ADORING THE GODDESS:
1 DAY RADIANT WOMEN'S RETREAT

with Leelin

12 MAR, SUNDAY, 2023, 10AM – 5PM

SINGAPORE (venue to be revealed soon)

EXPLORE. EMBRACE. EMBODY. EXPRESS

The Art of WOMAN. The Language of WONDER.
The Heart of Holy INNOCENCE.
The Embodiment of LOVE.
A HEALING. DISCOVERY.
RECLAIMATION. CELEBRATION.
Sacred Womanhood, Sisterhood

Welcome to the temple of embodied womanly arts, where you will be invited to discover, reclaim and celebrate your feminine body, being and Spirit.

Our time together will be catered for you to connect deeply within yourself fully.

You will experience and acquire some simple profound tools & practices to facilitate and serve your own self care and nourishment, as well as deepen your connection to your womb, body and heart spaces to unfold deeper healing within your body, temple.

Discover the natural empowerment that comes from doing this deep work of embodiment, especially alongside other women doing the same.

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During this day, we will touch, explore express different archetypes WonderChild, Mother, Wild Woman, Wise Woman

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We will use different practices and rituals for acknowledging, listening, healing, seeing, feeling, awakening and deeply honouring your divine feminine body.

Offerings of the day together will include:

- body love ritual(s)
- feminine embodiment and practices for vitality & pleasure, including breathwork, feminine qigong, Taoist breast massage, pelvic floor exercises, inner smile, womb meditation & blessings
- creative expressions of intuitive art, singing, dancing

We will always honour and follow whats there in the moment, and some things may be added or removed depending on the group energy and field.

In all practices, you always only participate to your comfort level, your feelings and personal boundaries will always be honoured without question, and you can always say yes or no to anything, and change your mind at any moment. You don't have to be, do or change anything about yourself to join.

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CREATIVE ENERGY & EXPRESSION

The practices, rituals and celebration you will explore and experience will free up space in your being for enhanced creative expression, inner radiance, sensitivity, pleasure, deep sisterhood and richer engagement with Life itself!

Having access to this creative energy of existence enhances all your senses, your innate power, intuition, wisdom, pleasure, spiritual connection, and so much more.

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THIS OFFERING IS FOR YOU IF YOU ARE:

- feeling a strong yearning to connect deeply with your feminine essence
- feeling overwhelmed by the doings of life and wishing to relax, restore, rejuvenate in a nurturing, nourishing feminine space
- feeling unmotivated, numb, lethargic, bored, disconnected from your body
- wanting to gift yourself the healing powers of being in sisterhood and a womens temple and sanctuary space
- ready to experience more self love, vitality and empowerment
- from the inside out
- ready to richly nourish your womanly soul, your feminine spirit
- just longing to let loose, let go, welcome youur inner child/wild woman/weird creature/slut/queen/and anybody else inside, to come out alive, and have some glorious fun!

This offering is for all women from all stages, phases and walks of life. The space meets you exactly where you are in your body and life – whether you've never attended a women's circle, or have been practicing and gathering with women for years.

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COMMUNAL TRANSMISSION

When we join together, there is a communal transmission, a joint healing... As we heal, we heal the Earth, as the Earth heals, she heals us – as we receive, we give back, more.

Nourish and be nourished.
Listen and be heard. Feel and be felt.
Receive and be received.
Come as you are, leave feeling more empowered, sexy, juicy, loving, beautiful.
All of you Is welcome here.

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PROGRAM OUTLINE

- **10:00 – 10:45** Opening circle & ceremony
- **10:45 – 11:30** Warm up, Feminine embodiment practices
- **11:30 – 12:15** Whimsical Wonderchild, Sacred Play (intuitive art, song, dance, connection games)
- **12:15 – 13:00** The Cosmic Bowl (Mother – pelvic floor wisdom led by Amber Sawyer)
- **13:00 – 14:00** Vegan Lunch served by The Breakfast Club SG
- **14:00 – 15:00** Rest & receive: holy nourishment practice
- **15:00 – 16:00** Wild Woman (movement, song, dance)
- **16:00 – 16:30** Wise Women Sacred Bundle: Talking Sharing Circle
- **16:30 – 17:00** Closing, Celebration Ceremony

"Heaven isn't a place we go,
it's something we become."

Dana Hutton, The Art of Becoming:
Creating Abiding Fulfillment in an
Unfulfilled World

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WHAT'S PROVIDED

- vegan lunch, a little snack
- printout notes/sheets
- overflowing enthusiasm, devotion and love

YOU'RE ENCOURAGED TO BRING / PREPARE:

- Water bottle (refillable station will be available)
- Yoga mat, cushion, scarf: something soft, soothing for you personally, to maximise and amplify your own comfort during the day
- Journal + Pen
- Any sacred objects you may like to include in the central altar to charge, bless, beautify the space together (fruit, feather, stone, crystal, jewellery, statue, etc)
- A curious and open heart

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PLEASE NOTE

PHOTOGRAPHY

There will be photography during this to serve us leaning and leading in empowerment and beauty expressions! Please know photos taken can be shared for your own personal use (not for commercial use). If you do not wish to be photographed or featured, please let us know and it will be honoured.

INFORMED CONSENT

I understand that any information or guidance that I receive in this offering should not be construed as a substitute for any medical examination, diagnosis or treatment; and that I should see a physician or other qualified medical specialist for any ailment of which I am currently aware. I understand that Leeliu is not medically qualified to diagnose, prescribe or treat any illness, and nothing said in the course of the session should be construed as such. I take full responsibility for my well being and actions during the workshop and do not hold the practitioner liable for any outcomes resulting from this workshop.

