



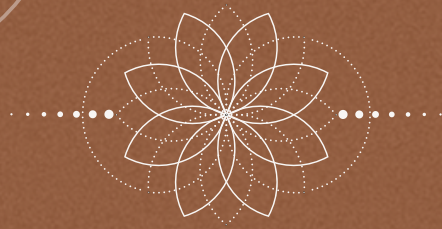
# Red Desert Rite to Return

11-14th of September , 2026

WOMEN'S RETREAT IN SEDONA

SERAFIMA DI & AYDAN BAYRAM

A sacred space to reconnect with your  
body, energy and inner feminine flow.



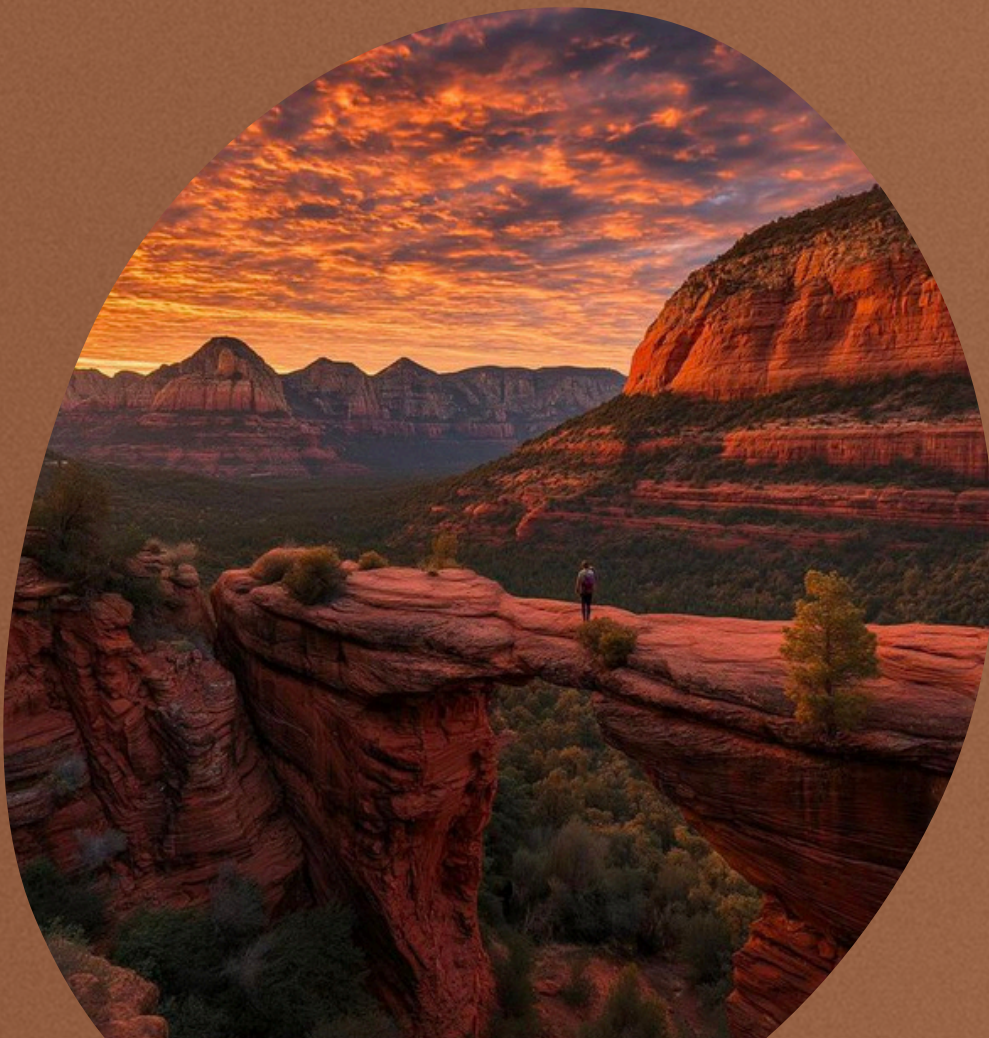
# THE ENERGY OF SEDONA

Sedona is known as one of the most powerful feminine energetic locations on Earth. People from all over the world travel here because of its famous energy vortexes — natural points where the Earth's energy is especially strong and deeply felt.

