



### 3 day/4 night Residential Retreat in beautiful wild North Cornwall

The rugged and beautiful north coast of Cornwall is a raw yet rich landscape in which to explore the wild edges of our Sacred Feminine energies. I invite you to join me and other conscious women on a journey together into your Wild Feminine. On this 4 night/3 day retreat we will be engaging with the archetype of Artemis, exploring her relevance and potency in our lives as women. Artemis is the Greek Moon Goddess of the hunt, wilderness, fertility and sisterhood. She represents our connection to nature and the Moon cycle in its Maiden phase (New Moon) and is a reflection of our own wild cyclic nature. Independent, a loner yet connected in sisterhood, Artemis is a bridge between being fully in the world and retreat into solitude, bold expression yet inner sensitivity & intuition.

On this retreat we will explore your wild edges, the synergy between being fearless and active in the world whilst deeply attuned to your inner world and the solace of nature. We share the journey through meditation, mantra & chant, breath work, dance & embodiment practices, with deep sharing; also immersing ourselves in the beauty of the wild Cornish landscape. The retreat will include time at St Nectan's Glen, a stunning woodland and waterfalls. It's a very intimate and sacred site in this otherwise rugged coastal landscape.

There is nothing quite like the intimacy and nurture of a small group of women for activating new frequencies within us. Each participant will be held in safe space for her unique sacred journey within the group energy. This retreat is for you if you:

- Have been struggling, striving or are exhausted with the demands of your life
- Are feeling a lack of appreciation, enjoyment or fulfilment
- Long to discover a profoundly free connection to all facets of your nature
- Desire to simply let go, open, receive and see what emerges
- Feel the need for support, connection & community
- Are in a life change process, or would like to be

*"A wonderful, heartfelt experience delivered with an overall sense of warmth and love. I feel enlightened. I feel healed and I have clarity on certain internal blocks. I have enjoyed this experience immensely." Savannah Southcott, The Abundant Feminine Retreat, Cornwall*



The Cornish cliffs in their abundant early summer flowering

### Your Wild Feminine Facilitator: Cassandra Eve

Cassandra has been a guide for individual and collective awakening for more than thirty years as a Facilitator, Astrologer and Soul Coach. She shares women's embodied wisdom internationally through retreats and individual consultations, through her writing and online courses. Cassandra empowers women to claim that which we have forgotten – our original nature within the Deep Sacred Feminine. She holds women in the truth that conscious change starts within - that we all have the capacity to contribute to a deep inner shift into deeper self-love and profoundly rooted presence in our lives, along with contributing to a cultural shift that honours the feminine values of natural rhythms, nurture, care, connection to each other and our beautiful Earth. Cassandra is the author of 'Sacred Pathways – Discovering Divine Feminine Archetypes in You' and is currently writing a second book about the Dark Sacred Feminine archetypes. Website: [www.beingwholewoman.co.uk](http://www.beingwholewoman.co.uk)

### Our Venue

Our retreat is based in a large comfortable and secluded house with an ocean view terrace. It is on the Cornish coast path and a short walking distance from soaring cliffs and the beach at Trebarwith Strand. The house has wonderful ocean and sunset views, as well as being in close proximity to the early summer abundance of the Cornish cliffs. You will be immersed and well nourished in natural beauty during our retreat time together.



The beach & café at Trebarwith Strand, a short walk from our venue

### What's included in the Retreat Cost

- Accommodation as booked. Options include shared twin rooms or sole occupancy, en suite and shared bathroom. NB Sole occupancy is limited so early booking is advised.
- Half board meals - breakfast and lunch or dinner daily. You are welcome to self-cater another meal if you like or there are local cafes/pubs.
- Full programme for the retreat with free time to give you the opportunity to integrate your awakening process, relax and explore.



### What's not included in the Retreat Cost

- Food outside of the half-board arrangement.
- There will be a retreat excursion to St Nectan's Glen during our time together. This will be in shared cars with a contribution for mileage, plus an entrance fee to the main waterfall
- Personal travel to the venue. Shared transport may be possible with other retreat participants.



