

Welcome to the Moontime Harmony Retreat



*A Time to Discover Your Sacred and
Harmonious Moontime Menstrual Cycle*

Have you ever felt or experienced a shift or change in your awareness during your menstrual moontime?



If you have sensed that there is more to having a period than bleeding or shedding the lining of your uterus to make a baby, you are *right there* is. It is also a time of Sacred flow, when the veil thins and your psyche allows you to enter into the garden of the Goddess where you can access wisdom, healing, and connection with your Divine Feminine self. A lost and forgotten awareness being revived by women and red tents all over the world.

If you yearn to discover or rediscover the Blood Mysteries, come to Yelapa, Jalisco, Mexico for 5 days and nights of **Sacred Moontime** reconnection. In this quaint, jungle, Mexican village where the moon kisses the shore and the stars twinkle like diamonds your inner Divine Feminine effortlessly awakens and

embraces her full beauty. Here she easily flows with the phases of Sister Moon, naturally attunes to the rhythms of Mother Earth Gaia and without effort *harmony* with your moontime menstrual cycle becomes the only way.

WHERE

Los Naranjos Eco
Retreat Center
located in Yelapa,
Jalisco, Mexico

WHEN

Feb 5-10, 2017



WHAT is the MOONTIME HARMONY RETREAT

Immerse yourself in 5 days of Sacred, menstrual, moontime connection, healing, discovery, and awareness. In the safe, gentle, natural beauty of the eco-retreat center Los Naranjos, we will heal our **menstrual** wounds starting with the negative programming of menarche. By shedding the distortions of shame and embarrassment, releasing the old programs of pain and recreating a path to a healthy, joyous and Sacred moontime, you discover how to be joyful each month as you come home to this blessing and gift.

You unfold a new path to your feminine essence -your Goddess given birthright as a wombyn. Through



workshops based on the 13 focuses in my book, journaling, learning the art of charting and coding your cycle, sharing your stories, mindful self-reflection, art expression and sacred dance we will let go of the old programs, behaviors and attitudes and replace them with healthy, wise wombyn wisdom and healing.

OUR DAYS WILL UNFOLD LIKE THIS

7-8am full breakfast

8:30-9:30 daily yoga on the wooden platform overlooking the river

10-11:30 workshop time, journaling, charting, artistic expression, sharing our stories, menarche recreation, body awareness and sacred moontime rhythm exercises, connecting your moontime cycle to the rhythms of the moon, discovering the ability to transform pain into moontime joy, practicing moontime mindfulness

12-1pm full lunch

2-4pm a variety of different moontime workshops and activities each day

- *Celebrating Sacred Sexuality-a body awareness dance, movement expression workshop with Paloma that uses breath, and sound to release limiting attitudes and withheld emotions, increases vitality and energy
- *a medicinal herbal walk of healing herbs given by local *Dona Andrea*
- *a mindful 'upriver' walk to visit Claudia's Mamastery
- *sharing time based on the different focuses in *The Moontime Harmony Workbook*: creating moontime rituals, refining your psychic moontime awareness, practicing your moontime medicine wheel, creativity
- *moontime nurturing, journal writing and exercises to attune to the rhythms of the natural world

4-6pm free time to enjoy the beauty Los Naranjos, explore the village of Yelapa, enjoy the beach, schedule your one hour massage included in the workshop price, take a leisurely walk upriver', walk out to 'the point' and uncover it's unique beauty

6:30-7:30 full dinner and socializing

7:30+ enjoy the evening around a fire at Los Naranjos, a drink at the Hotel Lagunitas, Angelina's Garden, or a restaurant on the beach, visit the 'disco' at the Club de Yachtes and dance the night away, listen to live music that is always available around town or just relax and savor the special beauty and ambience of Los Naranjos

Arrival and departure days can accommodate your times. Hopefully everyone will arrive by lunch on Feb 5, leave after breakfast on Feb 10, unless you are extending your stay.

