

# 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.



# at PHOENIX RISING RETREATS...

couples remember what it feels like to be **fully alive**...  
igniting **intimacy, presence, and passion** while bringing  
heart, body, and mind into harmony.

Through **tantra-inspired practices**, sacred sexuality,  
intentional movement, polarity play, breathwork,  
meditation and emotional release, you'll experience a  
**full-bodied awakening** that nourishes every layer of  
your relationship.

All of this is held within the beauty of our **private  
lakefront sanctuary**, where nourishing meals, sacred  
ritual, and the grounding embrace of nature deepen your  
restoration.

We guide couples to **reclaim their sovereignty**, trust  
their inner wisdom, and **open to deeper intimacy**... with  
themselves, each other, and the world around them.

**Rest, integration, and play** are honoured as much as the  
practices themselves. Our **substance-free, nudity-  
optional spaces** are held with clear and loving  
boundaries, so you can fully relax into the experience.

You'll leave feeling **more connected, more embodied,  
and more alive**... carrying practical tools and embodied  
wisdom that ripple through your relationship long after  
the retreat.

# 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.)

**INVESTMENT: \$2,985 CAD + HST PER COUPLE**

**RESERVE YOUR SPOT FOR OUR NEXT RETREAT OR BOOK A CALL TO EXPLORE IF IT'S RIGHT FOR YOU.**

# STEP INSIDE OUR RETREATS...

**DIVE INTO A JOURNEY DESIGNED TO AWAKEN YOUR  
CONNECTION, EXPAND YOUR EROTIC ALIVENESS, AND  
DEEPEN SACRED INTIMACY.**

## **EXPERIENCES MAY INCLUDE:**

- Grounding Nervous System Practices - meditation, breathwork, jade egg - to support safety & presence
  - 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, AND YOU ARE 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.**



# 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...

## **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



# FAQ'S

## **1. DO WE NEED EXPERIENCE WITH TANTRA OR SACRED SEXUALITY?**

NOT AT ALL. MANY COUPLES ARRIVE WITH LITTLE OR NO EXPERIENCE, WHILE OTHERS COME WITH YEARS OF PRACTICE. OUR RETREATS ARE DESIGNED TO MEET YOU EXACTLY WHERE YOU ARE — WHETHER YOU'RE BRAND NEW AND CURIOUS TO EXPLORE, OR ALREADY PRACTICING AND READY TO GO EVEN DEEPER.

## **2. WHAT'S INCLUDED IN THE RETREAT?**

PRIVATE ACCOMMODATION (GEODOME, COTTAGE, OR BUNKY WITH QUEEN OR KING BED), NOURISHING MEALS, GUIDED PRACTICES, WORKSHOPS, RITUALS, USE OF OUR LAKESIDE AMENITIES (SAUNA, HOT TUB, PADDLEBOARDS, FOREST TRAILS), AND INTEGRATION SUPPORT DEPENDING ON YOUR PACKAGE.

## **3. IS NUDITY REQUIRED?**

NO. OUR RETREATS ARE NUDITY-OPTIONAL. YOU WILL ALWAYS HAVE CHOICE. SOME PRACTICES MAY INVITE NUDITY, BUT PARTICIPATION IS NEVER REQUIRED. CONSENT AND COMFORT ARE THE FOUNDATION OF EVERYTHING WE DO.

## **4. IS SEXUAL ACTIVITY PART OF THE RETREAT?**

WE GUIDE PRACTICES THAT HELP YOU EXPLORE SACRED SEXUALITY AND DEEPEN INTIMACY WITH YOUR PARTNER. WHILE SENSUAL AND EROTIC CONNECTION MAY BE PART OF YOUR JOURNEY, EXPLICIT PENETRATIVE SEX DOES NOT HAPPEN IN GROUP SPACES. COUPLES ALWAYS CHOOSE HOW FAR THEY GO, AND PRIVATE INTIMACY CAN UNFOLD IN YOUR OWN ROOM.

## **5. WHAT IF I FEEL NERVOUS OR UNSURE?**

IT'S NORMAL TO FEEL A MIX OF EXCITEMENT AND NERVES. WE CREATE A SAFE, LOVING, AND TRAUMA-INFORMED CONTAINER WITH CLEAR BOUNDARIES. YOU'LL BE GUIDED STEP BY STEP, AND YOU'RE ALWAYS AT CHOICE. MANY COUPLES SHARE THAT THEIR FEARS MELTED AWAY ONCE THEY ARRIVED.

## **6. HOW DO WE KNOW IF A GROUP RETREAT IS FOR US?**

IF YOU'RE LONGING TO REIGNITE CONNECTION WHILE BEING SUPPORTED IN COMMUNITY, A GROUP RETREAT IS FOR YOU. YOU'LL LEARN ALONGSIDE LIKE-HEARTED COUPLES, SHARE IN GUIDED PRACTICES, AND FEEL THE ENERGY OF COLLECTIVE GROWTH... ALL WHILE FOCUSING ON YOUR OWN RELATIONSHIP. MANY COUPLES FIND THAT BEING WITNESSED IN A SAFE GROUP CONTAINER DEEPENS THEIR JOURNEY IN POWERFUL AND UNEXPECTED WAYS.



REIGNITE THE FLAME THAT DATE NIGHTS CAN'T...  
AND CARRY IT FORWARD INTO A LOVE THAT'S  
DEEPER, WILDER, AND MORE ALIVE THAN EVER.

**Feel the call?**

**Join us for the next group retreat!**

**[Reserve Your Spot Today HERE](#)**

**Not sure yet or have questions?**

Schedule your **[Exploration Call HERE](#)** and discover if  
this retreat is the right next step for your relationship.

