

# SHE REMEMBERS THE BEAUTY WAY

*A FIVE-DAY WOMEN'S GATHERING  
OF SACRED FEMININE REMEMBRANCE*

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*reclaiming / belonging / rooted / devotional  
embodied / wild / remembering*





*"There is a knowing that lives in you beneath the noise of daily life  
older than your story, quieter than your thoughts,  
rooted in something your body has never forgotten."*

Somewhere between the responsibilities, the roles, and the relentless forward motion of our lives, most of us have forgotten something essential.

*Not lost, but buried. Not gone, but silenced.*

We have forgotten the sacredness of our own being, our interconnectedness with all organic life, and how that bond of interdependence sustains us.

Reclaiming the path of the Beauty Way is not a journey to a destination; it is a way of moving through life more intuitively, more connected and in relationship with your body, the Earth and the sacred wisdom you already carry within.

*Most of us have forgotten what that feels like.*

This gathering invites you to remember by spending five days on sacred land being nourished, held, and guided back to yourself. Through the living intelligence of the Tsitsikamma forest, through ceremony, circle, guidance, and rest, you begin to remember and reawaken.

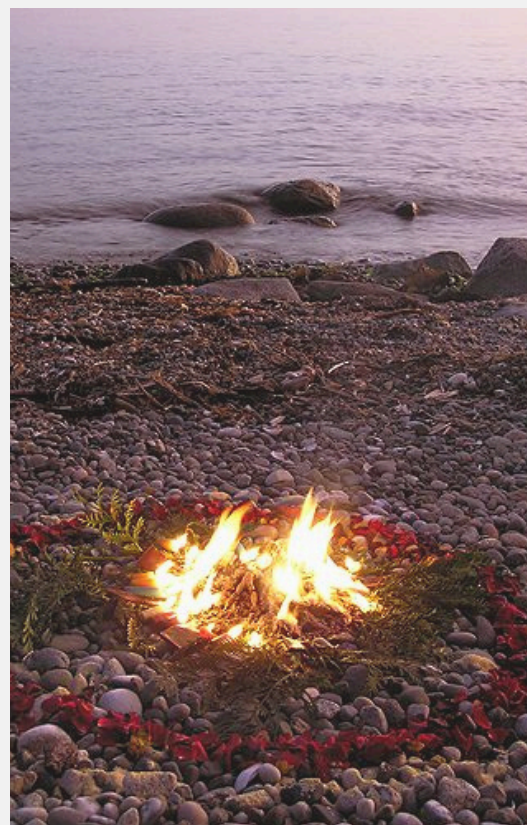
*Here, we do not seek ascension. We seek deeper roots.*

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# WE ARE CALLING WOMEN WHO

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## SEEK TO REMEMBER



- Women who feel the persistent sense that something is missing, not in their lives, but in how they are living them.
- Women who are tired of surface-level wellness and want something deeper and more rooted
- Women who have never done this kind of work and don't know where to begin, but feel that something is calling
- Women who know Isa's work and feel ready to meet it in their body, on the land, in community
- Women who are burned out, overstretched, and in need of genuine rest and support
- Women who feel the quiet presence of a wisdom within, one they haven't yet learned to hear, or have long forgotten how to trust.
- Women who feel a deep calling back into nature and their own cyclical being
- No prior spiritual or shamanic experience is required; only an open heart and willingness to slow down and reconnect with your inner wisdom and nature.

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*-There is a wisdom in the Earth, a medicine in the Land, which is reflected and shared in our bodies,  
a Remembering and Reclamation  
of our Intuition, our Power and our Spirit, when we gift ourselves space and time to be Held,  
to Remember who we truly are, that Reclamation of Wisdom reawakens within -*

# YOUR GUIDES

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## **Isa Kara**

Lead Facilitator & Creatrix of *She Remembers - the Beauty Way*.

Sophianic Animistic Shamanic Energy Medicine Practitioner, graduate of The Four Winds and initiated Mesa Carrying Shamanic Practitioner.

Isa is the creatrix of The Alchemy Portal - Sophianic Shamanic Practice based in Plettenberg Bay, as well as creating the Alchemy Sacred Feminine Activation course, the Pain Body to Wisdom Body journey, and Alchemy/Through the Medicine Wheel programme, as well as co-creatix of the Wise Women retreats & Miramorphosis programme.

Isa supports and guides the journey through circles, teachings, embodied devotion practices, shamanic energy medicine practices, ceremony and Womb Rites.

Her work is embodied, non-dogmatic, and rooted in a lived relationship with Gaia-Sophia, our Planetary Animal Mother.



[Learn more about Isa](#)



[Learn more about Deborah](#)

## **Deborah**

Guardian of The Good Earth Farm - Mother, Healer, Nourisher.

Passionate about living a life in balance, creating beauty, holding spaces in Nature and food to nourish the body and soul.

