



Mastery of Intimacy Retreats 2019

Stage 1

5 Jan - 11 Jan (South Africa)
1 Aug - 7 Aug (Crete)
16 Oct - 22 Oct (Crete)

Stage 2

10 June - 15 June (Crete)
29 Oct - 3 Nov (Crete)

Stage 3
coming in 2020





“This retreat was one of the most important transformational events in my life. It opened up a whole new world of possibilities for me - deeper getting of what human intimacy is, deeper feeling of who I am as a woman. The space was sacred, and pure. It is such an important part of life, and this exploration is crucial for any human being, regardless of their relationship status or age or background - sexuality is part of life, and if we do not heal our sexuality, we do not heal our life. If we want to heal ultimately and completely, we need to dive into the exploration of our sexuality and leave no stone unturned, no shadow unseen. This is vital, this is crucial for our full self-expression in all aspects of our existence. I am so grateful I could do it at this point in my life, and I think everyone should participate.”

Violetta Pleshakova, Trainer and Coach

Welcome!

There is no reason whatsoever that you shouldn't experience profound fulfilment, freedom and bliss in your intimacy and sensuality in your life.

The Mastery of Intimacy Retreats have been created to allow you to reawaken your abilities to experience the wonderfulness of what the body and the senses are capable of opening up for you. Just imagine your life energy vibrantly pulsating in your body making your soul smile and your senses dance! Imagine being free and open to fully share this aliveness with another! And imagine to experience a new level of self-love, self-appreciation and body-love again.

...for singles and couples!

“Anyone who is observant, who discovers the person they have always dreamed of, knows that sexual energy comes into play before sex even takes place. The greatest pleasure isn't sex, but the passion with which it is practiced. When the passion is intense, then sex joins in to complete the dance, but it is never the principal aim.”

Paulo Coehlo



The Flow of the Retreat Days

Program starts at 7am with Shakti-wake up and energy work.

Breakfast

Awareness creation sessions & experiential tantric exercises into the heart of the matter of Sensuality, Consciousness and Eroticism.

Lunch

Tantric massages and life energy breathing exercises.
Self-Expansion challenges.
Shadow and trauma theatre.

Dinner

Various & optional activities

Body Work

Our body is a highly sensitive living being. Our relationship to our body is absolute key to a fulfilled sensuality. If YOU are insecure, your body feels irritated (because you live in that body-being) and closes down.

There is no sexuality without openness. Therefore it is critical to heal our relationship to our body-being. The Mastery of Intimacy Retreats lead you from body-denial, -shame, -rejection and -resentment to: ACCEPTANCE, LOVE AND CELEBRATION.

- ♥ Body reconnection exercises
- ♥ Body awareness exercises
- ♥ Body healing and forgiving processes
- ♥ Body love and celebration exercises



“To be willing to meet our shadows takes immense courage; these shadows are ring-fenced by fears, guilt, and shame. We are not born with these. Fear, guilt and shame are born out of traumas (mostly early childhood). They sit deep down at the bottom of our psyche. They became a matrix from where we think and feel; and that’s why it slips our awareness, no matter how hard we try.

To get to and break up these matrixes is the aim of the Shadow work we offer in the retreats. We use elements of psycho drama, gestalt therapy and best practise coaching.

The breakthroughs are always incredible, often even magical. When shadows meet the light, they disappear. What remains are joyful tears, a whole new space of freedom and new level of trust and openness.”

Trauma & Shadow Work

The importance of Trauma & Shadow Work in the field of sensuality cannot be over-emphasized. We have lost our wings such a long time ago that we forgot to remember ever having had them.

Each one of us has been born into and brought up in a society that has conditioned us deeply with moral, social, religious, parental restrictive values, belief systems and behaviors. This conditioning reaches deep into our cellular structure and is not easy to come by. However, without breaking free from any indoctrinated conditioning there will not be freedom, peace and love.

Liberating yourself from all conditioning and creating your own authentic standards is one of the heart-felt aims of the Mastery of Intimacy Retreats.

