



Welcome

VERDOLAGA SPIRITUELL CENTRE &
WOMEN´S WISDOM RETREAT
MAY 2ND - MAY 5TH



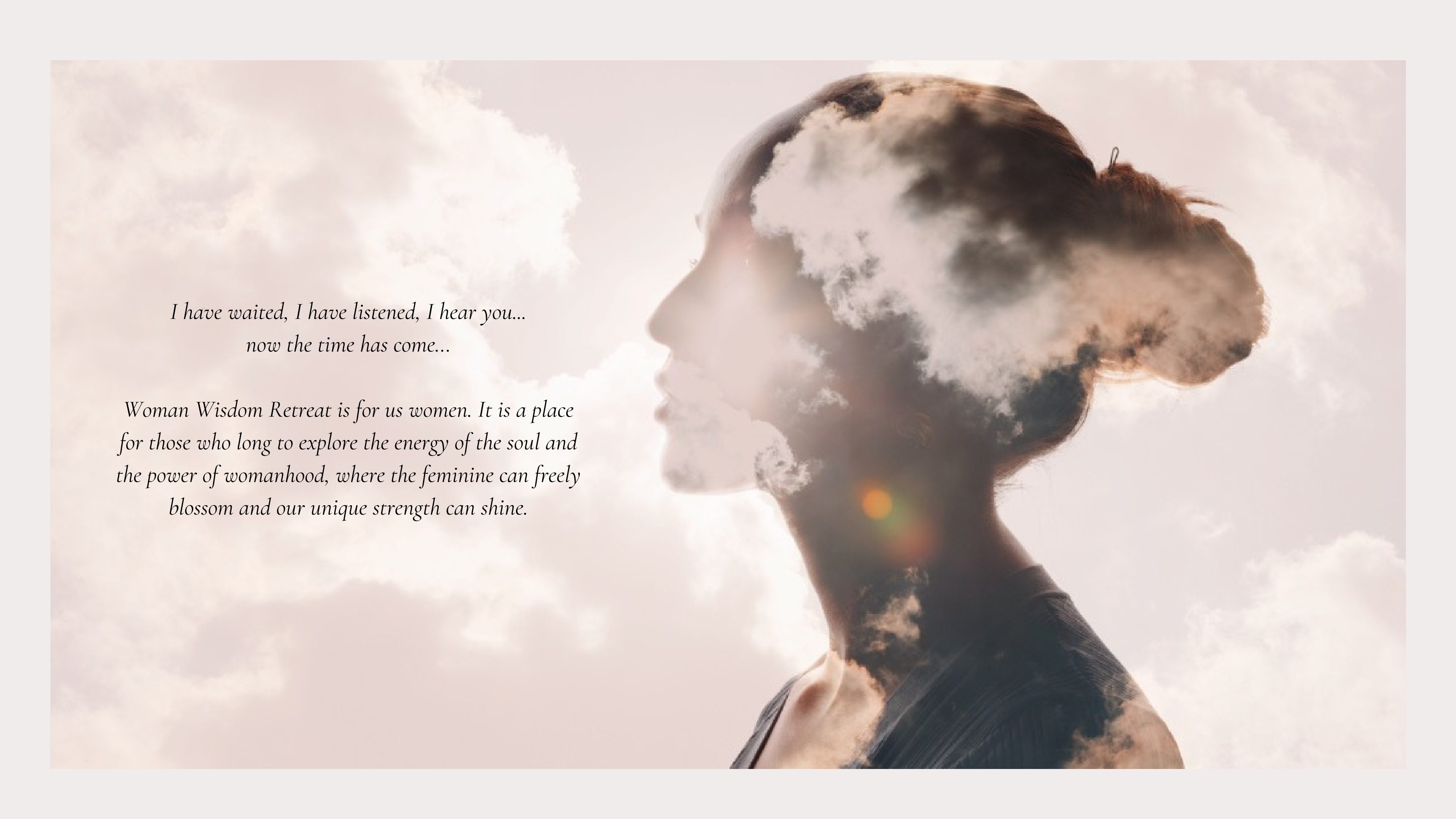
Warm welcome to the Women's Wisdom Retreat with us at Verdolaga Centre!

In Sacred Space at Verdolaga Centre, a place where sisters gather in a circle, for women and with women.

We are thrilled to offer you this opportunity for personal growth and well-being. We are confident that you will have a meaningful and enriching experience during the retreat. By participating in our activities and reflections, you will have the opportunity to explore your inner self, learn new ways to shed what you no longer need, and embrace your feminine power. During our time together, we can expect everything from ceremonies, belly dancing, and meditation to womb healing, magical herbs, and discussions about the three important transitions of women and our hormones.

We look forward to sharing this journey with you. If you have any questions or concerns before the event, please don't hesitate to contact us. We are here, and we are so excited to meet you at the retreat!

