

# Wonder Woman Retreat Jordan

WISDOM o/T WOMB, OCT 29 – NOV 4.

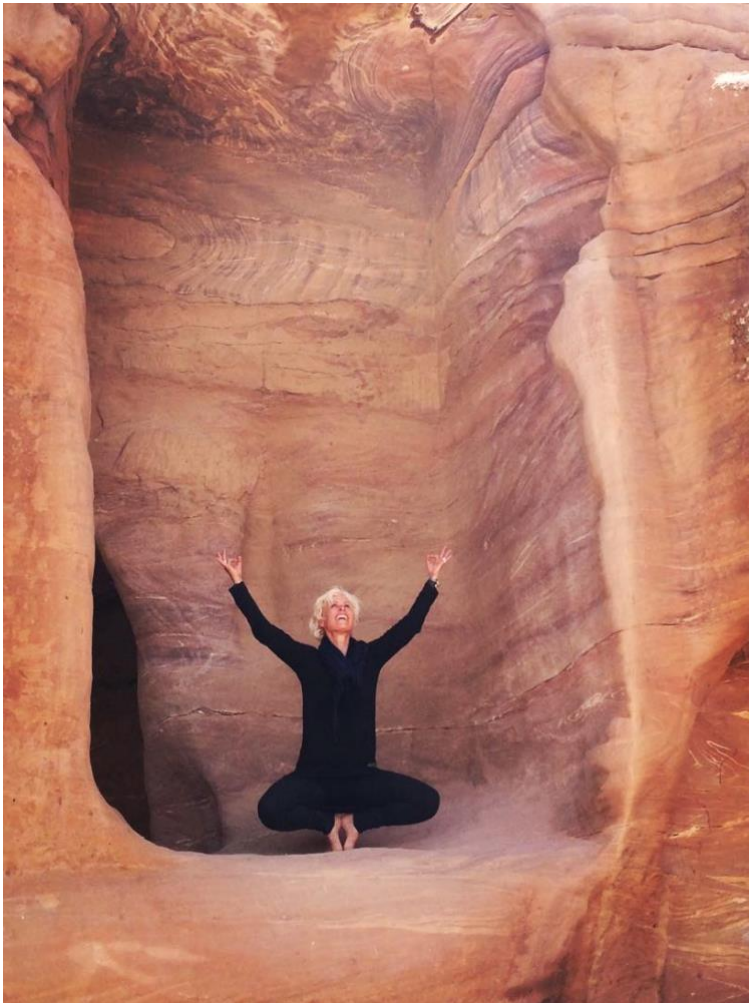
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# 7 day Wonder Woman Journey

A JOURNEY INCLUDING 3 WORLD HERITAGE SITES: PETRA - WADI RUM - DEAD SEA

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The Monastery in World Heritage Site Petra, Jordan

*This fall my Amsterdam friend and founder of Wonder Woman Projects Natasja Kok will join us for a liberating retreat under the starry sky of Jordan. Deepen awareness in the valley of the moon. It's vastness, beauty and stillness allowing for a courageous and gentle unfolding of your hearts truth and the **Wisdom of our Womb**. This week especially with **Full Moon energy!***

*We will take you on a journey of breaking free from your habitual consciousness and your pre-programmed attitudes and responses to life. We go beyond the veils of your daily behavior. We go into the depths to the place where every woman carries her **wisdom & magic**: her womb.*

*The deepest, oldest secrets of life lie in the womb of every woman. **The womb is the holiest temple** and the most energetic place in your body. It is the source of your soul which is connected to the source of the universe. It is from this powerful place your inner voice, deepest guidance, clarity, joy and creativity spring. **It is your original voice and connection to the web of life**, the web of interdependence that connects all living beings.*

*We will practice yoga, meditations, engage with horses, dance, share in sacred circle, offer blessings to the fire & stars and allow the essence of our womb to rise up and shine.*

*Prepare for an unforgettable exploration into the dessert of Jordan in search of **raw beauty, stillness and intuitive wisdom**.*

*Ahlan wa Sahlan – Welcome - Natasja & Sandra*



# 7 day Wonder Woman Journey

the desert is full of enchantment and beauty – this captivating place invites you to be nourished by its embrace



## Wadi Rum – Valley of the Moon

Expand and deepen your awareness in the beautiful desert of Jordan. Connect to the wisdom of the fire, stars, wind, birds and horses. Listen to the whispers of your soul, connect to the magic of your womb and be inspired to transform your reality.

Enjoy yoga with magnificent views of world heritage sites Wadi Rum and Petra, float in the Dead Sea and allow the minerals of the water to nourish your body. Sleep under the stars, chant in the desert, reflect with horses and share in sacred circle. Wander barefoot in the desert, reclaim the power of water, connect to the earth, send your wishes to the stars and reconnect to your courageous heart.



