

# INDIGO WELLNESS®

## Goddess Rising Retreat

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3 days of Yoga, HeadWrapping & Self-Love

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**FRIDAY 2<sup>ND</sup> JUNE – SUNDAY 4<sup>TH</sup> JUNE**

Come wrap yourself in some well-earned love with our 3-day Goddess Rising (Wellness) Retreat.



**ABOUT YOUR GUIDE : NYAMWATHI GICHAU** A multi-disciplinary verbal & visual artist, RYT certified Hatha/Vinyasa/Yin Yoga teacher with a passion for nature, healing and wellbeing. “Hurting people hurt people” is an insight that has helped me overcome a life of adversity and trauma, my mission - to be a source of inspiration and empowerment in reclaiming your health and happiness. Acknowledging our own bodies natural design for regeneration, I believe we all have the capacity to heal naturally from the inside out, without turning to pharmaceutical treatments.

**ABOUT THE VENUE : FATUMA’S TOWER** is a tranquil barefoot boutique hotel and retreat centre, located on the antique island of Shella, Lamu. We are a small family run eco-friendly guest house with 10 double/twin bedrooms, spacious garden, small pool, fully equipped yoga studio and 10 long serving supporting staff. The accommodation consists of 3 separate buildings; the Tower (5 rooms), the Sandcastle (3 rooms) and the Garden Cottage (2 rooms), all with solar powered hot water, fans and mosquito nets, with a total capacity of 10 double/twin beds.

## - ABOUT THE SESSIONS -

**GODDESS VINYASA SEQUENCE** – A 1 hr sequence designed to awaken the sacral, solar plexus, heart and 3rd eye chakras/energy centers, allowing one to completely align with their divine feminine energy.

**GENTLE HATHA & YIN SEQUENCE** – A 1 hr sequence designed to restore feminine balance to counter the masculine Yang energy within us through receptivity focused flows focusing on alignment and the art of surrender.

**GODDESSWRAPS® HEADWRAPPING SESSION** – Master the art of tying and styling a Head Wrap / Turban, get in touch with your inner Queen-Dom, tap into your inner Goddess and reclaim your right to SHINE!

**SELF-LOVE WORKSHOPS** – Interactive and self-reflective series of sessions where you uncover deep truths and limiting beliefs, replace them with positive affirmations, learn new empowering tools to honor your heart, body, mind and spirit, vision-board, intention setting, mindfulness and gratitude. These sessions are a mixture of work and play, as we constantly shift between the yang 'adult' self and the 'yin' inner child, creating a unifying blend of both aspects of the self.

**ENERGY HEALING** – A non-contact combination of Mystical Healing™ and Reiki™ chakra alignment healing techniques that remove all energetic and physical blocks to your wellbeing, success and flourishing mental and physical health.

**KINAESTHETIC™ THERAPY** – A Body-based emotional release therapy where we delve into the world of emotion and its impact within your psyche, break and release old patterns, negative karmic cycles and heal past emotional wounds. The outcome being self-authenticity, healing, self-love and an increased capacity of choice-based freedom.



**ARRIVAL: THURSDAY 1<sup>ND</sup> JUNE <NIGHT>.  
ENTERING THE GODDESS CIRCLE OPENING  
CEREMONY TO RELEASE THE OLD SELF.**

**DEPARTURE: SUNDAY 4<sup>ST</sup> JUNE <NIGHT>.  
CLOSING THE GODDESS CIRCLE CLOSING  
CEREMONY TO LOVINGLY EMBRACE THE NEW  
SELF.**

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### SAMPLE DAILY SCHEDULE\*

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7 – 8 AM	LIGHT BREAKFAST (FRUITS, MADAFU, YOGHURT)
8 – 9 AM	GODDESS VINYASA YOGA ASANA SEQUENCE/CLASS + PRANAYAMA
9 – 10 AM	WHOLESOME, HEALTHY, ORGANIC BREAKFAST
10 – 11 AM	SELF-LOVE WORKSHOP
11 – 12 PM	GODDESSWRAPS® HEADWRAPPING CLASS
12 – 1 PM	LUNCH BREAK (WHOLESOME, HEALTHY, ORGANIC PESCETARIAN/VEGETARIAN)
1 – 2 PM	MASSAGE THERAPY SESSION** (1 INCLUSIVE, 2 OPTIONAL)
2 – 3 PM	ENERGY HEALING SESSION** (OPTIONAL)
3 – 4 PM	CARD READING SESSION** (OPTIONAL)
4 – 5 PM	KINAESTHETIC THERAPY SESSION** (OPTIONAL)
5 – 6 PM	SUNSET MEDITATION (DAY 1: SEA OF OHM'S AT ANCIENT RUINS; DAY 2: SUNSET DHOW MEDITATION; DAY 3: EARTHING/GROUNDING GARDEN MEDITATION)
6 – 7 PM	GENTLE HATHA & YIN YOGA ASANA SEQUENCE/CLASS + PRANAYAMA**
7 – 8 PM	DINNER (WHOLESOME, HEALTHY, ORGANIC PESCETARIAN/VEGETARIAN)
8 – 9PM ONWARDS	BONFIRE BURNING CEREMONY/TURTLE HATCHING***/FLOATING BAR EXCURSION

#### PLEASE NOTE:

\* This schedule is subject to change.

\*\* Some of these sessions will happen on alternate days and not consecutively

\*\*\* Dependent on Season/Availability