WHAT IS THE RETREAT ABOUT:

- * The retreat is patterned after *The Moontime Harmony Workbook** and the 13 focuses within. Everyone will receive a copy as part of the retreat. These focuses are the inspirations for the retreat exercises. Rituals, charting, intuition, body image, psychic attunement, pain, the medicine wheel are some of the 13 focuses we pay attention to.
- * Grounding your ability to connect with your inner Goddess during your moontime, and creating a ritual moontime altar.
- * Opening up to the awareness of the lunar phases and how they affect your emotions and body changes. Understanding how the lunar cycles affect your moontime cycles.
- * Learning the important influence of the menarche (moonarche) experience and how to reprogram yours if it was not positive or affirming
- * Discovering and practicing the art of coding and charting your moontime so that you become familiar with your rhythms, flows and cycles.

* How to use this information to expand your menstrual awareness, access healing, to prevent and avoid physical or emotional problems or discomforts. Most important, how this will help you to discover your path to joyful acceptance and love for this monthly gift.

* How you attune to the rhythms of the sun and moon, so that your inner cycles adjust and become harmonious. When you do, healing flows naturally and an awareness of harmony is created.

* Enjoy the gift of spending time in this natural jungle, setting that is bordered by mountains, near the flow of a river, influenced by the tides of the ocean, the blue sky above, the brilliance of the night time sky, moon and stars, surrounded by the lushness of Mother Earth, while your body begins to attune to her natural rhythms.

* Experiencing the ease of the local Mexican culture in this quaint, fishing village accessible only by boat without roads or cars, where you walk everywhere, locals still use donkeys for transport, the noise and static of the modern world disappears and the clarity of Luna and Gaia become your reality.

WHO IS THIS FOR?

Every wombyn who wants to understand and be aware of her moontime and lunar cycle whether she is about to, still bleeding or has stopped. The connection to the phases of the moon still flow within a wombyn once a wombyn has reached the stage of menopause (moon a pause.)

The phases of the dark to the light of the moon both inner and outer are part of the essence of a wombyn's psyche and emotions. When you harmonize with Luna's phases, you connect with your inner Lunar phases. In this natural environment, the opportunity is more effortlessly accessible. You are closer to your inner lunar awareness because you are closer to the outer lunar reality.



WHAT IS INCLUDED

**5 Nights Lodging*

at Los Naranjos an eco-retreat center.

Accommodation is in palm frond 'palapas.' Most palapas are shared, but you can request a single or double if you need to. Bathrooms are shared and not in the palapas, but nearby. All bathrooms include showers, hot water, flush toilets, sinks. Of course all bedding and towels are included.

Single Occupancy - \$850

Double Occupancy - \$800

Shared Palapas - \$750

They sleep up to four people.



**Meals- 3 meals per day, as organic as possible, considerations are made to accommodate the needs of the group.*



Being on the ocean, fresh fish is caught daily. Vegetarian and gluten free options are also available. The cooks are aware and flexible. Yelapa offers many Mexican food options. Please let me know of any preferences.

Meeting your needs is important.

Providing delicious, varied and healthy food is the goal.

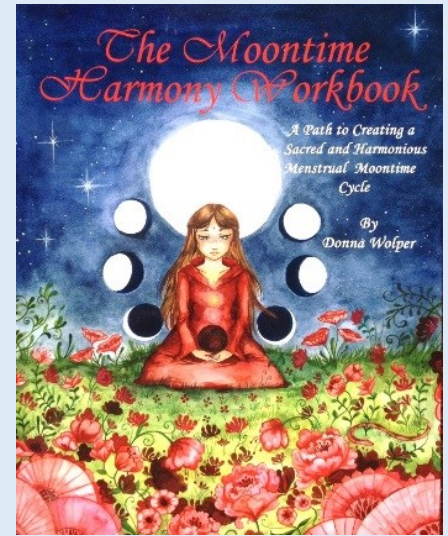


**A copy of my book The Moontime Harmony Workbook*

**daily morning yoga, a one hour massage
all workshop activities and walks mentioned*

**Transportation from the Yelapa beach to the
retreat center.*

*If you would like to extend your stay either before or after the
retreat, the cost is \$55/night with breakfast, \$45/night without.*



