

# Sacred Reset Retreat

*An Invitation to your Soul..*

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Join us for a **7-day Journey of Yoga and Sacred Ceremony** in a **Soul Sanctuary** just a heartbeat from the shimmering Ionian Sea.

**Hosted By:** Rising Eagle and Red Kite Spirit



# The Heart of the Retreat

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Step away from the rush of life and return to the simplicity of being. Together we'll slow down, breathe deeply, and reconnect with nature, each other, and ourselves - discovering that simply being in this landscape is a meditation of its own.

*Through yoga, ceremony, and rest, we'll realign with the rhythms of the Elements - an intimate women's retreat where stillness, laughter, and sisterhood flow in sacred harmony.*





# Rising Eagle

**Rising Eagle** is a ceremonial guide, healer of the Shamanka Medicine Woman lineage, and a yoga teacher with over 22 years' experience. Dedicated to sacred ceremony, soul-led healing, and transformational experiences, she blends shamanic wisdom, ancient earth traditions, and yoga to help you reconnect with your heart, awaken your purpose, and celebrate life fully.

[www.risingeagle.love](http://www.risingeagle.love)

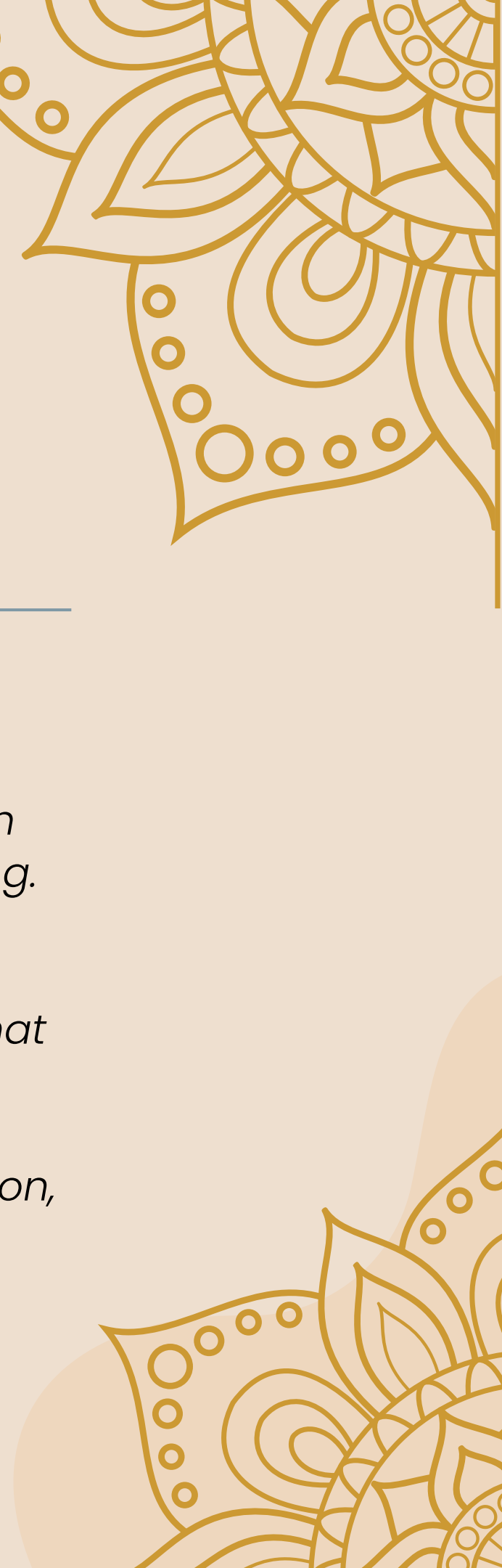


# Red Kite Spirit

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*I've been practising yoga for over 25 years, and my path has evolved into holding sacred space for others through times of change, healing, and awakening. My work weaves yoga, soul midwifery, ritual, and presence, supporting people through life's thresholds and back to what feels true and steady. I create grounded spaces for deep rest, transformation, and spiritual reconnection, where you can pause, breathe, and remember your wholeness.*

[www.redkitespirit.com](http://www.redkitespirit.com)





# Gifts of The Journey

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- Deep rest and restoration for body and mind
- Renewed energy and inspiration for life
- Clarity and deepen self-awareness
- Emotional release through movement and ritual
- Reconnection with nature and the sacred feminine
- A sense of belonging through shared sisterhood
- Awakening creativity and inner wisdom
- Grounded transformation guided by the elements

