

Phoenix RISING RETREATS

"REIGNITE THE FLAME
THAT DATE NIGHTS CAN'T"



You want more... more intimacy, more aliveness, more truth.

Step beyond routine and rediscover the fire in your relationship with immersive retreats and coaching designed to awaken passion, devotion, and connection.



Welcome TO PHOENIX RISING RETREATS!

We are so honoured to welcome you into this **sacred container**. By saying yes to this retreat, you've chosen to step beyond routine and into a space where **intimacy, passion and presence** can awaken in powerful new ways.

In your retreat, you'll be guided through **practices, rituals, and experiences** designed to help you reconnect with yourself, your partner, and the **sacred energy between you**. You'll be supported in community with like-hearted couples, each here with the same intention: to grow, to open, and to remember what it feels like to be **fully alive together**.

Your time here is not about "doing more." It's about **slowing down, dropping in, and creating the space for your relationship to flourish**. From nourishing meals and nature's beauty, to clear and loving boundaries, every detail has been designed to hold you.

This PDF will give you everything you need to know before you arrive: **what's included, what to bring, how to prepare and what to expect** once you step onto the land.

Take a deep breath. **You've already begun.**
We cannot wait to welcome you in person.

With love and presence,
Kim & Roberto

couples RETREATS

AN INTIMATE, SMALL-GROUP RETREAT FOR COUPLES READY TO AWAKEN DEEPER INTIMACY AND EXPLORE EMBODIED CONNECTION IN A SAFE, SPACIOUS ENVIRONMENT.



This is not a getaway... It's a sacred portal.

Join an immersive weekend with like-hearted couples, held in our private lakeside sanctuary. This is where communication opens, polarity is reignited, and connection becomes tangible.

A space to deepen intimacy, renew devotion and awaken Eros.



WHAT'S INCLUDED:

- Small group retreat (maximum 6 couples)
- 4-day/4-night luxury retreat at our private lakeside estate
- Guided intimacy & polarity sessions to deepen connection
- Somatic, breathwork & erotic embodiment practices
- Private room & meals included
- Access to hot tub, sauna, and seasonal amenities (paddleboards, fire pits, snowshoes, etc.)

RETREAT OVERVIEW

YOUR RETREAT HAS BEEN LOVINGLY DESIGNED TO BALANCE DEPTH, PLAY, REST, AND CONNECTION. EACH DAY INCLUDES GUIDED PRACTICES, RITUALS, AND SESSIONS THAT OPEN YOUR BODY, HEART, AND MIND, ALONG WITH TIME TO INTEGRATE, NOURISH, AND CONNECT WITH YOUR PARTNER.

EXPERIENCES MAY INCLUDE:

- 5 Senses Awakening - Sensual Play for Couples
 - Erotic Tantric Partner Massage
 - Chakra Play & Sex Magic for Couples
 - Holistic Sex Practices with Breathwork
 - Polarity Play — Blending Kink & Tantra
 - Intimacy Activation for Lovers
 - Orgasmic Reclamation & Expansion
 - Holistic Chi-Kung Somatic De-Armouring Massage
- ...and more

CLOTHING IS OPTIONAL IN DESIGNATED SPACES. YOU ARE ALWAYS INVITED TO UNDRESS - OR STAY DRESSED - AT THE LEVEL THAT FEELS RIGHT FOR YOU IN EACH MOMENT.

BOUNDARIES & SAFETY:

Our facilitators are guides on your journey. To maintain sacred, clean energy, there is no sexual activity between participants and facilitators. All couples are expected to respect each other's experiences. Anyone who does not comply will be asked to leave at their own expense.

MEN, T.L.D.R.

Relaxation. Tranquility. Nature. Nourishing food.
...and how to become the best lover ever.

WHAT TO BRING

To help you feel both comfortable and fully resourced during your retreat, we recommend bringing:

- **CLOTHING FOR SESSIONS** - THINK YOGA WEAR OR PIECES THAT ARE EASY TO MOVE IN, AS WELL AS ITEMS THAT MAKE YOU FEEL SEXY AND BEAUTIFUL.
- **LAYERS** - SESSIONS CAN RUN WARM WITH MOVEMENT, WHILE EVENINGS OUTDOORS MAY BE COOLER. WE WILL BE OUTSIDE FOR SOME SESSIONS.
- **SWIMWEAR** - FOR THE HOT TUB, SAUNA, OR DIPS IN THE LAKE.
- **COMFORTABLE FOOTWEAR** - SANDALS OR SLIP-ONS FOR OUTDOORS, SLIPPERS OR COZY SOCKS FOR INDOORS, AND RUNNERS FOR WALKS, HIKES, OR OUTDOOR MOVEMENT.
- **JOURNAL AND PEN**- TO CAPTURE REFLECTIONS AND INSIGHTS.
- **PERSONAL GROUNDING ITEMS** - ANYTHING THAT HELPS YOU FEEL SAFE, PRESENT, AND AT HOME (A FAVOURITE SCARF, CRYSTALS, ESSENTIAL OILS, ETC.).
- **YOUR ALTAR ITEM** - A SMALL SYMBOL OF YOUR PARTNERSHIP TO PLACE ON THE GROUP ALTAR (SEE INFO BELOW SPECIFIC TO YOUR ALTER ITEM)

We provide linens, towels, yoga mats, and all practice materials, so you can travel light and arrive with ease. And if you forget something, don't worry...we'll have extras on hand.

