Phoenix RISING RETREATS

"REIGNITE THE FLAME
THAT DATE NIGHTS CAN'T"

WHERE CONNECTION, SAFETY & EROTIC ALIVENESS MEET

Step beyond routine & rediscover the fire in your relationship with immersive retreats and coaching designed to awaken passion, deepen intimacy & inspire devotion



at PHOENIX RISING RETREATS...

couples remember what it feels like to be **fully alive**... reigniting **intimacy, desire, 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 dimension of your relationship.

All of this unfolds within the beauty of our **private lakefront sanctuary in North Kawartha**, where nourishing meals, sacred rituals, and the grounding embrace of nature invite you to slow down, reconnect, and restore.

We guide couples to **reclaim their sovereignty**, trust their inner wisdom, and **explore deeper intimacy**... with themselves, each other, and the relationship they're consciously creating.

Rest, integration, and play are honoured as much as the practices themselves. **Our substance-free, nudity-optional** spaces are held with clear, loving boundaries, allowing you to relax and explore at your own pace.

You'll leave feeling **more connected, more embodied, and more alive**...carrying practical tools and embodied wisdom that continue nurturing 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 RETREAT REIGNITES PASSION, DEEPENS EMOTIONAL SAFETY, AND AWAKENS EROTIC ALIVENESS IN A SUPPORTIVE COMMUNITY OF COUPLES.

THE DEEPENING - PRIVATE RETREAT FOR COUPLES
AN EXCLUSIVE, PERSONALIZED RETREAT JUST FOR THE TWO OF YOU. EXPLORE DESIRE, MOVE BEYOND FAMILIAR PATTERNS, AND DEEPEN EMOTIONAL AND EROTIC INTIMACY WITH GUIDANCE TAILORED TO YOUR RELATIONSHIP.

SACRED PARTNERSHIP - RETREAT + VIRTUAL COACHING
YOUR SACRED WORK DOESN'T END AT YOUR RETREAT... IT BEGINS THERE. WITH FOUR MONTHS OF PRIVATE COACHING, YOU'LL INTEGRATE BREAKTHROUGHS, EMBODY NEW WAYS OF LOVING, AND DEEPEN CONNECTION IN EVERYDAY LIFE.

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 REIGNITE PASSION, DEEPEN INTIMACY & EXPLORE EMBODIED CONNECTION, PLEASURE & CONSCIOUS PARTNERSHIP.



THIS IS NOT A GETAWAY... IT'S A SACRED PORTAL.

Join an immersive retreat with like-hearted couples, each exploring your own intimate journey. Where communication deepens, desire awakens, and connection comes alive.

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



WHAT'S INCLUDED:

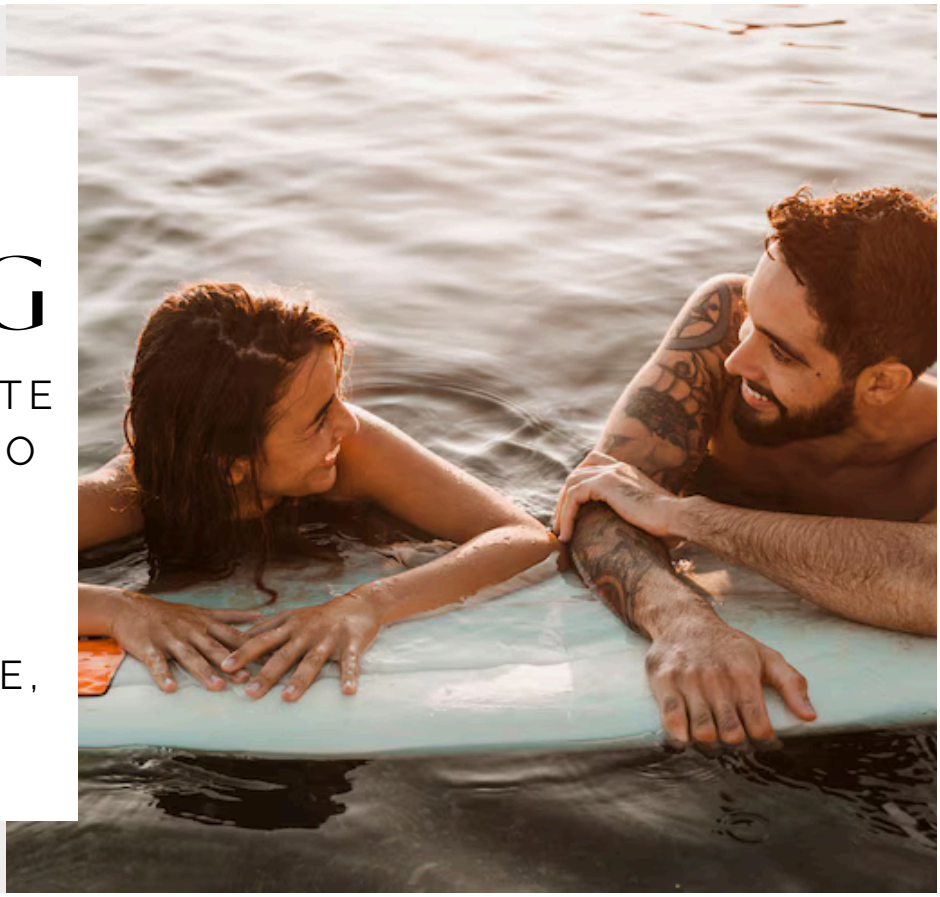
- Intimate small-group retreat (maximum 6 couples)
- 5-day, 4-night luxury retreat at our private lakeside sanctuary in North Kawartha
- Guided Tantra, sacred sexuality and polarity experiences to awaken passion, intimacy and erotic aliveness
- Somatic practices, breathwork and sensual embodiment to deepen safety, trust and connection
- Private accommodation for two with nourishing, chef-prepared meals
- Lakeside hot tub with sunset views, wood-fired sauna, fire pits, peaceful spaces for connection and seasonal outdoor activities

