

Phoenix RISING RETREATS

"REIGNITE THE FLAME
THAT DATE NIGHTS CAN'T"



WHERE CONNECTION, SAFETY & EROTIC ALIVENESS MEET

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 unfolds within the beauty of our **private
lakefront sanctuary in North Kawartha**, 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.

PATHWAYS TO TRANSFORMATION

EVERY COUPLE ARRIVES WITH DIFFERENT NEEDS, DESIRES, AND INTENTIONS. THAT'S WHY PHOENIX RISING RETREATS OFFERS FOUR UNIQUE PATHWAYS... EACH DESIGNED TO MEET YOU WHERE YOU ARE, AND TAKE YOU DEEPER INTO INTIMACY, PASSION, AND TRUTH.

THE INITIATION - GROUP RETREAT FOR COUPLES

WHETHER YOU'RE NEW TO TANTRA OR HAVE BEEN PRACTISING FOR YEARS, THIS GROUP RETREAT IS A POWERFUL ACTIVATION... REIGNITING CONNECTION, POLARITY, AND PRESENCE IN A SUPPORTIVE COMMUNITY SPACE.

THE DEEPENING - PRIVATE RETREAT FOR COUPLES

AN INTIMATE, PERSONALIZED RETREAT HELD JUST FOR THE TWO OF YOU. DESIGNED FOR COUPLES WHO WANT MORE... SAFETY, PRIVACY, OR A FULLY TAILORED JOURNEY INTO EROTIC ALIVENESS AND EMOTIONAL INTIMACY.

SACRED PARTNERSHIP - RETREAT + VIRTUAL COACHING

YOUR SACRED WORK DOESN'T END AT YOUR RETREAT... IT BEGINS THERE. WITH COACHING WOVEN BEFORE AND AFTER, YOU'LL INTEGRATE BREAKTHROUGHS, EMBODY NEW WAYS OF LOVING, AND ANCHOR LASTING TRANSFORMATION.

SACRED MASTERY - OUR FLAGSHIP JOURNEY

OUR MOST POWERFUL PATH INTO LASTING TRANSFORMATION. TWO RETREATS - ONE PRIVATE AND ONE GROUP OR TWO PRIVATE - PLUS 4 MONTHS OF PRIVATE COACHING.

THIS IS WHERE SACRED INTIMACY BECOMES A WAY OF LIFE.

The INITIATION

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, each held within your own intimate journey. This is where communication opens, polarity is reignited & connection becomes tangible.

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



WHAT'S INCLUDED:

- Small, intimate group retreat (max. 6 couples)
- 4-day, 4-night luxury retreat at our private lakeside estate in North Kawartha
- Guided intimacy & polarity experiences to deepen connection and erotic aliveness
- Somatic, breathwork & sensual embodiment experiences to support presence & openness
- Private room with chef-prepared nourishing meals
- Enjoy shared access to hot tub, wood-fired sauna, and seasonal amenities (paddleboards, kayaks, fire pits, snowshoes, and more)

INVESTMENT: \$4,999 CAD + 13% HST PER COUPLE

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

The DEEPENING

A DEEPER JOURNEY
INTO SACRED
RELATING, CREATED
FOR COUPLES READY
TO EXPLORE PASSION,
SAFETY, AND NEW
DIMENSIONS OF
INTIMACY TOGETHER.



Intimate. Immersive. Just for the two of you.

Designed for couples who want more.

Whether you desire a fully personalized experience or feel called to go deeper, more intimately, and more fully together, this is where safety and intimacy meet depth and transformation.

Private. Potent. Life-changing



WHAT'S INCLUDED:

- Private 4-day, 4-night luxury retreat
- Exclusive use of the entire space — just the two of you, with dedicated support throughout
- Fully customized experience tailored to your relationship and what you both desire most
- Erotic experiences, energetic activations & embodied communication to deepen intimacy, enhance connection, and cultivate presence
- Luxury accommodations with private bath and catered, nourishing meals prepared for you
- Pre-retreat planning call & post-retreat integration support

INVESTMENT: \$11,111 CAD + 13% HST PER COUPLE

BOOK YOUR PRIVATE EXPLORATION CALL TO DESIGN A RETREAT THAT'S FULLY YOURS.

Sacred PARTNERSHIP

THE RETREAT OF YOUR
CHOICE (PRIVATE OR
GROUP) PLUS 4 MONTHS
OF COACHING FOR THOSE
READY TO TAKE A BOLD
LEAP. DEEPEN TRUST,
EXPAND EROTIC
EXPRESSION & AWAKEN
SACRED DEVOTION.



Whether preparing for a retreat or integrating breakthroughs, our virtual private sessions keep you connected with presence, depth, and devotion. Explore polarity, speak your truth, and awaken a partnership that's erotically alive and emotionally secure.

Connected. Conscious. Transformational.



WHAT'S INCLUDED:

Includes all the transformative experiences of **the retreat of your choice (private or group), plus 4 months of private couples coaching** to deepen breakthroughs, integrate insights, and extend your connection beyond the retreat.