ALTER ITEM

Creating a ritual space is an important part of this work. At Phoenix Rising Retreats, we honour the power of bringing intention, beauty, and sacredness into your practices. Both at home and during the retreat, you'll be invited to create a couple's altar... a space that represents your love, your union, and the higher energy guiding your journey together.

We encourage you to bring a small object that symbolizes sacred union or higher consciousness in your relationship. This could be a Shiva/Shakti figure, a divine masculine/divine feminine symbol, or any piece that speaks to you. It might be a crystal, a candle, a photo, a wood carving, or a cup... what matters most is that it holds meaning for you as a couple. (examples below)

You may also wish to bring a beautiful blanket or cloth to place on your altar and under your ritual items. This adds warmth, beauty, and intention to your sacred space. Creating a collective altar that holds and amplifies the energy of the weekend.

When you return home, we invite you to set up your altar as a place to continue your practices, honour your journey, and return to the connection you cultivated here.

Statues:

- [Antique Copper Small Buddha Shakti Yab Yum Statue](#)
- [Hand Carved, Vajradhara Shakti, Yab Yum Copper Statue](#)
- [Samantabhadra and Consort Yab Yum Tantra Statue - Copper](#)
- [Padmasambhava Yab-Yum Statue - Copper](#)

Prints:

- The Primordial Couple, Samantabhadri & Samantabhadra; [Downloadable Print](#)
- Tantric Buddha Yab Yum Spiritual Digital Art Illustration Wall Art; [Downloadable Print](#)
- [Buddhist Deity with Consort Sparshavajri, Red and Gold Tantric Vajrayana Fine Art Print](#)

Tapestries:

- [Sol y Luna Large tapestry](#)
- [Tantra Tapestry, artwork by Olga Klimova](#)

Faux Fur Blankets:

- [Saranoni Luxury Faux Fur XL Blanket](#)
- [Pottery Barn Faux Fur Blanket](#)
- [West Elm Faux Fur Cascade Throw](#)

YOUR SACRED HOME AWAY FROM HOME

WHETHER YOU'RE NESTLED IN THE TREES OR SOAKING IN LAKESIDE STILLNESS, EVERY ACCOMMODATION AT PHOENIX RISING IS DESIGNED TO SUPPORT YOUR INTIMACY, HEALING, AND REST.

★ THE GEODOMES

Step into a private forest sanctuary like no other. Just behind our retreat centre, three geodomes offer queen beds with 180° forest views.

Wake with the sun rising through the trees...
fall asleep under the stars.

Fully heated and air-conditioned, each dome has a mini fridge & coffee/tea maker for slow, grounded mornings.

New bathrooms are just steps away in the main studio & a tucked-away fire pit invites intimate evenings under the sky.



🏠 THE COTTAGE

A warm, light-filled haven with panoramic lake views. The cottage blends coziness & luxury with high ceilings, soft light & peaceful waterfront energy, inviting you to truly exhale.

Two queen bedrooms (one with full bath, one with a powder room) offer comfort and space, while every window frames the lake's beauty.

Heated and air-conditioned, it's perfect for couples craving stillness, softness, and ease.

Your sacred home away from home.

🌞 THE SEASONAL BUNKIE

Perched above the dock, this lakefront retreat features a king bed & sweeping water views.

Perfect for early dips, quiet mornings & sunsets over the water.

Available spring through fall, the Bunkie stays naturally cool with lake breezes - offering the perfect blend of nature and comfort, complete with a mini fridge and coffee/tea maker for slow, intentional mornings.

Guests enjoy access to the cottage & studio bathrooms, just a short walk away.



SAMPLE ITINERARY...

Your retreat has been lovingly designed to balance depth, play, rest, and connection. Each day includes guided practices, rituals, and sessions that open your body, heart, and mind, along with time to integrate, nourish, and connect with your partner.

DAY ONE (THURSDAY) - ARRIVAL AND WELCOME

3:00 – 5:00 P.M. ARRIVAL AND CHECK-IN

5:00 – 5:30 P.M. WELCOME AND GUIDELINES

5:30 – 7:00 P.M. DINNER

7:00 – 9:30 P.M. OPENING SESSION

DAY TWO, THREE, FOUR

7:00 – 8:00 A.M. COFFEE, TEA, FRUIT

8:00 – 9:30 A.M. FEMININE/MASCULINE MORNING SESSION

9:30 – 11:00 A.M. BREAKFAST AND BREAK

11:00. – 1:00 P.M. SECOND COUPLE SESSION

1:00 – 3:00 P.M. LUNCH & BREAK

3:00 – 7:30 P.M. THIRD COUPLE SESSION

7:30 – 8:30 P.M. DINNER

Evenings: Relax in the hot tub, sauna, fire, or rest.