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

BOOK YOUR RETREAT OR **BOOK YOUR EXPLORATION CALL** TO EXPLORE YOUR OPTIONS.

the DEEPENING

AN EXCLUSIVE PRIVATE COUPLES RETREAT TO REIGNITE PASSION, DEEPEN INTIMACY, AND EXPLORE NEW DIMENSIONS OF LOVE, PLEASURE, AND EROTIC ALIVENESS.



Your Love. Your Rhythm. A Journey Into Deeper Intimacy.

Designed for couples ready to explore what's possible together. Reignite passion, awaken desire, and move beyond familiar patterns through an exclusive, personalized experience that brings emotional safety, sensuality, and erotic aliveness together.

Exclusive. Sensual. Transformative. Uniquely Yours.



WHAT'S INCLUDED:

- Exclusive 5-day, 4-night private couples retreat at our lakeside sanctuary in North Kawartha, Ontario
- Personalized guidance from Kimberly and Roberto, tailored to your relationship, desires, and intentions
- Tantra, sacred sexuality, embodiment, and polarity practices to awaken passion, pleasure, and desire
- Conscious communication, breathwork, and nervous system practices to deepen emotional safety, trust, and connection
- Your choice of private accommodation, chef-prepared meals, lakeside hot tub, wood-fired sauna, and seasonal amenities
- Personalized tools and practices to nurture intimacy, desire, and connection long after your retreat

INVESTMENT: $8800 CAD + 13% HST PER COUPLE

BOOK YOUR 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.



Through four months of private coaching, deepen and integrate your retreat experience into everyday life with presence, intention, 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 90 min private coaching & support for real-time integration
- Priority selection of days & times for coaching
- Dropbox Library of Recorded Practices

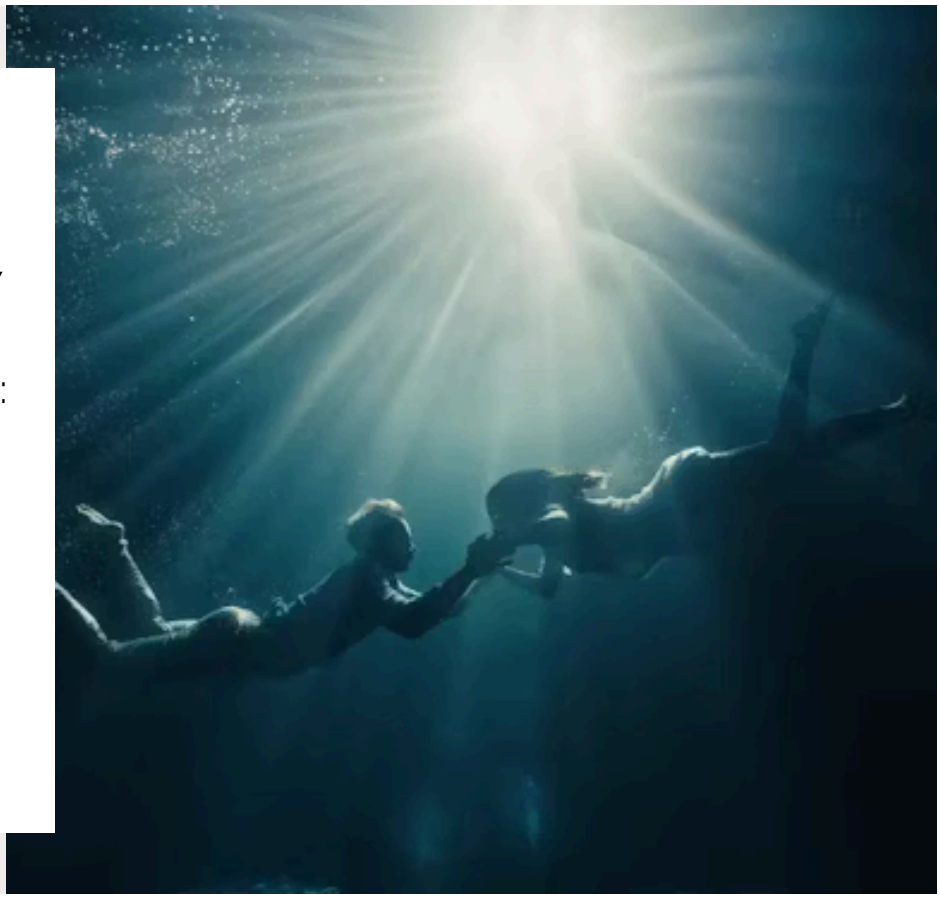
INVESTMENT: PRIVATE RETREAT + COACHING $12,400 CAD
GROUP RETREAT + COACHING $8800 CAD