*"I'm so grateful I chose to visit Jordan! The retreat exceeded all my expectations. Through yoga and meditation, desert treks and mountain hikes, as well as the powerful coaching work with horses, Sandra created a supportive environment that allowed me to open my heart and mind to healing and transformation. For me, the trip started out as an adventure to discover a new country and became a pilgrimage to discover myself. I returned home feeling peaceful, strong and inspired, with new friends and new energy. I highly recommend Sandra and her retreats." Christina M., Switzerland*

## 7 DAY WONDER WOMAN RETREAT - CONT.

### Day 1: Amman - BB

Arriving evening at Amman Airport (AMM) and staying at a Art Hotel in downtown Amman. A visit to the Old Town in the evening is much quieter than during the morning hours. With lots of handicraft shops and restaurants. Try the famous falafel shop down town.

### Day 2: Aqaba - HB

Early transfer from Amman to Aqaba by taxi/minibus. Relax afternoon Berenice Beachclub. Early evening arrival Sandra. Introduction Circle. Evening Full Moon release ceremony at the Red Sea.

Overnight at Bedouin

Garden Village. Breakfast followed by free time for either relaxing, snorkeling or diving. Around noon transfer to our Wadi Rum Bedouin camp in the protected area. Sunset yoga focused on grounding and connecting to your sacral chakra. Freshen up and dinner. Full moon meditation.

### Day 3: Wadi Rum - FB

We initiate the day with a yoga session. After breakfast buffet transfer at the



*Wadi Rum desert Jordan - Valley of the Moon. Image courtesy of Marco Mignano*

stable for our Horse Soul Session. We engage with the horses in the paddock with the purpose of honoring our past and balancing our feminine & masculine energies. Their interaction giving birth to our authentic wisdom, creativity and power.

Bedouin lunch at the stable. Creative expression & sharing circle. Around 3 pm transfer to our private camping in Wadi Rum desert. Full Moon

yoga. Local Bedouin dinner and dancing under de Full Moon. Sleeping under the stars.



## 7 DAY WONDER WOMAN JOURNEY - CONT.

### Day 4: Wadi Rum - FB

Morning yoga with magnificent view into the valley of the Moon. After breakfast buffet we gather in circle and embark on a shamanic breath journey and a meditative (barefoot) omen walk, diving deep into womb energy. We integrate with mandala drawing. Bedouin lunch and free time afternoon. Sunset Vinyasa Flow yoga. Local Bedouin dinner. At our fire ceremony we offer limiting beliefs to the fire and invite the spirit of the universe to guide our dreams. Sleeping under the stars.

*Optional: Thai massage.*

### Day 5: Petra - HB

Morning yoga focused on balancing our heart chakra. Bedouin breakfast transfer to the stable for our closing Horse Soul Session: what wants to emerge from our womb and be born into our awareness and thus existence? Bedouin lunch at the stable. Then at 2 pm transfer to Little Petra, 1,5 hour exploration. Transfer to Bedouin Ammarin Camp for dinner, shower and sleep.

### Day 6: Petra - HB



*Horse Soul Session (equine assisted coaching) with the four horses of Sandra's herd: Gamar, Nour, Remaz and Zahir. Picture courtesy of Alper Ertubey*

Sunrise Divine Feminine ceremony at the cave. Breakfast and visit Petra via the back road with a local Bedouin guide leading you through Beidha up into the mountains with breathtaking views into Wadi Araba leading to the impressive Monastery. From there you have time to explore Petra on your own and maybe at the end enjoy a nice cold drink at the cave bar. Transfer awaits you back to Ammarin camp. Dinner & overnight at

the camp that is owned by the local Bedouin tribe.

## 7 DAY WONDER WOMAN RETREAT - CONT.

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### **Day 7: Dead Sea & Airport - HB**

At 9 pm transfer to Dead Sea. Delicious lunch and Zen float at the Mövenpick Hotel. Afternoon transfer to Amman Airport (AMM).

#### **Note:**

If you are arriving with a different airline then Transavia, we can help you with advise on accommodations, visits to Jerash or Irak al Amir and transfer to the airport.

These will be at an additional cost and paid directly to the provider.



*Float 430 meters below sea level and take in the minerals of the water and the dense oxygen air.*

## 7 DAY WONDER WOMAN RETREAT - CONT.

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*High Lunge on a sand dune in Wadi Rum, Jordan.  
Image courtesy of Marco Mignano.*

**The INVESTMENT for this full board desert journey including all mentioned activities:**  
999 JOD p.p. till July 31st, there-after 1.099 JOD p.p.

