, we will explore the Cretan priestess tradition, unveiling the Mysteries of feminine empowerment and transformation. These states of being are intrinsic to the feminine way and honoring them will feel like coming home to our deepest self. As we embody our deep feminine nature and learn to trust our power and our spiritual depth, we can live our life with clarity, compassion and purpose. During the retreat we will integrate our growing knowledge of the Feminine Mysteries by working with the sacred body postures and movements inspired by the Cretan Snake Goddesses.

### **Accommodation: Metacom Retreat Center**

Metacom Retreat Center is situated in one of the wildest, most undeveloped areas of Southwest Crete. The Center is perched on a mountainside overlooking an ancient olive grove and a valley winding down to the dazzling blue of the Mediterranean. The presence of the goddess energy, honored here from time immemorial, is powerfully pervasive.

Accommodation is offered in traditional Greek, whitewashed rooms (shared twin) with newly tiled floors. The rooms are simple but spacious, each with its own shower and toilet. All rooms have south facing balconies overlooking the valley and Mediterranean. There is a large kitchen and patio shaded under grapevines, where we eat communally. Next to the patio, a barn has been converted into a group room for meditation, yoga and workshops.

The center is surrounded by gardens, olive groves and orchards with orange, lemon, fig, mulberry and lime trees, oleanders, cypresses, jasmine and other fragrant plants. The valley also has a mountain stream, freshwater pools, a local Taverna and small white Greek churches. Near the retreat center is a holy cave, a place of ancient religious worship and pilgrimage. The large cave reaches deep down into the body of the mountain where we will venture for ritual work and meditation.

Only 2 miles down the dramatic mountain road you will emerge on an open peninsula where the town of Paleohora lies. This is the main town with shops, tavernas, beaches, grocery stores, bakery, Post Office, medical center and banks. Paleohora has 2 delightful beaches with snorkeling and water sports and a pier, where large ferries and small sailing boats offer trips along the South Coast and dolphin spotting.

We will visit the archeological site of Lissos, approachable only by boat or by foot via the old pilgrimage path, leading through a gorge. Lissos has a preserved Asklepiion, an ancient temple of healing with its sacred well, snake pit, altar and mosaic floor. The famous Samaria gorge is a bus ride away, where we can walk 13 miles down the longest gorge in Europe. There are also hikes to other shorter and less well-known gorges which are quieter but equally dramatic in their scenery.

**A Typical Day:**

<b>8:30 - 9:30</b>	<b>Breakfast</b>
<b>9:30 - 11:00</b>	<b>Morning Workshop</b>
<b>11:00 - 5:00</b>	<b>Free day at the beach (or organized activity)</b>
<b>5:30 – 7:00</b>	<b>Dinner</b>
<b>7:30 – 10:00</b>	<b>Evening workshop and rituals</b>
<b>10:00...</b>	<b>Stargazing on the balcony!!</b>

During free time we can swim, snorkel, go dolphin spotting, hike, ride bikes, do water sports, shop, read, sip frappes (iced coffees) or simply relax. Some days I have arranged optional group activities and other days are completely free. We will do some powerful rituals in a nearby cave and at the site of an ancient Asklepion (healing temple). We will also take a trip to Hagia Sophia, a sacred cave and stay 2 nights in the beautiful Venetian harbor of Hania, which has fabulous jewelry, leather, waterfront restaurants and Cretan crafts of all kinds. We will also visit Knossos, the ancient Minoan Temple and the Heraklion Archeological Museum with amazing Feminine artifacts.

**Price: \$3,100.00**

**Includes:** all workshops, B&B shared accommodation at Metacom Retreat Center, car rental, all transfers and overnight accommodation in Hania and Heraklion.

**Does not include:** Airfare, lunches and dinners

**Space is limited to 16 women.**

**To reserve a place, send a non-refundable deposit of \$300**

**\$1,400 is due by March 1, 2012 and remaining \$1000 is due by May 1, 2012.**

**Contact Megan at (650) 364-5171**

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