(PLUS 13% HST. PAYMENT PLAN AVAILABLE)

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

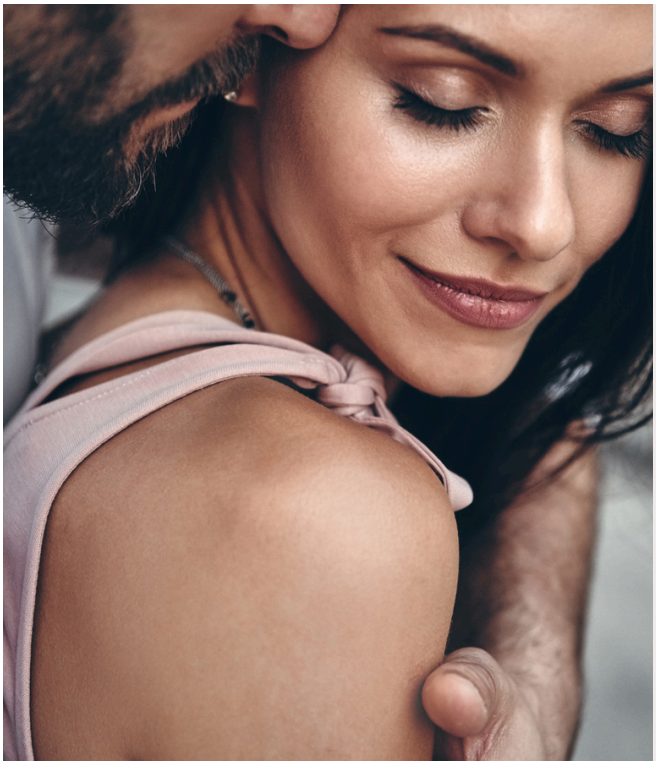
Sacred MASTERY

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 partnership** – trust, communication and connection



WHAT'S INCLUDED:

Your most expansive journey into sacred intimacy, renewed passion, and lasting growth as conscious partners.

- One private couples retreat **(The Deepening)**
- Plus 4 months of private coaching **(Sacred Partnership)**
- Plus one group couples 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: $16,400 CAD + 13% HST PER COUPLE

FLEXIBLE PAYMENT PLANS ARE AVAILABLE FOR SELECT OFFERINGS. REACH OUT TO EXPLORE YOUR OPTIONS.

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 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 FOREST 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 LAKEFRONT 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.

WATERFRONT BUNKIE (SEASONAL)

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 – 6:30 P.M. THIRD COUPLE SESSION
6:30 – 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 OFFER POWERFUL EXPERIENCES. A PRIVATE RETREAT IS FULLY PERSONALIZED, WITH EXCLUSIVE ATTENTION, PRIVACY, AND FLEXIBILITY. A GROUP RETREAT OFFERS THE ENERGY AND CONNECTION OF A LIKE-HEARTED COMMUNITY, WHILE KEEPING YOUR PRACTICES WITH YOUR OWN PARTNER. IN YOUR FREE EXPLORATION CALL, WE'LL HELP YOU DISCOVER WHICH EXPERIENCE BEST SUITS YOUR RELATIONSHIP.

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**

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

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