### Including

- All transfers described in the program.
- Overnight in 3\* hotels, a Bedouin Camp and under the stars.
- Full Moon ceremony at the Red Sea, Aqaba.
- 6 yoga sessions on impressive locations.
- 2 Horse Soul Sessions ([www.pinkspiritjordan.com](http://www.pinkspiritjordan.com))
- Guided walk via the 'backdoor' into Petra.
- Divine Feminine ceremony at the cave.
- Entrance & lunch at the Moevenpick Dead Sea.
- Guidance by coaches Natasja Kok & Sandra Jelly from day 2 till day 6 noon.
- Full board basis, except for soft drinks.





*High Place of Sacrifice, Petra, Jordan.*

### Excluded

- Flights.
- Visa for Jordan & Entry tickets (see [jordanpass.jo](http://jordanpass.jo))
- Personal expenses, drinks & travel insurance

### Optional activities

Camel ride, Thai Massage or Petra by Night.

### Why should you join us in 2020?

- Reclaim the creative power & magical wisdom of your Womb.
- Expand though yoga sessions in the magnificent desert of Jordan.
- Balance your feminine and masculine energies.
- Activate your inner healing energy of love, light and compassion.
- Visit 3 unforgettable World Heritage Sites.
- Travel with a small group of adventurers seeking to share light, laughter, inspiring stories and everything in between.



# ABOUT YOUR HOSTS

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**Sandra Jelly** is



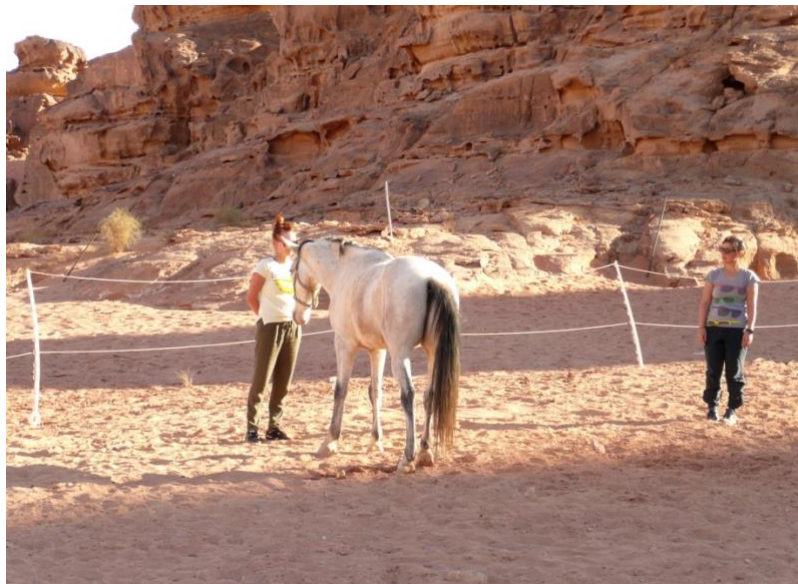
**Sandra Jelly** is an artist, social entrepreneur, certified yoga teacher and systemic coach with horses. She started exploring yoga in 2001 in Amsterdam. In 2009 - following her inner wish of living her passions for the arts and horses- she packed her brushes and yoga mat, put on her horse boots and came for a sabbatical to Petra, Jordan. When her horse got pregnant without her consent she decided to stay and let the horses lead her way.

It was the beginning of her adventure of discovering and expressing herself in the most authentic way.

A herd of 4 Arab horses are welcoming you in the Wadi Rum desert. The leading mare is 15 years old, sensitive & caring soul Gamar. Gamar means full moon. She is also the mother of Nour, Remaz and Zahir. Nour is an 8 years old Gelding and the playful and dominant force of the herd. Nour means Light. Remaz is a 6 years old Mare and she is a wise, independent, wild and free spirit. Remaz means Brilliance. Zahir is a young, 2,5 years old Gelding, he is a gentle and calm soul. The baby of the herd. Zahir means Magic.

Next to 4 horses, her Bedouin Dog Alouisa will inspire you with her joy for life.

Sandra is a certified PSCYH-K facilitator, a certified equine assisted systemic coach (Netherlands), Reiki master and 500 HR certified yoga teacher (India & Bali). Next to that she has followed two trainings on Shamanic Healing with Sandra Ingerman (Shift Network).



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

# ABOUT YOUR HOSTS

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**Natasja Kok** Wonder Woman Projects founder Natasja Kok guides professionals and young talent in the field of awareness and development. What is special about her work is that she lets her participants seek the connection with their authentic piece. As a result, the learning comes from within and becomes an extension of existing talents.

Her work is thorough, creative and practical.

**[www.wonderwomanprojects.com](http://www.wonderwomanprojects.com)**

