

SEA HEALING RETREAT



Kerala | August 1, 2024 – August 4, 2024



SHAMANIC
VISION
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Thank you for expressing interest in our upcoming retreat in Kerala “**The Sea is my Mother**”. This retreat will be held at a beach town in Calicut called **Kappad Beach**.

The Sea has always been a place of mystery; its vastness is beautiful and fearsome. It is teeming with creatures so different from land dwellers. It is where the life emerged.

The Mother is a great **healer**. She knows all and she contains all. Whatever our grief, sorrow, pain, joys, incompletions, treasures; She helps us dive into them and become the best that we are here to BE.

She knows it all. She heals it all.

Why?

This **Sea Healing Retreat** helps us with the energies of the Sea for healing and bringing back our vital true essence. Be it nurturing ourselves having fun or any aspect of receiving or coming to our true core. The Mother heals us all. We learn to embrace our true essence, heal our **wombs/hara**, accept our bodies and **sensuality** and **sexuality**.

The Sea **cleanses** our wounds, washing away all that is not needed.
The Sea **embraces** us and touches our heart and soul.
The Sea **softens** our heart that has hardened with grief and sorrow.
The Sea **allows** us to come to peace with who we are and what we want to BE.

Join us for this retreat which happens only once a year.

All about you and Mama Sea.

Something about the Sea allows the adults to feel like children and play with the water and the sand. The beach is the place where we can just be and it is when we reach this state of being that we can find who we truly are.

When we come to this source, we can **activate the magic** within us and connect fully with the power of the natural world.

The Sea allows us to listen to the voice of our souls. We need to hear this **wisdom** and connect to our **inner self**. When the soul has been wounded and the sun is keen to surface in the dark, there is one place to go to, that place fills the Earth's land with moisture and water, that changes the coast in a dream, that place ancients called the mother of mothers - **The Sea!**

For Registrations :
+91 99799 19033



Retreat Schedule



Each day of the retreat will begin with morning meditations at the beach at sunrise. We can then spend some time at the beach praying, singing playing or just being. We then have our breakfast, get ready and gather below a beautiful womb tree who awaits us and welcomes us in her shade.

From 9:30 to 1 pm we will talk, learn, share, discuss various aspects of the Sea. What healing it brings, how to work with that aspect of self with the Sea. We cover processes and teachings during this time.

We then break for lunch and post lunch have some quiet time to our self. This time can be used for resting, journaling, introspecting or just absorbing what we have learnt and practised.

We gather again at **4 pm** and continue with the teachings. We end at **6 pm** and then proceed to the beach for integration, connection and communication with the Mama Sea. We play, allow our inner child to have fun and spend time at the beach.

Dinner is then server at around **7:30 to 8:30**. We close the day with a sharing circle where we do some ceremonial work or sharing or story telling or singing or dance to integrate the learning through out the day.

We then say our good nights and meet the next day for another layer of **Sea Healing**.

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Summary

When : **August 1, 2024 – August 4, 2024** | 3 nights 4 days
Check-in by **3 pm** on 1st
Check-out by **11 am** on 4th

Where : Kappad Beach Resort | Kappad | **Kerala**
Connecting Airport : **Calicut**

Energy : Retreat cost, workshop teachings, ceremonies,
Exchange rituals, healing sessions, all meals and stay on
twin sharing basis.

You do not have to pay the full amount now.
You can pay the registration amount right now
and balance later.



Memories
from previous retreat



TREASURE CHEST OF SEA HEALING RETREAT

A drop of the ocean is within each one of us - a potentially dynamic statement implying that we are all capable of healing ourselves, reaching full potential.

I am just back from the Sea Healing Retreat in Calicut birthed and conducted by Neelam. A very invigorating 4 days spent by the beach with introspection into being my true self - unmasked, unafraid, realising the strength and power that lies dormant within and giving it the right expression. Massive cleansing, meditations, day activities starting from sun up and way into moon up, yet we were fresh for the next sun up!! I got home with new skin besides ofcourse a new attitude!! This is one program, aided by the benefits of Divine Mother Ocean, that I would recommend for all.

Thank you Neelam

Zenobia