Sensual Energy

Sensual Energy is just the name for one aspect of the mighty LIFE energy that flows 24/7 through every human being. This LIFE energy expresses itself in art, vitality, love, giving, work, etc – every creative aspect of our lives.

Suppressed sensual energy means limited and hindered flow of the Life Energy itself. Therefore, liberating one’s sexual energies liberates one’s power to create, one’s power to live.

- ♥ Male & female energy liberation exercises
- ♥ Male & female energies balancing exercises



Celebration has been replaced by reasonableness in modern societies. The Mastery of Intimacy Retreats are celebration events and we celebrate each one and everything. This way you will reconnect with your natural joy, and get in tune again with the heartbeat of existence.

Meditations

The Mastery of Intimacy Retreat meditations are designed to free up REACTION and establish CREATION.

Both elements are required for the sensual life energy to flow.

Intimacy without CONSCIOUSNESS is a rather 2-dimensional black and white affair. Only Consciousness allows intimacy to become vivid, colorful and multi-dimensional.

Dance & Celebration

Becoming aware, centered and able to move with the flow, body consciousness is supported by various powerful exercises and dance meditations. By stimulating and balancing the energy flow, being in the Here and Now and reconnecting one's being with the infinite joy and energy of existence happens naturally.

- ♥ Energy Integration Dances
- ♥ Dance and movement meditations

“If we hold back our energy to avoid feeling our sexual kinks, then we also hold back our deepest gifts. Without being shy, we can allow all our gifts to grow and all our sexual desires to come to the surface. Then, with compassion, humor, and understanding, we can undo the inappropriate forces of habit-energy that may have been shaped by a history beyond our control.”

David Deida



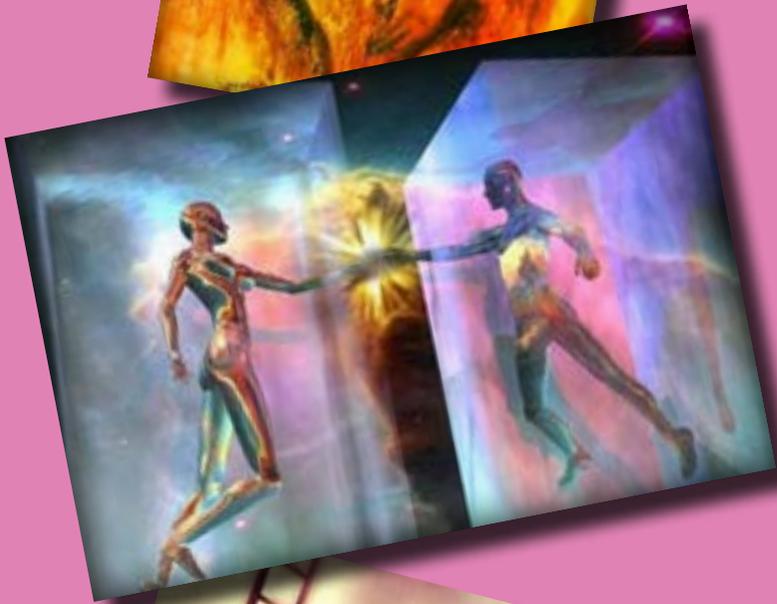
*“After having been asleep most in my life
I woke up! I am alive now and feel like
completely reborn.”*

Bart Vandersmissen, shipping agent

Stage 1 “Awakening”

Awaken to the full scope of your erotic-ecstatic nature. Experience that it is all a matter of energy and therefore become free from physical, emotional and mental conditions and circumstances.

- ♥ Reconnect to your creative pulse and life energy (called Shakti, Ki, Chi in different traditions)
- ♥ Experience full aliveness by circulating your sensual energy all around your body
- ♥ Learn to give and receive Tantric touch and Tantric massage
- ♥ Transit from suppression of sexual energy to authentic self-expression
 - ♥ Release shame, guilt and other toxic feelings
 - ♥ Learn about your boundaries and how to communicate them
 - ♥ Start loving your body unconditionally
 - ♥ Create openness, discovery and clarity around ‘taboos’
 - ♥ Discover, heal and integrate your intimacy shadows
 - ♥ Find balance between masculine and feminine energies
- ♥ Experience and awaken your ‘Kundalini’ – a mysterious aspect of your life energy
- ♥ Orgasms - the myth, the reality and the possibility for infinite expansion
 - ♥ Sublimation of sensual energy towards opening of the heart, self-expression, vision
- ♥ Create your own definitions about intimacy, sensuality and eroticism



Stage 2 “De-armoring”

De-armor your mental, emotional and physical bodies from any contracting past experiences and experience how life is when there is no more fear and no more restriction in your ability to let go, flow and engage.