*'Beauty appears when something is completely and absolutely and openly itself.'*  
Deena Metzger

## Retreat Cost for 3 days/4 nights

### Earlybird Booking Date: 4 April 2020

Cost for 4 night/3 day retreat. All bookings are half-board

Twin share room £495

Twin share en-suite room £525

Double room sole occupancy £550

Double room sole occupancy en-suite £595

£80 Supplement on all accommodation for full price booking after 4 April.

To be paid in full by 1 May

There is limited availability for sole occupancy accommodation.

Please book early to avoid disappointment. Participant numbers are limited

Instalment options are available on full price booking only.

A final decision about the retreat going ahead will be made one month prior to the event. If the retreat is cancelled due to travel restrictions all payments will be fully refunded. Please see Cancellation Policy doc. for other terms & conditions.

*'Who is She? She is your power, your Feminine source. Big Mama. The Goddess. The Great Mystery. The web-weaver. The life force. The first time, the twentieth time you may not recognize her. Or pretend not to hear. As she fills your body with ripples of terror and delight. But when she calls you will know you've been called. Then it is up to you to decide if you will answer.'* Lucy H. Pearce

### Booking Information

A £100 deposit is required to reserve your place. Final payment is due to be paid by early bird date, or 1 May on full price booking. An instalment option is negotiable on full price booking only. Booking form, bank details & cancellation policy will be sent on receipt of your booking enquiry.



Magical Tintagel Castle

## Reflections from Retreat Participants UK & Europe

'It is very special how women that do not know each other can become a close group so quickly. It was a warm bath; I had a lovely go with the flow experience. I felt held and loved. I look back on a beautiful week full of light and love.' Carola Nieborg, Netherlands

'I feel like I have been on a long deep beautiful journey to myself. Being held in a space that feels safe and loving has been an incredible experience. I have recharged and replenished my inner resources and feel strong and guided in my onward journey'  
Jennie Russell-Smith, Hereford

'Cassandra is a woman of great depth, compassion and divine love. She created a space in which I felt held and safe, heard and seen, enabling me to blossom and grow into the rose-rooted woman I was born to be. I cannot thank her enough' Sara Hall, Surrey & Cornwall

'Deepest gratitude Cassandra for providing a beautiful retreat space, deep but gentle exploration of the phases and transitions of womanhood. Beautifully held with tenderness to a powerful conclusion.' Jayne Power, Great Malvern

'The retreat was beautiful in so many ways. Cassandra provided a safe, nurturing and supportive retreat where I felt I could let go but most of all was able to receive love, support and guidance to move forward.' Kate Fernandez, West Midlands

'One of the most powerful and yet lovingly gentle experiences of my life. My life will never be the same! I feel cleansed, forgiven and empowered to love life and fully embrace the ecstatic dance of life'. Linda Hurr, Cornwall

'To say that this retreat was just what I needed maybe sounds too good to be true. But it was exactly that – my perfect soul medicine for this moment in time. I woke each morning eager to discover what lay ahead that day. It was always enjoyable if sometimes personally challenging and Cassandra held the space beautifully with a perfect balance of gentle support and freedom for us to just 'be'. Brilliant in every way!' Caitlin Sinclair

'I experienced Cassandra as welcoming and genuine, and enjoyed the intimacy and co-creative feel of the retreat which she was able to navigate with ease. The mix of myth, meditation, creative work, other practices and free time worked well and the opportunity to eat together and get to know the other participants deepened the holding of the group. It felt that the archetypes of the Queen and the Crone were present and alive in Cassandra, allowing us to experience those energies in ourselves.' Susie Atterbury, Wilts

*'Surround yourself with the wise one, the wild ones, the kind ones, the awake ones. You don't have to do it alone.'* Chameli Ardagh, Awakening Women Institute

Are you ready to join me in your Abundant Feminine? Or are you willing to be?

If so email me, Cassandra Eve, at [contact@beingwholewoman.co.uk](mailto:contact@beingwholewoman.co.uk)

Or call me on 07794 507076

I'd love to share this deep journey with you!