



D i v i n e A r c h e t y p a l
A w a k e n i n g

Retreat

30th September - 4th October, 2025
Gran Canaria



YOUR SACRED JOURNEY

Awaken Your Divine Feminine Power, where ancient volcanic energy meets ocean wisdom. Escape to the enchanting Canary Islands, where the raw power of volcanic earth embraces the endless embrace of the Atlantic Ocean. Here, in this sacred meeting place of fire and water, you are invited to embark on a transformative journey of feminine awakening.

Imagine yourself basking in golden sunshine on pristine beaches, feeling the warm sand beneath your feet as ocean waves whisper ancient secrets of feminine wisdom. This is more than a retreat—it's a homecoming to your most authentic, powerful self.

Over these magical days, you'll awaken the four Divine Feminine Archetypes that live within you: the Witch, the Lover, the Warriorress, and the Queen. Each archetype holds unique gifts, waiting to be reclaimed and embodied as you dance between volcanic landscapes and ocean shores.

This exclusive women-only retreat unfolds directly on the beach, where every sunrise becomes a ceremony and every sunset a celebration of your expanding feminine essence. Let the Canary Islands' eternal spring embrace you as you step into your most radiant, empowered self.

Your transformation awaits where fire meets water, and ancient wisdom meets modern woman.

A person with long dark hair, wearing a white long-sleeved shirt, is sitting on a rocky cliff. They are facing away from the camera, looking out over a vast ocean towards a bright, low sun on the horizon. The sky is a mix of soft pinks, oranges, and blues. The water is a deep blue with gentle ripples. The cliff they are sitting on is rugged and rocky, with some sparse green vegetation on the right side.

DAY 1 ARRIVAL

WELCOME TO YOUR TRANSFORMATION

Today is about arriving not just physically, but energetically. Let the volcanic earth ground you, the ocean waves cleanse you, and the golden sunshine welcome you home to yourself. Tonight, we gather in sacred circle to open the portal for your archetypal awakening journey. Your transformation begins the moment you arrive. Welcome, Sister.

RELAXATION

Your Sacred Arrival:

Flexible Arrival Times - Arrive whenever your flight brings you to paradise.

Settle & Ground - Time to breathe into your beautiful bungalow in a beachfront facility.

Island Exploration - Discover the swimming pool, pristine beach, and magical surroundings.

Rest & Rejuvenation - Allow the Canary Islands energy to embrace you.

20:00 Evening Opening Ceremony - Sacred space creation and intention setting.

Cacao Ceremony - Heart-opening ritual to connect with your sisters and the land.



DAY 2 WITCH

THE WITCH ARCHETYPE

Keeper of Ancient Wisdom.

She who remembers what others have forgotten. The Witch awakens within you as whispers of ancestral wisdom flow through your being. Connected to the element of air, she breathes life into your deepest knowing and carries your truth on sacred winds. Through your throat chakra, she reclaims your voice — that powerful instrument of creation and manifestation. Her energy flows upward to your third eye, where inner sight pierces the veil between worlds and intuition becomes your guiding star. She is the keeper of mysteries, the one who trusts the unseen, the woman who speaks her truth without fear. In her presence, you remember that your voice is sacred medicine, your intuition a divine compass, and your wisdom an inheritance from countless generations of wise women before you.

TODAY'S JOURNEY

08:00 Breakfast

09:00 Morning Meditation & Yoga - Opening your throat and third eye chakras.

11:00 Women's Circle - Sacred sharing, witnessing in sisterhood, rituals & ceremonies.
Embodying the Witch Archetype - Movement and voice activation practices.

13:00 Lunch

14:30 Throat & Third Eye Exploration - Chakra work to unlock your inner knowing.
Reiki Healing & Sound Therapy - Deep energetic clearing and alignment



DAY 3 LOVER

THE LOVER ARCHETYPE

Goddess of Sensual Awakening

She who remembers that pleasure is your birthright. The Lover awakens within you as waves of sensuality and universal love flow through your being. Connected to the element of water, she flows like blessed water to wherever healing is needed, filling the empty spaces with pure love. Through your sacral chakra, she reclaims your right to feel deeply and love without limits. Her energy radiates through your heart chakra, where self-love becomes the foundation for loving all of creation. She is the keeper of passion, the woman who embraces her sensuality as sacred power. In her presence, you remember that your body is a temple, your pleasure is holy, and your capacity to love is the greatest gift you can offer the world.