REFUNDS / CANCELLATIONS

are not available in this offering – you may transfer and gift this experience to another woman, sister. Thank you for honouring this and the sacred space we are creating together.

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LEAD FACILITATOR:

LEELIU MAK

Mistress of Ceremony,
Divine Muse, Wisdom Keeper,
New Earth Leader.
Leeliu is a culture change maker of the New Earth.

As a holistic sacred feminine embodied mentor, she advocates feminine empowerment & leadership, aligned with individual & collective Soul Sovereignty. She has been actively immersed in the study, practice and facilitation of yoga, meditation, energy & bodywork, Tao, Tantra, feminine embodiment, holistic sexuality, women circles and women's coaching for over 15 years.

She is committed to nurture and guide a global community of embodied sacred, sensual women from all cultures and backgrounds, to express their feminine essence and powers of beauty into the world. And re-educating beloved men along the way too!

Inspired by her lifelong passion for dance, the arts, creative expression, feminine spirituality, Leeliu provides safe and powerful containers for women and men alike, to return to their innate purity and divine essence, through embodiment, and transformational inner work.

Leeliu is a certified yoga teacher, meditator, a modern day temple priestess, Chi Nei Tsang & intuitive massage therapist, a reiki practitioner, a curator & facilitator of intentional gatherings, a keen writer, an activist for trees and clean water – a fierce hearted daughter of the earth, loving sister, mother, lover of life. You can find out more about her at leeliu.me

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GUEST SISTER FACILITATOR:

AMBER SAWYER

AS AN EMBODIMENT FACILITATOR, Amber shares the joy of living through holistic practices of yoga, active meditations, and pre/postnatal birth support. With nearly 25 years of study and practice in Yoga, active meditations, and pre/postnatal birth support. With nearly 25 years of study and practice in Yoga, Ayurveda and Meditation, as well as a PhD in Biomedical Engineering in the field of stem-cell tissue repair, Amber brings a unique perspective on healing and self-discovery through the influence of scientific and ancient wisdoms. Her greatest accomplishment has been giving birth to her daughter in 2015, in the comfort of her own home. Her empowered birth journey planted the seed for a quintessential integration of her life experiences as a birth worker, to empower other women to step into a conscious pregnancy, birth experience and preparedness for motherhood.
She currently serves as a birth doula, and in 2019 founded Embodied Woman Yoga - a platform for courses, CEUs, Yoga Teacher Trainings and resources related to women's health, particularly pregnancy and postpartum. Amber focuses on sharing active meditations, elemental yoga, pre/postpartum yoga, pelvic health immersions, as well as offers her own 90hr YA Embodied Woman Pre/Postpartum Yoga Teacher Training biannually. After 16 years in Singapore, she recently relocated to Mallorca, Spain, with her family, and continues to share her work internationally.

Amber will share a pelvic floor journey during the segment of MOTHER:
The Cosmic Bowl: Journey into our feminine landscape as we embody our pelvic terrain through nourishing visualisations, embodiment practices and healing breathwork. This gently guided session will lead us on an exploration of our Cosmic Bowl, the hearth of our Shakti Prana and creative essence.
https://ambersawyer.com

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GUEST SISTER VISUAL ALCHEMIST/ PHOTOGRAPHER:

RUTH

Ruthi will be JOINING US IN CIRCLE, quietly and weaving her loving lens to document precious moments in sensitivity - this serves to anchor more beauty embedded in the photographic memories of this day – and serves the world the expressed, embodied essence of WOMAN through all of us

Ruth Schooling is an artistic documentarian and weaver of the natural world — plants, body practices, people & food rituals.
Her work embodies both a remembering and a celebration of what it means to be truly human living in sacred interaction with nature and all its forms.

As you step into her creative temple, you are invited into an integration and exploration of the healing alchemy of body and plant wisdom, the truths of living, the realities of our earth cycles & an uncensored unfolding of our emotional tides.

https://ochreroot.com

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PRICES

Special offering/exchange:

EARLY HONEYBEE (TILL MAR 5): $288

Sign up with a sister friend

AT AN INCREDIBLE PRICE FOR $250 EACH

(valid till March 8)

REGULAR: $333

(registration closes by Mar 10)

PAYMENT OPTIONS:

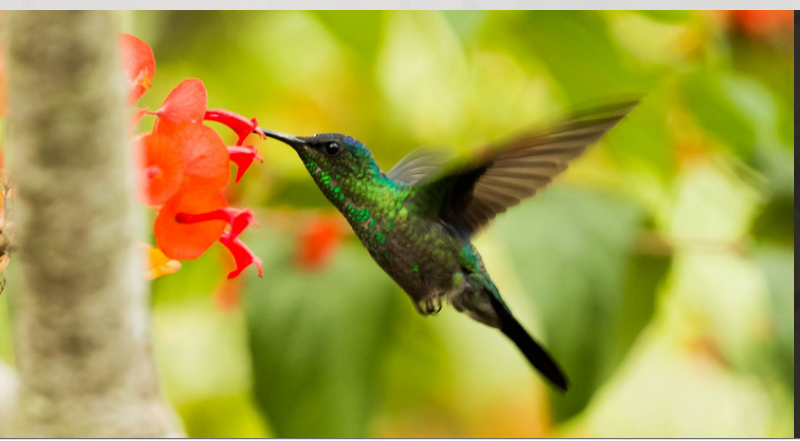
DIRECT bank transfer: UOB

NAME: MAK LI PING
ACCOUNT TYPE: ONE ACCOUNT
ACCOUNT NUMBER: 364-331-293-8

Paynow / Paylah: Esther Ng +65 8382 1189

(please state Your name + Name of Event)

DM LEELIU TO enquire & JOIN +4915209711573
bless & be blessed beloved woman
may you remember your inherent perfection



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