These vortex sites have long been used for meditation, healing practices, and personal transformation.

Many people notice that inner processes unfold more deeply in Sedona than anywhere else.

The energy of this land supports emotional release, clarity, and reconnection with one's true self. That is why we chose Sedona as the setting for this retreat, to combine the power of nature with deep work through the body and feminine energy.



# About This Retreat

Modern life often requires women to stay in a constant state of responsibility, decision-making, and control. Over time this can create tension in the body and a feeling of being disconnected from oneself. Many women begin living mostly “from the mind,” slowly losing connection with their body and inner energy.

This retreat offers a space to pause and return to yourself.

Through body-based practices, movement, breathwork, rituals, and women’s circles, we will gently awaken and activate feminine energy while restoring the connection with the body.

The intention of these three days is simple:

**to reconnect a woman with her body and her natural feminine flow.**

## Who This Retreat Is For

**This retreat is designed for women who:**

- feel emotional or physical exhaustion from daily responsibilities
- are searching for deeper meaning and connection with themselves
- want to reconnect with their body and inner energy
- are interested in spiritual or body-based practices
- are ready to dedicate time to their own wellbeing

Many women who join retreats like this are entrepreneurs, professionals, and creative individuals who value personal growth and inner balance.

# THE TRANSFORMATION



Before the retreat, many women experience:

- emotional tension
- exhaustion
- disconnection from themselves
- constant inner searching

Through body practices and energy work, a different state begins to emerge.

After the retreat, many women experience:

- calmness
- clarity
- softness
- self-acceptance
- deeper connection with the body

The core transformation of this retreat is returning a woman back to her body and her energy.



# Meet Your Guides

## **Serafima Di**

Founder of the Conscious Body School  
Serafima has over 15 years of experience studying and practicing body traditions from different cultures.

She has taught and practiced internationally in the United States, Ireland, Egypt, Indonesia, and Thailand.

Her work integrates:

- Eastern body practices
- Thai massage traditions
- meridian work
- energy-based techniques

Her approach focuses on conscious touch and deep connection between the body and awareness.



## **Aydan Bayram**

Founder of Bayramveda, Integrative Holistic Therapist, Certified Advanced Ayurvedic Practitioner. Aydan has been working with the body, nervous system, and emotional wellbeing for over 10 years.

Her approach includes:

- bodywork therapy
- breathwork
- meditation
- Ayurvedic practices
- energy healing
- emotional release techniques

Her work helps women reconnect with their bodies and restore emotional and energetic balance.



# Retreat Program

The retreat unfolds in three stages.