TODAY'S JOURNEY

07:30 Sunrise Meditation

08:00 Breakfast

09:45 Yoga - Opening your sacral and heart chakras.

11:00 Women's Circle - Sacred sharing, witnessing in sisterhood, rituals & ceremonies.

Embodying the Lover Archetype - Sensual movement and heart opening practices.

13:00 Lunch

14:30 Sacral & Heart Chakra Exploration - Chakra work to awaken pleasure and self-love.

Reiki Healing & Sound Therapy - Deep energetic clearing and alignment.



DAY 4 WARRIORESS

THE WARRIORESS ARCHETYPE

Goddess of Sacred Rage

She who remembers that your anger is holy fire. The Warriorress awakens within you as waves of ancestral strength and divine feminine rage flow through your being. Connected to the element of fire, she burns through whatever no longer serves, clearing the path for your authentic power to emerge. Through your solar plexus chakra, she reclaims your right to take up space and fight for what matters. Her energy radiates with fierce determination, where ancient warrior strength becomes the foundation for standing in your truth. She is the keeper of boundaries, the woman who embraces her fierce protection as sacred duty. In her presence, you remember that your rage is righteous, your strength is ancestral, and your willingness to go to war for your values is the greatest gift you can offer your lineage.

TODAY'S JOURNEY

08:00 Breakfast

09:00 Ecstatic Dance

09:45 Yoga - Awakening your primal fire and solar plexus energy.

11:00 Women's Circle - Sacred sharing, witnessing in sisterhood, rituals & ceremonies.

Unleashing the Inner Warriorress - Fierce movement and boundary setting practices.

13:00 Lunch

14:30 Solar Plexus Chakra Exploration - Chakra work to reclaim your power and strength.

Reiki Healing & Sound Therapy - Deep energetic clearing and alignment.



EVENING 4 QUEEN

THE QUEEN ARCHETYPE

Goddess of Sacred Sovereignty

She who remembers that power is your birthright. The Queen awakens within you as waves of regal grace and divine authority flow through your being. Connected to the element of earth, she grounds you in unshakeable confidence. Through your root chakra, she reclaims your right to stand in stability and nurture your queendom with unwavering presence. She is the keeper of sacred leadership, the woman who steps into her power and claims the throne that has always been hers. In her presence, you remember that your authority is ancestral and your sovereignty is a sacred responsibility. She teaches you that true power comes from serving others while honoring your own divine worth.

TONIGHT'S JOURNEY

18:00 Yoga - Grounding into your root chakra and sovereign presence.

19:00 Women's Circle - Sacred sharing, witnessing in sisterhood, rituals & ceremonies.

Stepping into Power & Claiming Your Queendom - Movement & leadership practices.

20:30 Root Chakra Exploration - Chakra work to anchor your stability and divine authority.

Reiki Healing & Sound Therapy - Deep energetic clearing and alignment.

21:30 Closing Ceremony - Sacred ritual. Crown yourself as you embody your sovereign essence and seal your royal transformation. Stepping into Power & Claiming Your Queendom.

A close-up photograph of a woman's face, smiling warmly. Her hands are positioned in front of her chest, with her fingers interlaced to form a heart shape. The background is softly blurred, showing an indoor setting with natural light.

DAY 5 DEPARTURE

CARRYING YOUR AWAKENING HOME

After our profound awakening, you are no longer the woman who arrived. You carry within you the activated energies of all four archetypes, the healing touch of Reiki, the strength of yoga, and the unbreakable bonds of sisterhood.

FINAL SACRED DAY

Flexible Departure Times - Leave when your flight calls, but your heart may linger.

Last Ocean Kiss - One final embrace with the sea that witnessed your transformation.

Sacred Sea Breeze - Let the ocean winds seal your archetypal awakening into your being.

Heartfelt Sister Farewells - Tender goodbyes with your soul sisters.

Connection Exchange - Share contacts if it feels aligned for your continued sisterhood journey.

As you return to your world, you take with you a transformed essence—your voice reclaimed, your boundaries honored, your heart opened, and your sovereignty claimed.

