

ITINERARY AND BOOKING FORM

HONOURING THE FEMININE

ULURU

2,3,4,5,6 MAY 2016

A 5 day intensive women's retreat

Monday May 2:

Arrive at Yulara Camping area by complimentary shuttle from Ayer's Rock airport or by rental car if you wish to have your own car.

Flights arrive from Sydney around 1pm.

Welcome lunch on arrival

2pm Settling into cabins

3.00pm Orientation, introductions and group meeting. Setting intentions.

4.30pm Drive to sunset at Uluru: snacks and vino.

Dinner (after Sunset) at Outback Pioneer Restaurant: the great Aussie BBQ / fish, meat and/or salad bar).

Tuesday May 3:

6.0 Breakfast (please bring your own: cow's milk will be available at campsite) in your cabin

7.0 Group session (facilitated by Denise)

What it means to honour the Feminine in you and in all of us.

8.0 shop for snacks/water for walk

9:0 Activity: Walking Uluru in SILENCE, led by Denise

One of the oldest ceremonial sites on earth, where the indigenous women once prepared food, (MALA WALK) gave birth, did ceremony, protected their young (Kunia story: the role of AUNTY.) Walking in SILENCE, looking and LISTENING to the birds, the breeze, the presence and absorbing ancient women's business from the Honourable Feminine: Leaving our pain along the way.

Lunch at the Cultural centre

Afternoon Reflection: SILENCE/Rest/ journal writing

Gathering the firewood and preparing dinner

Dinner at the camp: group effort

Evening Activity: FIRESIDE REFLECTIONS and a reading from FINDING ARTEMISIA
STAR GAZING

Wednesday May 4:

6.30 Breakfast in your cabin

7.30 Morning Group session (facilitated by Denise)
What are our wounds in the Feminine?

8.30 Activity: SILENT walk into Walpa gorge, led by Denise

11.0 Longer Visit at Uluru Cultural centre, (You might want to bring your wallet)

Lunch at Uluru Cultural centre.

Afternoon Reflection: What did you experience in the gorge that gave you the sense of the Masculine. What does it feel like? When is it appropriate for women to honour that?

SILENCE/Rest/ journal writing

Sunset: Simultaneous/Uluru and Kata Juta

Dinner at restaurant

Evening Activity: FIRESIDE SHARINGS/and or STARGAZING

Thursday May 5:

The miracle of Sunrise on the dunes

7.30 breakfast. Denise's treat

8.30 Morning group session (facilitated by Denise)

Why are modern women struggling? What's missing in our lives? What can be learnt from ancient women's business and how can it be applied to ourselves and each other?

Dot Painting Activity at Cultural Centre

Lunch at RESORT centre.

Afternoon Reflection: What do ancient women have that modern women need in our families, relationships and professions? How has the Masculine overpowered the Feminine in Modern times?

DUNE VISIT/SUNSET and star rises and planets galore (during this DARK phase of the moon) **or sunset camel rides**

Dinner (group effort) Around the camp fire

Friday May 6:

Farewell sunrise

7.30 Breakfast

8.30 Consolidating Circle : Honouring the Mother, the Grandmother, the Aunt and the Earth. Taking responsibility.

10.0 Check out/ Departure/ airport transfers/ last minute shopping for souvenirs etc

Please read the following information carefully.
If you have any questions do not hesitate to phone or email:

PH: 0414801777, **EMAIL:** greenawaydenise7@gmail.com

WHAT TO BRING

- + Your favourite breakfast foods (cow's milk available at campsite)
- + Water bottle
- + Walking shoes
- + Insect repellent (as close to natural/fragrant free as possible)
- + Torch
- + Earplugs
- + Hat & sunscreen
- + Casual clothes for hot days
- + Swimmers (there are pools in the resort)
- + Warm clothes (including head gear) for cool to cold nights
- + Art paper, journal, textas and/or coloured pencils and/ or paints

Please note: Mobile coverage is restricted to the resort vicinity.

COMPULSORY READING 'Finding Artemisia: A journey into ancient women's business'

ACCOMMODATION

AT THE YULARA RESORT CAMPING AREA

Share cabins: 2 bedroom cabins, fully contained kitchen including bed and bath linen, blankets, cutlery, crockery, microwave, oven, split a/c.

Showers and toilets are located in communal block.

RETREAT PRICE \$2250

Early Bird \$1990 closes October 30, 2015

INCLUDED IN RETREAT PRICE

- + RESORT SHUTTLE to and from airport
- + Welcome lunch, wine and nibbles at Uluru sunset, Denise's special breakfast
- + shared car hire
- + 4 nights accommodation (shared cabin)
- + Daily tours and excursions conducted by Denise
- + Daily Group Sessions/ workshops facilitated by Denise

NOT INCLUDED IN RETREAT PRICE

- Air fares - don't delay, the more advanced the booking, the cheaper
- Compulsory travel Insurance
- Meals marked in **orange***
- PARK Entrance fee: \$35
- Dot painting with local elder, camel rides
- **Shared food: 2 dinners**
- **restaurant food**

To confirm your booking, please complete the [online form](#) and email to