**Day 1** — Opening the space

**Day 2** — Activation of energy

**Day 3** — Integration

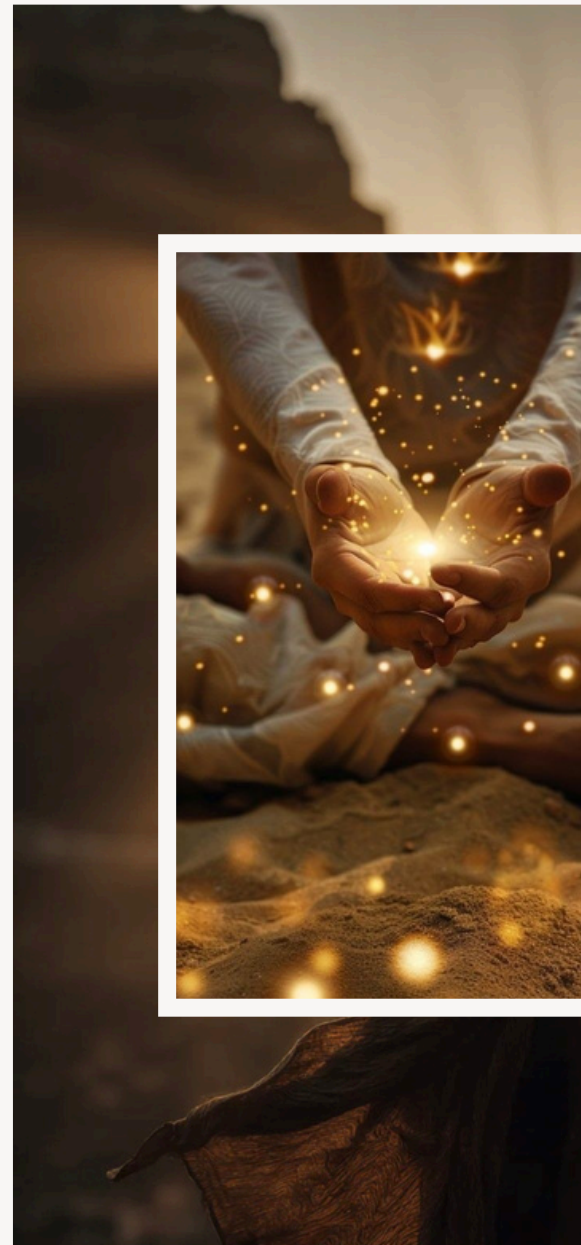
## Day 1 — Friday

### Opening Circle

Participants begin arriving at 6:00 PM. During this evening we gather in a women's circle, introduce ourselves, and create a safe and supportive space.

This evening allows everyone to gently enter the retreat process and set intentions for the days ahead.

The program usually continues until 8:30-9:00 PM.





## Day 3 — Sunday

### Integration

Sunday focuses on integrating the experience. The program begins at 12:00 PM, allowing participants to explore Sedona or take a morning hike beforehand.

During this final day we will experience:

- feminine practices
  - a traditional wrapping ceremony
  - a closing women's circle
  - an art practice designed to awaken creativity and integrate the retreat experience
- The retreat will conclude with a gentle closing ceremony.

## Refreshments

**During the retreat we will provide:**

- herbal teas
- water
- light snacks

Participants will arrange their own meals outside of the retreat schedule.





# RETREAT INVESTMENT

Limited on-site stay options are available for the first 6 participants at the private retreat villa in Village Oak Creek, Sedona:

- Private King Bedroom + Retreat Experience — \$2350
- Shared King Bedroom + Retreat Experience — \$1850/person
- Shared Queen Bedroom + Retreat Experience — \$1750/person



Bedroom 1



Bedroom 2



Bedroom 3

# Participation Options

**Retreat Tuition Only Without Accomodation — \$1250**  
Includes the full 3-day retreat program, group practices, ceremonies, materials, herbal teas, and light food.

Participants are also welcome to book nearby Airbnb accommodations or hotels close to the retreat location. Accommodation outside the villa, meals, flights, and transportation are not included.

## Registration

Participation is limited.  
To register, please follow the ticket link.  
[Click Here](#)

If you have any questions, you can contact us. We are always happy to help.

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# WHERE THE RETREAT TAKES PLACE



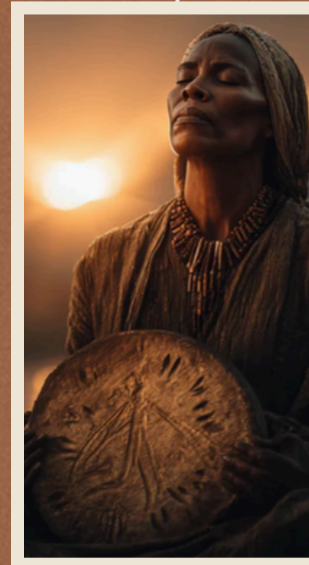
## WHAT TO BRING

- comfortable clothes for movement practices
- white clothing for Saturday (can be dress)
- red clothing for Sunday (can be dress)
- a journal and pen
- personal sacred items (crystals, symbols, etc.)

## RETREAT COMMUNITY

Before the retreat begins, participants will be invited to join a WhatsApp group.

This allows everyone to connect, ask questions, and coordinate transportation or accommodation if desired.



## REGISTRATION

Participation is limited to 14 women.  
To register, please follow the ticket link.  
[Click Here](#)

If you have any questions, you can contact us. We are always happy to help.

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