Yvonne Ruiter & Veronica Deland
Naturopathic Medium Work & Women Wisdom Medicine Retreat

A woman's profile is shown in silhouette against a bright, cloudy sky. Her head is filled with a dense, textured mass of white and grey clouds, suggesting a connection to nature or a state of deep thought. The overall mood is serene and contemplative.

*I have waited, I have listened, I hear you...
now the time has come...*

*Woman Wisdom Retreat is for us women. It is a place
for those who long to explore the energy of the soul and
the power of womanhood, where the feminine can freely
blossom and our unique strength can shine.*



Welcome

May 2nd

THURSDAY

5:00 PM Arrival and check-in

6:00 PM - 8:00 PM Workshop in Sacred Space. The Young Maiden.

Storytelling, Every Woman, songs

8.00 PM Shared meal & evening gathering followed by sleep

May 3rd

FRIDAY

At 7:30 AM Kundalini yoga in the morning to awaken the body and set the intention for the day. Optional.

At 9:00 AM Breakfast.

At 10:00 AM to 12:30 PM Workshop - The Changing Woman, when hormones are in place, woman flourish.

1:00 PM Lunch.

2:00 PM to 5:00 PM Free time for swimming, walks, meditation.

5:00 PM to 7:30 PM Workshop. Bellydance, singing.

7:30 PM Dinner and socializing.



May 4

SATURDAY - DAY

At 7:30 AM Kundalini yoga in the morning to awaken the body.

At 9:00 AM Breakfast.

At 10:00 AM Workshop - Our roles, archetypes that have shaped us, The Changing Woman. The Magical herbs. Your intuition. Task.

At 1:00 PM Lunch.



SATURDAY EVENING

At 2:00 PM to 5:00 PM Personal time for individual work on writing "Roles that have shaped us", contemplation.

At 5:00 PM - 6:00 soup and salade

At 6:00 PM PM Change into evening attire for the ceremony.

At 6:30 PM to 9:00 PM Workshop - White dresses, flowers, photos, discussion about the roles. Singing - Womb healing.

At 9:00 PM Something to eat. Gathering, celebration!

May 5th

SUNDAY

7:30 AM Kundalini yoga.

9:00 AM Breakfast.

10:00 AM Workshop “The Wise Woman and our
Hormonal imbalances.

We talk about how we take care of our new identity. Vagina
steaming. Song.

1:30 PM Farewell lunch.

4:00 PM Departure.





THE YOUNG MAIDEN

When you had your first menstruation, were you celebrated? Or was it shame? We celebrate and do Womb healing.



THE CHANGING WOMAN

"She who knows"... She shall know her body, sexuality, and what she needs and wants in her life. We celebrate and sing for all the women who have not been honored and awaken the power of women.

We talk about how we keep our hormones in balance but also how our misprogrammed thoughts and feelings create chaos in our bodies.



THE WISE WOMAN

How do we maintain power, harmony in our bodies?

We honor our ancestors, those who paved the way before us, and you will receive advice on how to live long, well into old age.

When women reach menopause, it can be a challenging transition period when our bodies undergo changes, and we may experience both physical and psychological difficulties.



BELLYDANCING

'Goddesses Dance,' a tradition passed down through generations. This dance ritual, dating back 4000 years to Mesopotamia, symbolizes a celebration of feminine power. We move to pelvic floor muscles to activate this power in your womb. The most of women, are tired of this masquerade. We are longing to be whole, complete. We want to use all our talents and skills, our feminine and masculine qualities, but mostly our repressed feminine power. We move pelvic muscles to activate this power in your womb.

FOOD

Enjoy homemade fresh organic food, with the Mediterranean flavor with love prepared and served by our host & cook Ulrich Bos and engage in delightful conversations with freshly made ice tea or a glass of Spanish wine during the balmy evenings.

Breakfast, lunch, dinner and during all the day coffee, tea, water and homemade lemonade.



BEDROOM

There are 8 comfy beds at Verdolaga, located in 2 separate buildings. All bedrooms have a fan for some cooling down. When you arrive, beds are made up with white sheets. The bathrooms are provided with soft towels for your comfort.



Bath room & toilets



Dusch



Buddah watching you

WHAT IS INCLUDED?



- Full board and accommodation for 3 nights and 4 days, including delightful meals prepared by our chef, Ulrich Bos. Please inform us of any allergic to something.
- Additionally, our package includes a Hormone and Health Plan. This plan offers a holistic overview of well-being and assists in managing any discomfort and/or hormonal imbalances. We will review the plan with you before the retreat begins. Hormone-related questions will be sent to you immediately after the payment for the retreat is completed or partial payment has been made. Once we have discussed your plan, I will send it to you in PDF format (Valued at €200).
- Guests will have access to facilities such as the small bath and the opportunity to take a walk.
- If necessary, Chinese acupuncture by Veronica Deland will be available for 30 minutes to uplift energy and reduce stress.
- Ulrich Bos will be available to provide care and support. As a healer, he will be on standing by in case you experience any discomfort in your body.