You came as one. You leave as four. You return home as whole.



SACRED SANCTUARY

Your Sacred Sanctuary Awaits

Makai Bungalows - Where Transformation Meets Paradise.

Norwegian-Owned Beachfront Health & Wellness Resort.

Nestled directly on the pristine shores of Playa del Águila, Maspalomas, your home for these magical nights is more than accommodation—it's a sacred sanctuary designed for healing and transformation.

Your Bungalow Options:

Beachfront Bungalows - Wake to ocean waves at your doorstep.

Garden Bungalows - Surrounded by lush, tranquil gardens.

Available in single or double occupancy for your comfort.

What Awaits You:

Direct beach access for sunrise ceremonies and ocean rituals.

Saltwater swimming pool for gentle healing immersion.

Daily breakfast & lunch nourishing your body and soul (vegan, vegetarian & pescatarian, with gluten free options available).

Group-specialized facilities designed for wellness retreats.

Intimate setting with only 25 bungalows total

Imagine stepping from your bungalow onto golden sand, feeling ocean breezes carry away old patterns as volcanic energy grounds your transformation. This therapeutic facility understands the sacred power of women gathering—providing the perfect container for your archetypal awakening.



INFO & PRICES

Journey Inclusions

WHAT'S INCLUDED

Four nights accommodation at Makai Bungalows (beachfront or garden bungalow).
Daily **breakfast and lunch** to nourish your body throughout your transformation.
Independent travel advisor assistance for flight bookings and travel arrangements (optional support available).

All **transformational activities** including:

Daily yoga, meditation & ecstatic dance sessions.
Four archetypal awakening experiences (Witch, Warriorress, Lover, Queen).
Sacred women's circles and sharing ceremonies.
Chakra exploration and energy work.
Reiki healing and sound therapy sessions.
Opening and closing ceremonies with cacao ritual.
Movement practices and embodiment work.
Sacred rituals and visualisations.

Beachfront location benefits:

Direct beach access for ocean ceremonies.
Saltwater swimming pool.
Beautiful garden spaces for reflection.

Expert facilitation with Sonia, Lea, and Emily.

Everything you need for your complete archetypal awakening journey is lovingly included.

Journey Investment

<i>BUNGALOW SINGLE OCCUPANCY:</i>	<i>EUR</i>	<i>999,- PER WOMAN</i>
	<i>EUR</i>	<i>849,- EARLY BIRD</i>
<i>BUNGALOW DOUBLE OCCUPANCY:</i>	<i>EUR</i>	<i>799,- PER WOMAN</i>
	<i>EUR</i>	<i>649,- EARLY BIRD</i>
<i>NON-REFUNDABLE DEPOSIT:</i>	<i>EUR</i>	<i>500,- PER WOMAN</i>



INFO & PRICES

Journey Exclusion

WHAT'S NOT INCLUDED

Travel & Transportation: Flights to and from Gran Canaria.

Airport transfers (can be arranged for a minimal fee upon request).

Other Meals & Personal Expenses: Dinner and any meals not specified (only breakfast and lunch are included). Personal beverages, snacks, and dining outside the retreat.

Health & Safety: Medical expenses and health insurance.

Travel insurance (highly recommended).

Any unforeseen accidents, injuries, or damage to property.

Additional Services: Extra personal services from facilitators (massage, private coaching, etc.).

Optional activities outside the retreat itinerary. Personal shopping and souvenirs.

Travel Documentation: Please check visa requirements for your passport and nationality.

Important Note: We strongly recommend purchasing comprehensive travel insurance to cover any unexpected circumstances. Airport transfers can be easily arranged at a very reasonable cost - simply let us know your flight details.

Your investment covers your complete transformational journey as outlined in Journey Inclusions.

Note: Daily itinerary may change slightly.

FACILITATORS



Sonia Rylands

+34-603168912

info@reikistars.com

www.reikistars.com

Register with me!



Lea Gudmunds

+354-7834310

hello@leaslifestyle.com

www.leaslifestyle.com



Emily Gervers

+44-7790341586

vybevoiceandyoga@gmail.com

www.vybevoiceandyoga.com

Contact Sonia to secure your spot