NOTE: DAY FOUR SCHEDULE SHIFTS WITH A BREAK & MEALS
2PM-7PM - WITH THIRD COUPLE SESSION IN THE EVENING

DAY FIVE (MONDAY)

8:00 – 9:00 A.M. BREAKFAST

9:00 – 10:30 A.M. MORNING RITUAL

10:30 – 12:00 P.M. CLOSING CEREMONY

12:00 – 2:00 P.M. LUNCH & DEPARTURES

A detailed schedule for each day will be provided in your room booklet upon arrival.

Note: Our schedule is thoughtfully designed, yet flexible. Adjustments may be made to honour the energy and needs of the group.



FAQ'S

1. WHAT TIME SHOULD WE ARRIVE, AND WHEN DO WE LEAVE?

ARRIVAL IS BETWEEN 3 AND 5 P.M. ON THE FIRST DAY, WITH DINNER AND THE OPENING SESSION TO FOLLOW. DEPARTURE IS AFTER LUNCH ON THE FINAL DAY, BY 2 P.M. YOUR FULL SCHEDULE IS IN THIS PDF AND IN YOUR ROOM BOOKLET.

2. WHAT SHOULD WE PACK?

BRING COMFORTABLE CLOTHING FOR SESSIONS, THINK YOGA WEAR OR CLOTHING THAT IS EASY TO MOVE IN, AND PIECES THAT MAKE YOU FEEL SEXY AND BEAUTIFUL. PACK LAYERS FOR WARMTH AND COMFORT, SWIMWEAR, AND A JOURNAL. YOU ARE ALSO INVITED TO BRING A COUPLE ALTAR ITEM, A SMALL SYMBOL OF YOUR PARTNERSHIP TO PLACE ON THE GROUP ALTAR. A FULL PACKING LIST IS INCLUDED IN THIS DOCUMENT.

3. WILL WE HAVE FREE TIME?

YES. WE INTENTIONALLY WEAVE IN REST, INTEGRATION, AND PLAY. ENJOY THE SAUNA, HOT TUB, PADDLEBOARDS, FOREST TRAILS, SNOWSHOES, OR QUIET TIME TOGETHER IN YOUR ROOM.

4. HOW ARE MEALS HANDLED?

ALL MEALS ARE NOURISHING, SEASONAL, AND PEANUT-FREE. TEA, COFFEE, AND FRUIT ARE ALWAYS AVAILABLE.

PLEASE EMAIL [INFO@PHOENIXRISINGRETREAT.COM](mailto:info@phoenixrisingretreat.com) WITH ANY DIETARY NEEDS 1 WEEK IN ADVANCE OF YOUR RETREAT SO WE CAN ACCOMMODATE YOU.

5. WHAT BOUNDARIES AND GUIDELINES SHOULD WE KEEP IN MIND?

- TO SUPPORT SAFETY AND PRESENCE, RETREATS ARE SUBSTANCE-FREE.
- PHONES ARE TO BE LEFT OUT OF GROUP SPACES AT OUR CHARGING STATION
- NUDITY IS OPTIONAL (IN CERTAIN SPACES)
- CONFIDENTIALITY IS ESSENTIAL: YOU MAY SHARE ABOUT YOUR OWN EXPERIENCE, BUT NOT THE EXPERIENCES OF OTHERS.

TRAVEL & LOGISTICS

- **Arrival:** Please arrive between 3:00 and 5:00 p.m. on the Thursday of your retreat. Our opening session begins promptly at 5:00 p.m., followed by dinner at 5:30 p.m.
- **Departure:** We close with lunch on Monday. Please plan to depart by 2:00 p.m.
- **Location:** Phoenix Rising Retreats is located at 261 Fire Route 36, Woodview, Ontario, Canada, K0L 3E0. Please note that Apple Maps may display Bancroft instead of Woodview.

We are just 8 minutes off Highway 28. Exit at Julian Lake Road and follow Fire Route 36 all the way to the end.

- **Parking:** Free on-site parking is available.
- **Travel Notes:** The retreat centre is rural and surrounded by nature. The closest towns with gas, grocery, and pharmacy access are Lakefield (25 minutes south) and Peterborough (45 minutes south).
- **Running Late?** Please contact us directly at info@phoenixrisingretreat.com or reach out to Kim - 519-504-5643 or Roberto - 647-302-9337



As you prepare to step into this retreat, know that simply saying yes has already begun the journey. You are entering a sacred space held with presence, love, and care - a space for you to remember who you are, and who you can be together.

Take a deep breath. Let yourself soften.
Trust that everything you need is waiting for you here.

We cannot wait to welcome you in person!

With love,
Kim & Roberto