



Awaken & Honor Your Goddess Within

Shakti Red Tent Retreat • Grass Valley, CA • May 14-17

Have the times left you feeling frazzled, brittle, exhausted or heavy-hearted? Enough with the pushing, striving and improving. It's time to replenish your inner resources and tap into your essential feminine power. Receive the kind of soul nourishment that comes from being in loving community with other women. Awaken Shakti, your divine feminine life force, and allow its presence to transform your life from the inside out through ease, joy and pleasure.

- Share your heart in a safe circle with other women
- Activate pleasure and sexual awakening with feminine Tantric practices
- Relax and receive, fill yourself up; be pampered, loved & appreciated
- Feed your soul in nature, walk in the woods, put your feet in the river
- Dive into stillness, be silent, & listen to your intuitive knowing
- Reconnect with your body: yoga, dance, massage and sensual touch
- Attune to your own feminine rhythm and know balance
- Laugh, play, express your creativity, & have fun
- Nourish your body with homemade, healthy food & plenty of chocolate
- Hit your personal "reset" button; go home with abundant energy & love to share

WHEN Friday May 14 (5 PM) through Monday May 17 (10 AM)
(Giving you two FULL days to unwind. You need it. You deserve it..)

WHERE Grass Valley, California (my private river retreat in the Sierra Foothills)

DONATION \$549 suggested (workshop, meals & informal lodging (private rooms also avail)

SIGN UP lisa@awakeningshakti.com for more info/registration or call (530) 346-6778

In the Red Tent, women gather to nourish the spirit, celebrate the feminine, and find the replenishment we need as mothers, lovers and leaders. We remember why we're here and our task becomes clear again. Trust your heart. Space is limited. [Reserve your spot in the circle NOW by contacting me.](#)



PRESENTER: Lisa Schrader is the author of *Kama Sutra 52: A Year's Worth of the Best Positions for Passion and Pleasure* from Quiver Books. She is a Sacred Sexuality Coach with a nationwide clientele, a Tantra teacher and the founder of Awakening Shakti, a company dedicated to supporting sexual and spiritual awakening. Her work has been featured on "The Oprah Winfrey Show," Oxygen, and VH1.

www.AwakeningShakti.com