

Sri Treat

The Dance of Shiva-Shakti



MARCH 17th-23rd 2024

CAYUCO MAYA, Bacalar, México

with
MELANIE SHANK
&
MICHAEL STEWART

Hamsaha Soham



SriTreat 6 IS NOW OPEN FOR REGISTRATION!

If you are called to this unique experience with Michael and Melanie, please join us in Bacalar México from March 17th - 23rd, 2024.

Sri is the quality of the *Divine Feminine* in all her manifest possibilities, while a *Treat* is “an event or item out of the ordinary that gives great pleasure”. This is exactly what is on offer here.

In this retreat, we will explore the principals of the *Divine Feminine* and the *Divine Masculine*. What can be seen as distinct and separate on an outer level, can be understood and experienced as a harmonious integration of totality in each individual. The dance between *Siva's Tandava* and *Shakti's Lasya* allows us to move towards a more unified embodiment of our own unique balance between feminine and masculine energy in our physical, energetic, mental, emotional and essential expressions.

In this *SriTreat* Melanie and Michael will guide you through:

- Dynamic and integrated yoga postures
 - Subtle breath work
 - Accessible Meditations
 - Energetic Alchemy
 - Powerful Mantras
 - Kirtan
 - Group Dynamics and
 - Satsang.

All these practices will open you to the natural balance inherent within and support your life dance.



This *SriTreat* is designed for all that are interested in finding the balance between the divine feminine and divine masculine within and also to recognize these qualities in the world around you. Come with an open mind and leave with an open Heart.

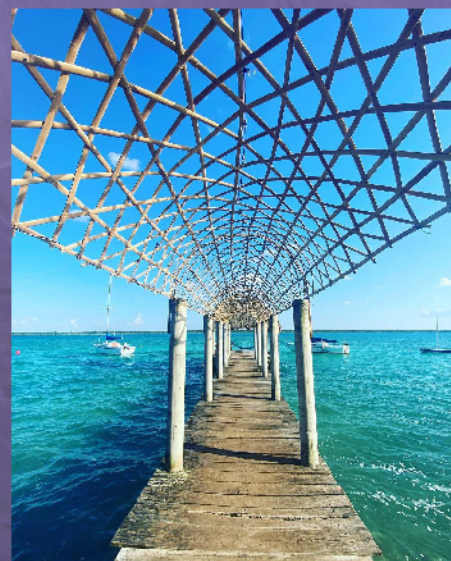
Along with the practice sessions, activities and ceremonies, this retreat includes 2 delicious vegetarian meals per day. You can choose and pay for separately, your accommodation depending on your personal needs. There are limited single accommodation choices so book early if this is a concern.

All teachings and activities plus 2 vegetarian meals per day : 9,900 pesos

Housing is paid separately (info next page)

Please register, by sending an email or a message to Itzel:

 itzelgr8@gmail.com  +52 984 188 1789



Cayuco Maya ACCOMMODATION

Habitación	Tipo / Facilidades	Camas	Personas	Costo por Noche
<i>Mapache</i>	Cabaña tradicional	1 King Size	2	\$1,100.00
<i>Arbol</i>	Cabaña tradicional	1 Queen	2	\$1,100.00
<i>Orquidea</i>	Cabaña tradicional	1 Matrimonial	2	\$1,100.00
<i>Luna</i>	Cabaña a la orilla de la laguna	2 Matrimoniales	4	\$1,500.00
<i>Sol</i>	Cabaña a la orilla de la laguna	2 Individual y 1 Matrimonial	4	\$1,500.00
<i>Plumas</i>	Habitación tradicional	1 Cama King, 1 Matrimonial 1 individual	4	\$1,500.00
<i>Agua</i>	Habitación tradicional	1 Cama King, 1 Matrimonial 1 individual	4	\$1,500.00
<i>Balam Glamping</i>	Domo con Baño Privado, Aire Acondicionado	1 Cama Queen y 1 Individual	3	\$1300.00
<i>Colibri Glamping</i>	Domo con Baño Privado, Aire Acondicionado	1 Cama King y 1 Individual	3	\$1,300.00
<i>Bungalow elevado</i>	Frente a la laguna, baño comunitario	1 Matrimonial	2	\$1,000.00
<i>Zome</i>	Bungalow Compartido con Baño Privado	6 Individuales	6	\$300 por persona
<i>Bungalow Comunitario</i>	Baño compartido tipo hostel	8 Individuales	8	\$250 por persona
<i>Refugio Luna</i>	Baño compartido	1 Matrimonial	2	\$700.00
<i>Refugio Tierra</i>	Baño compartido	1 Matrimonial	2	\$700.00
<i>Camping</i>	No incluye casa ni colchoneta			\$200 por persona



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