YOUR CHOSEN RETREAT + PRIVATE COACHING:

- 4 months of biweekly 75–90 min private coaching & support for real-time integration
- Priority selection of days & times for coaching
- Dropbox Library of Recorded Practices

INVESTMENT: PRIVATE RETREAT + COACHING \$14,444 CAD
GROUP RETREAT + COACHING \$8200 CAD

(PLUS 13% HST. PAYMENT PLAN AVAILABLE)

BOOK AN EXPLORATION CALL TO DESIGN YOUR PERSONALIZED RETREAT & COACHING PACKAGE

Sacred MASTERY

OUR FLAGSHIP PATH:
A PRIVATE RETREAT,
A GROUP RETREAT,
AND 4 MONTHS OF
DEEP PRIVATE
COUPLES COACHING
FOR LASTING
TRANSFORMATION.



For couples ready to live at the pinnacle of conscious intimacy, sexual reclamation, and relational mastery.

- ✨ **Legacy-level love** – a partnership that grows and evolves
- ✨ **Sexual reclamation** – deep polarity and sacred pleasure
- ✨ **Conscious intimacy mastery** – trust, communication and connection



WHAT'S INCLUDED:

Your most expansive path into sacred intimacy and embodied connection

- One private retreat (**The Deepening**)
- Plus 4 months of private coaching (**Sacred Partnership**)
- Plus one group retreat (**The Initiation**)
- Immersive Tantra, polarity, somatic and nervous system regulating practices to amplify connection and intimacy
- Personalized coaching, rituals & guided experiences
- Ongoing integration to anchor lasting transformation and make this your new way of relating

INVESTMENT: \$16,500 CAD + 13% HST PER COUPLE

UPGRADE TO TWO PRIVATE RETREATS FOR A FULLY TAILORED, DEEPLY INTIMATE EXPERIENCE — ADD \$3,800

PREFER A GROUP EXPERIENCE? CHOOSE TWO GROUP RETREATS INSTEAD — \$12,500 CAD

START YOUR SACRED JOURNEY **HERE** - **BOOK A CALL** AND LET'S DESIGN YOUR EXPERIENCE.

STEP INSIDE OUR RETREATS

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

WHAT YOU'LL EXPERIENCE TOGETHER:

- Grounding nervous system practices — partnered & solo breathwork & meditation to support safety and presence
- Yoni egg, Qi Gong & morning rituals — to deepen connection to self and each other
- 5 Senses Awakening — sensual play for couples
- Communication & connection explorations to feel truly seen, understood and met
- Erotic tantric partner massage
- Chakra activation & Sex Magic for couples
- Polarity Play — blending kink & tantra
- Desire & intimacy practices to reignite erotic aliveness
- Orgasmic reclamation & expansion
- ...and more to explore together

CLOTHING IS OPTIONAL IN DESIGNATED SPACES, AND YOU ARE INVITED TO UNDRRESS - 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 – 4:30 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 FOR DAY FOUR

SCHEDULE SHIFTS WITH A 2:00 - 7:00 P.M. BREAK & MEALS FOLLOWED BY A THIRD COUPLE EXPERIENCE 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 BUNKIE WITH QUEEN OR KING BED), CHEF-PREPARED 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?

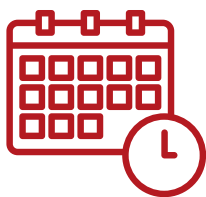
IT'S NORMAL TO FEEL A MIX OF EXCITEMENT AND NERVES. WE CREATE A SAFE, LOVING, AND TRAUMA-INFORMED CONTAINER WITH CLEAR BOUNDARIES. YOU'LL BE GUIDED STEP BY STEP, AND YOU'RE ALWAYS AT CHOICE. MANY COUPLES SHARE THAT THEIR FEARS MELTED AWAY ONCE THEY ARRIVED.

6. HOW DO WE KNOW IF A PRIVATE OR GROUP RETREAT IS BEST FOR US?

BOTH ARE POWERFUL. A PRIVATE RETREAT IS FULLY PERSONALIZED AND IDEAL IF YOU WANT MORE DISCRETION, SAFETY, OR FOCUSED ATTENTION. A GROUP RETREAT INVITES YOU INTO A COMMUNITY OF LIKE-HEARTED COUPLES, WITH THE ENERGY OF SHARED GROWTH. IN YOUR FREE CALL, WE'LL HELP YOU FEEL INTO WHICH OPTION IS BEST FOR YOU.

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

Book your Exploration Call today and discover which retreat is your next aligned step. We'll meet with presence, clarity, and care to co-create the experience your relationship truly deserves.



BOOK YOUR EXPLORATION CALL **HERE**



PRIVATE RETREATS ALWAYS BEGIN WITH A CALL
GROUP RETREATS CAN BE BOOKED DIRECTLY **HERE**

(if you want to discuss first, book an Exploration Call)