*Return home..*

*Grounded, radiant, and aligned with the rhythm of your soul.*



# Dates and Location

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**Date:** 25th April – 2nd May, 2026

**Location:** Vericoco Retreat, Kefalonia

Our retreat takes place in a **beautiful, peaceful sanctuary**, nestled among ancient olive groves, **cradled between the mountains and the sea** – the perfect setting to **rest, realign, and remember your true nature.**

# Who Can Join?

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This retreat welcomes women with some yoga experience who feel called to deepen their practice - on the mat, in movement, and within their daily lives. Whether you have a solid foundation, an intermediate practice, or are a yoga teacher seeking to replenish your own energy, this is a space to explore yoga as a path of presence, healing, and transformation. Together, we will move, breathe, and connect - opening the body, heart, and mind to renewal, insight, and soulful alignment.





# Your Sacred Reset Includes

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- Sunrise Cacao Ceremony
- Daily Yoga & Meditation Sessions
- Alchemical Ceremonies with the Elements
- Nature Hikes & Healing Sea Dips
- Nourishing Plant-Based Meals
- Peaceful Accommodation - Single or Shared Options
- Travel Arranged from Airport to Retreat Centre

# Daily Rhythm

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- 8:00 AM** Morning Cacao & Connection
- 9:00 AM** Yoga & Meditation
- 10:30 AM** Fruit Breakfast & Chill
- 1:00 PM** Delicious Lunch
- 3:00 PM** Water Blessing in the Ocean
- 6:00 PM** Evening Meal
- 8:00 PM** Evening Circle

Between the structured sessions, there will be time to relax, swim in the sea, take local walks, or simply connect with yourself and nature. While we hold a structure, we move intuitively - guided by the group's energy and the rhythms of nature.





# The Practice

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*Our yoga practice is a creative vinyasa flow – a fluid and heart-connected journey guided by breath and intuition. Each sequence is woven with intention, inviting you to listen deeply to your body's wisdom and move in harmony with its natural rhythm. Dynamic yet nurturing, this practice becomes a moving meditation – strengthening, softening, and bringing you home to your sacred centre.*

# The Ceremony

*Through alchemical ceremony, we connect with the five elements - earth, air, fire, water, and spirit - as mirrors of our own transformation. Guided by nature, spirit, and the goddess energy, we honour the cycles of release and renewal. Each ceremony is a sacred offering: a remembering of our deep belonging to the Earth and to the greater mystery that moves through all things.*





# Past Retreat Stories

*(Previous participants)*

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- *"Held in deep wisdom, I left feeling lighter, more connected, and ready to live from my truth." - Ness*
- *"This retreat brought me home to myself in a way I didn't expect. Real magic, deep truth." - Mel*
- *"Held with so much wisdom and heart-it's more than a retreat, it's a rebirth." - Kini*

# Accommodation Costs

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Everything you need to rest, reconnect, and rise is lovingly included in your Sacred Reset experience.

We have three beautiful accommodation options – whether you'd love to indulge in a private single room, prefer a shared space to stay within budget, or wish to share a room with a sister, there's something perfectly suited for you.

Payment plans are available.

Please visit the retreat website for more information about the accommodation:  
[www.vericoco-retreat.com/accommodation](http://www.vericoco-retreat.com/accommodation)

*Choose the space that calls to your heart and join us for a week of renewal, connection, and transformation by the sea.*

## **Vericco Villa**

- **Single – £2374**
- **Shared – £1760**

## **Studio**

- **Single – £2132**
- **Shared – £1557**

## **Beach House**

- **Single – £2085**
- **Shared – £1514**

**Deposit: £500 to secure your spot**

**\*Single occupancy limited**



# What's Included in the Price

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- 7-night accommodation in your chosen room
- All accommodation inc: bathroom, kitchen & towels
- All nourishing local organic plant based meals
- Cacao for our heart-opening ceremonies
- All yoga, alchemical ceremonies, and classes
- Yoga mats, bolsters, blocks & belts
- Transportation from nearest airport to the retreat centre
- Welcome kit with sacred essentials






# Book Your Spot


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Begin your Journey. Book **Now**

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*See you in Kefalonia...*

25th April to 2<sup>nd</sup> May