WHAT IS NOT INCLUDED

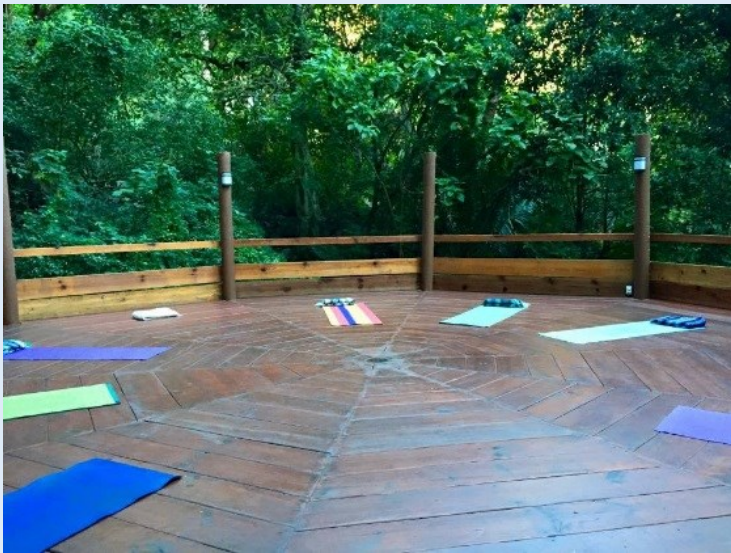
Airfare to Puerto Vallarta, Mexico

Round trip boat transportation from Puerto Vallarta to Yelapa or overnight accommodation in Puerto Vallarta if needed.

Tips-suggested amount varies

Food or beverages outside of the retreat center, other trips.

Alcoholic beverages



PAYMENT

A non-refundable deposit of \$300 is required to hold your place.

The remainder can be either paid in full or in two payments of half each, minus the deposit.

The first payment will be required by Oct. 1, 2016, the second no later than Dec. 1, 2016. All payments need to be completed in full by Dec. 1, 2016.

Payments are non-refundable so getting travel insurance is suggested. If a cancellation needs to be made and someone fills your space I will refund your entire payment minus the deposit.

Payments made in full by Oct. 1, 2016 will be eligible to a \$50 early bird discount.

Checks can be made out to:

Donna Wolper and sent to:

177 Hollywood Ave

Santa Cruz, CA. 95060

Contact me for payments made with a credit card.

ABOUT YELAPA

The village of Yelapa is located down the coast from Puerto Vallarta. It is only accessible by boat. There are no main roads, buses or cars. Electricity was only recently installed about 10 years ago. Although that brought the village into the modern world, it also has allowed the village to remain simple, natural, and unpolluted by modernized rhythms. This simplicity is still enjoyed by both the local Mexican and ex pat community.



Be prepared to slow down, let go of your techno needs (although internet and phone service are available) and discover your inner flow that living in harmony with the natural world has to offer.





ABOUT DONNA



Donna lived and raised her 2 children in Quebec, Canada and one year took them traveling to Mexico for 4 months. Her last stop was a small, fishing village south of Puerto Vallarta existing without any cars, roads, electricity, or phones. That was in 1991. Yelapa wrapped its wings around her and she returned to this magical coastal village for 18 winters. Her children

attended school, made friends with the local children and they all integrated into the Mexican culture living in harmony with the jungle, oceanic rhythms. The natural world was her mentor and eventually she realized that her moontime cycle harmonized with the phases of the moon and that the wisdom of the **Blood Mysteries** were her moontime guideposts. When she heard Brook Medicine Eagle's tape The Moonlodge, she was inspired to write her book The Moontime Harmony Workbook so that other women could find their path to the Sacred and discover this gift of the menstrual cycle. She wrote her workbook in 1993, but finally self-published it in 2015 and The Moontime Harmony Journal in 2016.

She can be reached at moontimeharmony@gmail.com.

ABOUT PALOMA



Arline (Paloma) Goldberg M.A. has been involved in the healing arts for the last 36 years. She is a certified movement expression therapist with a private psychotherapy practice specializing in sexuality in Santa Fe, N.M. and Jalisco, Mexico. Her workshop Celebrating Your Sacred Sexuality is a wombyn's exploration of creativity, playfulness, spontaneity and gentleness through movement expression. She can be reached at palomagoldbery@hotmail.com.