TERMS AND CONDITIONS:



- Minimum age for participation: 18 years old.
- Please note that registration is binding, but you have the option to cancel up to 30 days before the start of the event. After that, refunds will only be granted in case of illness upon presentation of a valid medical certificate. Changing the event date is possible up to 14 days before the start of the event, provided that there are available spots on the desired date.
- The 14-day right of withdrawal for distance purchases does not apply to bookings for scheduled events like this.
- If you cancel your spot and have already received Wcare's Health and Hormone Plan, the cost of it will be deducted from the total amount paid. A fee of €200 will be charged, and the remainder will be refunded if you need to cancel the retreat. Cancellations should be communicated via email to: info@wcare.nu
- We reserve the right to cancel the event in case of insufficient registrations or in the event of illness affecting the retreat leader or organizer. In such cases, you will receive a full refund or be given the opportunity to reschedule for another date if you wish.



UNDER THE RETREAT

It's not a silent retreat, but take the opportunity to calm your thoughts and stress as much as possible. It's a time to fill yourself with joy and appreciate the beauty in simplicity. We weave the fabric of beauty for ourselves, but also for future generations. The retreat creates a sanctuary where you can embrace and value yourself as the wonderful woman you are.

Woman's Circle

In our Sacred Space, we honor ourselves and those who have woven the fabric before us. Our ancestors. We don't wear shoes inside the woman's circle; they are left outside, and we enter the circle with respect for each other.

In our woman's circle, we divide the time equally among us. It's a place where you can share from the heart whatever you wish, knowing that what is said within the circle remains there. Nothing is commented on or referenced outside. By being an active listener, you support the processes of the other woman with your whole heart.

If someone shares something difficult, it may stir things within you as well. This is normal. We take care of what arises; you should feel safe knowing that we share from the heart, show care for each other in sisterhood, so healing can occur if needed.





PRACTICAL

Bring clothing for bath, walks, good shoes. For indoor activities, choose comfortable, soft clothing. Bring a cardigan or something to wrap yourself in if you get cold.

Take advantage of the entire weekend to wear your nice clothes, dresses, jewelry, flowers in your hair.

Bring a notebook and possibly art supplies if you wish to explore your creativity. During the retreat, leave mobile phones and computers in your room. If family members need to reach you, you will be available during breaks. We kindly ask you to respect this.

During the retreat, we will sharpen our senses. To facilitate this, we ask you to use unscented hygiene products and avoid strong scents from laundry detergents and perfumes.





ABOUT YVONNE RUITER & ULRICH BOS

She is an experienced retreat facilitator, she has given feminine retreats all over the world. She uses what nature provides, the four elements: Herbs, water, clay, fire and air to give your physical and emotional body a very new and intense experience, she will challenge you to rise your feminine power as high as you can.

Bellydancing: Prepare to partake in a culturally rich dance experience during this segment of the retreat, featuring the revered 'Goddesses Dance,' a tradition passed down through generations. This dance ritual, dating back 4000 years to Mesopotamia, symbolizes a celebration of feminine power. We move to pelvic floor muscles to activate this power in your womb. The most of women, are tired of this masquerade. We are longing to be whole, complete. We want to use all our talents and skills, our feminine and masculine qualities, but mostly our repressed feminine power. We move to pelvic floor muscles to activate this power in your womb.

Ulrich Bos will take care of you, he will provide you with delicious meals and as a healer he will be standing by in case you have discomfort in your body

Instagram: [@verdolaga_centre](#)

Web page: www.verdolaga.net

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ABOUT VERONICA DELAND



Veronica has been living in Spain for the past two years with her husband Stefan, their daughters still live in Sweden. With almost 30 years of experience in health, including Chinese Medicine, Fasting, Womb Healing, Shaman Women Medicine, hormone therapy, and women's health, she is the founder of Wcare.nu and Women Wisdom Medicine Retreats.

“For three years 2002-04, I had the privilege of studying under Donna TalkingLeaf in Women's Shamanic Work. Donna is a spiritual feminist who bravely shares shamanism from a woman's perspective and has become a pioneer in this field. Inspired by her work, it is now time to share some of this valuable knowledge with our present time.

Let us come together, dear sisters, close to each other, share deep conversations, awaken the feminine. You are warmly invited to be a part of this journey at Verdolaga with Women Wisdom Medicine”. Veronica D

Instagram: [@womenwisdomretreat](https://www.instagram.com/womenwisdomretreat)

Webpage: www.wcare.nu

Mail: info@wcare.nu