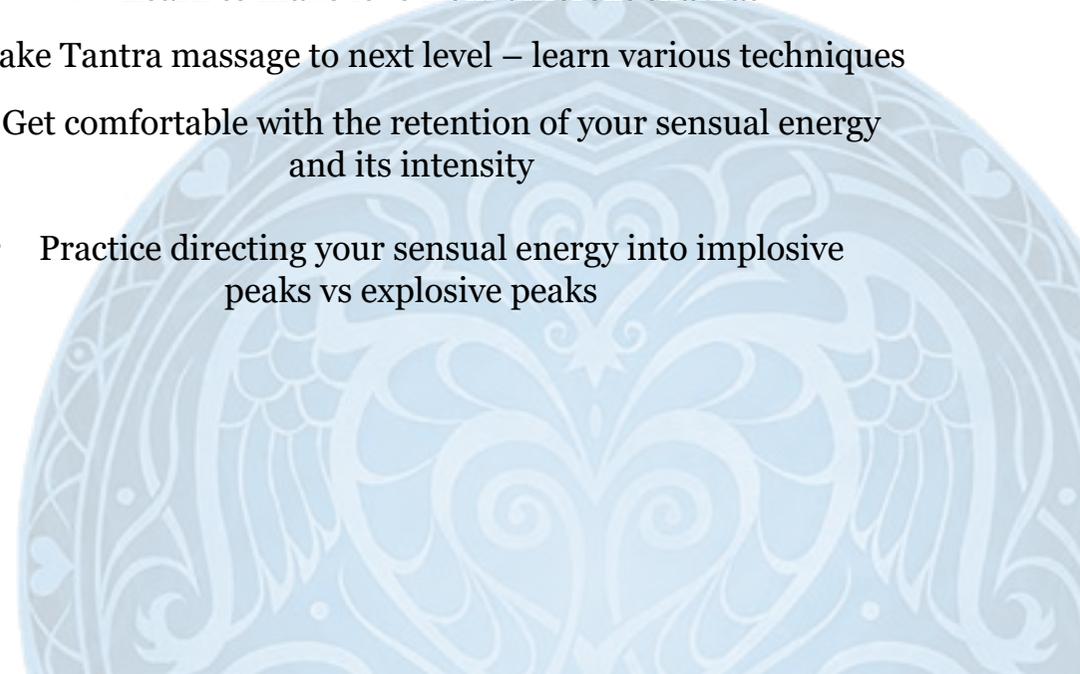
- ♥ De-armor yourself and become vulnerable, open and ecstatic again
- ♥ Re-awaken the body to its sensual potential
- ♥ Regain sensations in sensual areas which felt dull and numb
 - ♥ Release deep hidden blockages and body shame and heal your attitude towards intimacy
- ♥ Get comfortable with nudity and reach next level of body-love
 - ♥ Reach higher levels of surrender and trust
 - ♥ Step into owning your desire and pleasure through holistic self-pleasure
 - ♥ Give and receive intimate de-armorings
 - ♥ Embrace all of your un-lived sensuality
- ♥ Learn to allow and experience full body ecstasy
- ♥ Co-create and participate in sacred sensuality rituals



Stage 3 “Expanding into ecstasy”

Discover the way into the ethereal dimensions of your Being; transcend the physical realm and reach the energy realm. Turn attachment into devotion not only in intimacy but in all aspects of your life.