ABOUT MARIA



María Albarrán always felt the need of connection with our own body, the body that we inhabit. She studied biology and at the same time she began with kundalini yoga in 2004, in Mexico City. One year later she took a training to become a masseuse in deep massage. Afterwards, she took training in kundalini yoga and maya massage. She studied the performing arts as a clown, a buffoon and a puppeteer for two years. In her search for the connection with the body, she took a teacher training in body language (or free dance) from 2008-2010. In 2011 she came to Yelapa to live and two years later, in 2013, she took a 200 hour RYT training in vinyasa style yoga through Davannayoga in Puerto Vallarta with an excellent teacher Anna Laurita. Currently, she manages Los Naranjos EcoRetreat with her partner Rafael Noriega, is the masseuse there and teaches yoga on the beach as well as at Los Naranjos. She can be reached at losnaranjos5@gmail.com.

HOW TO GET TO YELAPA

Flights are booked to Puerto Vallarta, Mexico

One needs to take a 'water taxi' to get to Yelapa from Los Muertos pier in Puerto Vallarta. If you fly in before the last boat leaves you can get to Yelapa the same day. If not you will need to spend the night. There are a variety of accommodations and hotels you can find on websites. The boat leaves from the Los Muertos pier in Old Town, so if possible staying in or close to Old Town, would be advised. I am happy to help with suggestions.



The schedule for the boats may vary, so I will give you the most up to date times when you book the retreat. The last boat is usually around 5pm.

The water taxi or 'panga' leaves from Los Muertos pier. Get there early to get your ticket. Prices are approximately \$14 each way or the equivalent in Mexican pesos. The panga will take you down the coast to Yelapa, a lovely 45 min. ride. The ride can be cool, so keep something close that you can wear to keep warm if you need it. Make sure you get off at the dock near the beach at the Hotel Lagunita. Rafa will be waiting to help you up to Los Naranjos from there.

WHAT TO BRING AND WEAR

My suggestion is to look at the weather forecasts before you come and bring the appropriate clothing. Mostly it's warm and sunny, nights are sweater cool. There are years when it's cooler and cloudy. Rain, although uncommon, is not out of the question either. Be prepared.

Please bring closed shoes to wear at night. It is the jungle and safety is a priority.

Toiletries are available in the village, but always best to be supplied with things you need the most.

Flashlights are important. Either bring one, or can buy one in the village.

Bring medicines you may need, sunscreen, bug repellent just in case. It's not the rainy season so not buggy.

There are no ATM'S in Yelapa so please bring all the cash you will need. Very few restaurants accept credit cards. You can get what money you need in PV. There are ATM machines there. Use ONLY ATMs at a bank. Your money will be in pesos from the machine. Know your daily allotment. If you over spend or need to use dollars, that can be arranged. Your retreat is covered, but if you decide to stay longer, or eat at a restaurant etc. you will need to pay for it with your own money.

Hats, bathing suit, walking shoes are a must.

HOW TO BE PREPARED FOR THE JUNGLE

There are some safety precautions I will run through when you arrive. They are simple and for your protection and to insure that your stay is wonderful.

Internet is available as is phone service. Los Naranjos has a landline. If you want cell phone service, contact your provider before you leave to set up service for Mexico. I have used What's App for texting successfully. You can phone from FB if you need to.

I am happy to answers all or any questions and to help get you started on your path to your Moontime Harmony.



For more info contact Donna at:

moontimeharmony@gmail.com

www.moontimeharmony.com

702 528-9831

www.ecohotel-losnaranjos.com

When women come together in the spirit of the Sacred, magic happens. When a wombyn realizes that she carries this magic within her, remembers her



moontime is a doorway that when opened allows her access to this magic, she will love coming home to her Moontime every month. Her Divine Feminine Self will be ignited with wisdom. That is the BEAUTY and HARMONY of the Moontime!

“The Moontime Harmony Workbook engages us, month by month, in connecting with our menses through wisdom, worksheets, and thirteen beautiful, usable calendars.

We are encouraged to remember our first blood, to trust our body’s intuition, and to release the story that our periods must walk hand-in-hand with physical or emotional pain.

The book addresses sexuality, the shame we carry about our bodies and our cycle, and our struggle alongside all other beings throughout history. It stirs memories of the red tent or moonlodge - a sacred place for ease, healing, and reflection.

We are urged to connect to our body’s rhythm and to attune oneself to the ebb and flow of the feminine. Many of us may not have had the push to do so, but once a month our bodies remind us to reawaken ourselves and step into whatever incarnation of the red tent we are called to - and this workbook is a beautiful guide.”

Lillian Krueger ~ Journey of Young Women

