

# Women's Retreat

Female Creative Rhythms

Menarche – Menstruation – Menopause

With Bachitar Kaur



A Woman's Creative Journey through Constant Change expressed in her Sexuality, Spirituality and Sense of Self.

“Ignoring or despising menstruation is one of the ways that misogyny manifests itself” Lara Owen (Her Blood is Gold)

## The Retreat offers you

This Woman's Retreat offers a joyful and rich exploration of the physiology, psychology and spirituality of the Creative Female Power every woman holds. We will draw on the teachings of Kundalini Yoga, Karam Kriya and Wise Women Traditions, have personal sharings in the Red Tent, practice yoga and meditation, prepare food together, do walks, creative activities, chanting, prayer and last not least be in the the supportive company of like-minded sisters.

We are going to explore a woman's rhythmic intelligence from the first day of her menstruation (menarche) to its total cease (menopause).

Special focus will be given to the transformational forces of and transition into the wise (wild) woman with the onset of menopause. While the biology of a woman may suggest that menopause signifies the end of what our current society considers woman-ly (youth, fertility, sexy) we are going to write the story differently:

Menopause as the re-discovery of Shakti.

Woman is shakti: pure creative power. This is not bound to a specific phase in her life, it is intrinsically interwoven with her life, it is part of her.

*"You are very powerful provided you know how powerful you are"* Yogi Bhanan

## This retreat is for every woman

Female Creative Rhythms is open to women of all ages. You are never too young nor too old to share this wisdom with others.

## Where and when it is

Organised by Yogaschule Golden Temple/Cherdi Kala in Yogahaus Prasaad, Almenstrasse 11, 78234 Engen, Germany

Friday 25.11.22 (Start 17:00) – Sunday 27.11. (end 16:00)

International Airports are Zurich (Switzerland) and Stuttgart (Germany) both 1,5 - 2hrs by train

## Your investment is

Euro 280 including teachings, food and accommodation.

## About Bachitar



Bachitar Kaur teaches in Europe, Asia and Australia as Kundalini Yoga Lead Trainer with the Aquarian Trainer Academy. She is a Karam Kriya consultant and trainer and supports people from all walks of life in their spiritual quest. Her passion for a more humane world is reflected in her enthusiasm with which she brings the wisdom of the teachings into her and others' heart and everyday life. Bachitar is

co-founder of the international yoga school Cherdi Kala and being a strong advocate of female awakening she teaches on Female Leadership and other relevant women topics such as menstruation and menopause. She felt great delight to co-develop the Divine Woman Program and is Lead Trainer of The Mother's Journey Training. She is a mother of two boys and together with her family lives near Lake Constance in South-Germany, where she founded Yogahouse Prasaad for conscious living in nature.

# REGISTRATION FEMALE CREATIVE RHYTHMS RETREAT NOVEMBER 25-27 IN YOGAHAUS PRASAAD, ENGEN, GERMANY

REGISTRATION FORM PAGE 1 OF 2

## Workshop fee

I hereby register for Women's Retreat Female Creative Rhythms that takes place from November 25 (17:00) to 27 (16:00). I understand that the fee of EUR 280 is including teachings, food and accommodation. I further understand that the registration fee of EUR 100 is only refundable within 14 days of my transaction until one day prior to start of the retreat. This means, should I register less than two weeks prior to the retreat, I will only be refunded if I cancel until one day prior to start of the retreat. I will not receive any refund if I cancel on the day of start of the retreat or later.

The remaining amount of EUR 180 is due latest one week prior to the retreat on November 18.

Please mark the correspondent with a cross:

I have paid the fee of EUR 280,00 into the following bank account: Yogaschule Golden Temple IBAN: DE90 6925 1445 0005 6393 15 BIC: SOLADES1ENG. I have named the payment in the subject line „Women's Retreat“ along with my name.

I have paid the registration fee of EUR 100,00 into the following bank account. I will transfer the remaining course fee of EUR 180,00 until 18.11.22: Yogaschule Golden Temple IBAN: DE90 6925 1445 0005 6393 15 BIC: SOLADES1ENG . I have named the payment in the subject line „Women's Retreat“ along with my name.

**I understand that my place can only be reserved with payment of the registration fee.**

Family Name \_\_\_\_\_ First Name \_\_\_\_\_

Spiritual Name \_\_\_\_\_ DoB \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_ Mobile \_\_\_\_\_

E-Mail \_\_\_\_\_

REGISTRATION FORM PAGE 2 OF 2

In emergency contact

Name..... Relation to you .....

Mobile.....

Address.....

.....

**Disclaimer**

To the best of my knowledge there is no physical or mental medical reason why I should not do this course. I understand that the teachings do not constitute medical advice.

Do you give Yogaschool Golden Temple/Cherdi Kala permission to use your data for:

- Identify and contact you before and during the event in case of need
- To contact your emergency contact if needed during the event
- To add your email address to our database in order to send our newsletter and occasional announcements
- Issuing you with an invoice/receipt

SIGNED (by applicant) .....

Date .....

**Thank you for registering. We are looking forward to welcoming you. Sat Naam.**

**Please send this form to**

info@goldentemple.eu  
Bachitar Karle-de Hommel – Almenstrasse 11 – 78234 Engen

For more information contact us through: info@goldentemple.eu

Yogaschule Golden Temple  
Almenstrasse 11 | 78234 Engen | Germany | +49 170 5521 796