- ♥ Expand from sensual peaks to an ecstatic way of being.
 - ♥ Get a sense of what true surrender is and feels like
 - ♥ Learn the art and way of worship
 - ♥ Discover play and innocence in love making
- ♥ Learn and practice transfiguration, consecration and transmission
 - ♥ Turn your attachments into devotion
 - ♥ Learn to make love from different chakras
- ♥ Take Tantra massage to next level – learn various techniques
- ♥ Get comfortable with the retention of your sensual energy and its intensity
- ♥ Practice directing your sensual energy into implosive peaks vs explosive peaks





“This retreat was very different from what I anticipated. Intimacy is not what I thought it was. The process liberated me and made me experience Oneness. So much opened up for me...a whole new level of Self- acceptance, trust and safety.”

Chantal Veugen, artist

Just a few things to consider...

- » Although the content of the Mastery of Intimacy Retreats is essentially spiritual, there is no religious attachment or indoctrination of any kind. All religions are welcome, respected and accepted.
- » Mastery of Intimacy Retreats content is designed for Singles and Couples alike.
- » It is recommended - however not required - to have graduated from Creative Consciousness's 'Master 1' 4-days course.
- » The design and flow of the retreat days is a holistic, spontaneous and easy-going, yet deep reaching and awakening process.
- » At no time in any stage of the Mastery of Intimacy retreats the participants are asked to engage in intercourse.
- » Every participant is fully responsible for their own wellbeing and happiness, and conduct their own journey throughout the retreat days.
- » The processes and other elements of the retreat can be quite challenging, and participants are advised to be clear that sensuality and eroticism are highly suppressed subjects, as well as on the individual as the collective level. In no way will the participant be forced to do anything against their conscious and free choice; and: the retreat is a safe space that does not support the existing suppressive limitations and boundaries either.

The Team

Marc Steinberg

Marc Steinberg has been empowering and inspiring people on their way to personal growth, worldly success and spiritual fulfillment for more than two decades. He is a Master Teacher, author and founder of CCI Creative Consciousness International and the Creative Consciousness Coaching Academy. Marc has been offering and leading retreats since 1995.

Tatiana Solenova

Tatiana Solenova has dedicated her life to beauty, freedom and love. Her heart is compassionate and her actions true. She loves the retreats and to empower the people to step into their greatest potential.

Assistants

Graduates of the Mastery of Intimacy retreats are frequently assisting and accompanying the participants' journeys with their heart and mind.

"I have met so many beautiful people at this retreat; each of us transformed so magnificently. I am full of love and gratitude to them. Thank you Marc and the Team for fueling and holding the space for us."

Dinara Mendesheva, Coach, Moscow

Villas Arodamos - Crete, Greece

Stage 1

1 Aug - 7 Aug 2019
16 Oct - 22 Oct 2019

Stage 2

10 June - 15 June 2019
29 Oct - 3 Nov 2019

Venue: Villas Arodamos

is an independent luxury traditional stone built private double villa on 5000 m² grounds on the magnificent island of Crete (Greece) located close to the gorgeous town of Rethymno.

WIFI, air-conditioning, BBQ,
umbrellas, large swimming pool

Surrounded by a beautiful garden covered in grass, also flower beds at the middle of a huge olive grove forest.

Only 15 minutes drive from the sea.
Before or after the retreat there is plenty of opportunity to discover the Crete island.

Address:

Pikris, Rethymno, Greece



Magaliesburg - South Africa

Stage 1

5 Jan - 11 Jan 2019

Climate: mid summer, 25-30 degrees

Venue: SIMA KADE Bush Retreat

A unique get-away and wonderful free- flowing venue in the Magaliesburg hills; secluded, safe and inmidst nature.

Natural pool.

Many platforms and tree houses.
Surrounded by the magical South African bush.

45 minutes drive from Sandton, Johannesburg.
Before or after the retreat you can visit Krugers Park
and many other South African attractions.

Closest airport: Oliver Tambo International
(Johannesburg)

Address:

Magaliesburg, South Africa
Telephone: 082 902 4060
www.sima-kade.co.za



Booking Information for Stages 1 - 2 - 3

Arrival and departure times

Please arrive at the venue on the commencement day between 12-2 pm, not earlier or later. Program starts at sharp 4 pm!

The retreat ends on the last day in the morning at around 10:30 am and vacating time is 11:00 am.

Airport pick ups are not offered; however you may connect with other participants and share a taxi.

***Accommodation**

Accommodation is not included in the retreat tuition. 2-3 Bedroom sharing or dormitory. First come first served. Bedroom sharing: € 35/ZAR 350 per night. Dormitory (if available): €25 / ZAR 250 per night

***Catering**

Catering is not included in the retreat tuition. Self-Catering is part of the energy and the retreat process. Food is bought by mutual consent at cost sharing per person.

Booking

Each Stage: tuition*: €1250 / ZAR 12500 (for SA residents only).

When you book both stages you receive a discount of 15% for stage 2/3.

You can book your space by sending an email to:
retreats@creativeconsciousness.com

Your space is confirmed with registration of your payment.

Cancellation

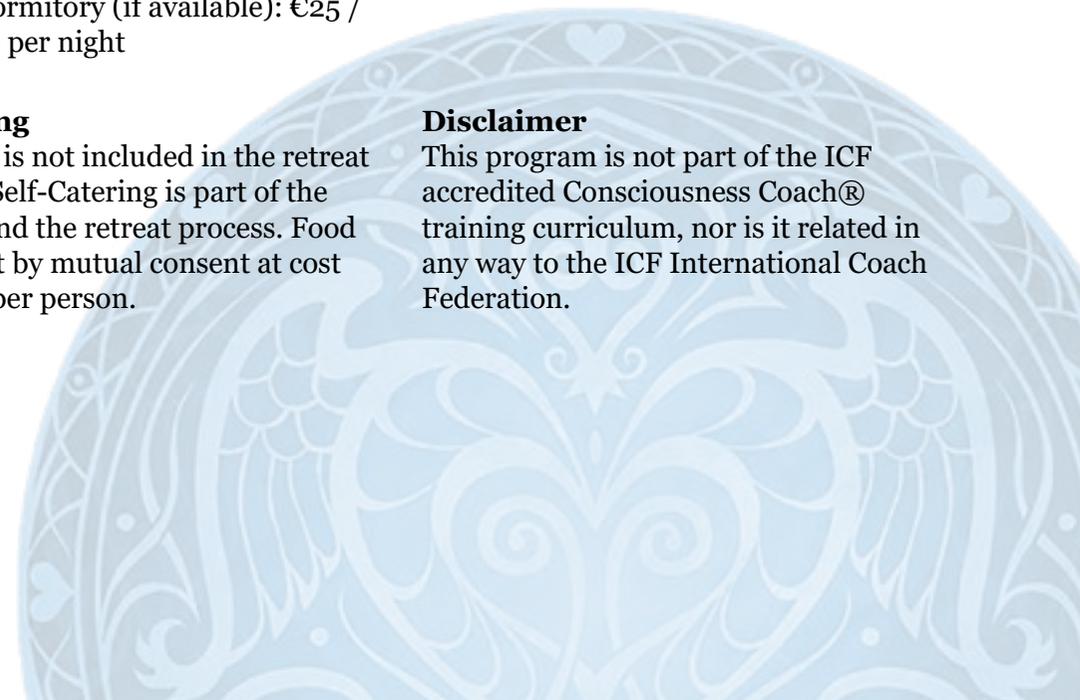
Cancellations with reimbursement of the retreat tuition are only possible if the participant provides a replacement.

Disclaimer

This program is not part of the ICF accredited Consciousness Coach® training curriculum, nor is it related in any way to the ICF International Coach Federation.



“Sensual energy is the most healing energy on earth!”
Marielle van Vugt, Yoga teacher



Your potential to open up, let go and expand is literally unlimited. The only border is: your fear. Another human being is the door for that fear to disappear. Through another you can expand into infinity.

Who you are when there is no more “you” is the magic and mystery of the higher stages of the Mastery of Intimacy retreats.

You are welcome.

Information & Bookings:
retreats@creativeconsciousness.com

www.creativeconsciousness.com/retreats

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