With 40 years' experience in hospitality and 60 years' of living and cultivating a healthy lifestyle in harmony with nature and in balance with self, Deborah has, since 2021, diversified her interests to include Permaculture, Biodynamics, Kinesiology, Neurogenic Tremor Release Alignment Therapy, Yoga, QiGong and Equine Therapy

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*“I walk with beauty before me, above me, behind me, beneath me,  
with every breath, with every thought,  
I call on beauty to be my guide”*

# YOUR HOME FOR THE WEEK



*The Good Earth Farm · The Craggs · Plettenberg Bay*

*Nestled on a private nature reserve and permaculture farm 17 km east of Plettenberg Bay in the Garden Route, The Good Earth Farm sits at the edge of the indigenous Tsitsikamma forest.*

*Open-plan living areas offer breathtaking views over the forest and mountains.*

*Touracos and monkeys move through the trees.*

*The land itself is an active participant in the medicine of the She Remembers the Beauty Way retreat.*

*4 en suite bedrooms*

*King-size beds (convertible to twins), magnificent forest views from every room*

*Fire boma*

*The heart of the fire ceremony.*

*Tsitsikamma forest*

*Indigenous forest surrounding the farm.*

*Swimming pool & sun deck*

*Overlooking the indigenous forest and Tsitsikamma Mountains*

*Food forest & gardens*

*Permaculture and biodynamic farm — the source of Deborah's kitchen*

*Workshop & gathering space*

*Dedicated indoor and outdoor gathering space for circles and ceremonies*

[Visit The Good Earth Farm](#)



# WHAT THE JOURNEY HOLDS

*FIVE SUPPORTED DAYS WITH TIME TO INTEGRATE.  
GROUP & INDIVIDUAL SESSIONS,  
SOMATIC TRACKING, TRE, TEACHINGS, CEREMONY,  
CIRCLE, AND MEDICINE WALK  
- HELD BY ISA & NOURISHED BY DEBORAH -*

*Breakfast, lunch and dinner are woven into your day to support the journey and help us all feel nourished and held by the land.*

## **Arrival - Coming in from the outside world**

Arrival & settling in: Upon arrival at The Good Earth Farm, you'll receive a ceremonial welcome bundle and have time to settle into your rooms, walk the food forest, breathe the healing Tsitsikamma air, and genuinely land with no strict schedule or pressure.

## **Land acknowledgement**

A brief ceremony acknowledging Gaia-Sophia and the beings of the land, opening the container and calling in the allies who will hold us for the days ahead.

## **Opening circle & welcome feast**

First gathering. You will be invited to share one true thing about where you are right now, not what you hope for, just where you are, followed by a shared welcome feast: abundant, farm-fresh, nourishing & lovingly prepared.

## **Day 1:**

### **The Wild Woman - She remembers the wisdom of her body**

#### *Instinct · Belonging · The animal wisdom of the Earth*

Embodied grounding practice - Somatic body tracking, Sacred Feminine Activation - Energetic Postures Sequence.

The body is brought into relationship with the land before the Wild Woman teaching begins.

### **The Wild Woman - teaching & embodied practice**

An introduction to the Wild Woman archetype, not as a concept but as a felt sense already alive in every woman's body. The body as Earth, instinct as intelligence. Reclaiming the animal body not as something to tame but as a powerful ally to embrace.

The first of the embodied devotion practices introduced to carry home.

### **Medicine walk on the farm**

Walk the land of The Good Earth with a single question held lightly: What does my body know that my mind hasn't been listening to?

No phones, no talking. The land and your body as teacher.

### **Sharing circle**

What did the Wild Woman show you today? A gentle, unforced circle, where no one is required to share more than they are ready to.



Day 2:

**The Mother — She remembers how to receive**

*Nourishment · Being held · The forest as the Great Mother*

### **Heart-opening embodied practice**

A gentle, heart-centred embodied devotion practice, slow somatic movement and body inquiry practices that soften the grip most women hold in their bodies and bring us back to the power of allowing ourselves to be held as well as our power to hold.

The body is prepared before The Mother teaching begins.

### **The Mother - teaching & embodied practice**

Teaching on The Mother archetype, not the idealised mother, but the Great Mother: the one who holds, nourishes, and never asks you to earn your belonging. Exploring the journey from mother wound to Mother Medicine. The second embodied devotion practice introduces a practice of receiving.

### **Working with the Mother Rock Keurbooms & the Forest**

Working with the Wheel at Keurbooms and the Great Mother rock, and then bringing the forest into the medicine.

The Rite of the Womb - We gather to receive the Womb Rites - this powerful rite of clearing individual and ancestral trauma held in the womb is gifted to each woman to carry home and nurture.

Day 3:

**The Huntress & the Fire - She remembers what she is here to track**

*Focus · Discernment · The fire ceremony*

### **Embodied activation & somatic release**

An activating embodied devotion practice to engage the solar plexus, the centre of will, discernment, and sovereign action. Deborah guides us through Trauma Release Exercises within the session to shake through any residue held in the body from the previous days. The body attuned and present before the Huntress teaching begins.

### **The Huntress - teaching & group process**

Teaching on the Huntress - the woman who knows what she is tracking and moves toward it with precision and clarity. Her medicine is discernment: knowing what is hers to carry and what is not, what to pursue and what to release. As a group and individually, we explore the core differences between judgment and discernment, as well as delving into the questions of: what are you truly tracking in your life right now? And what have you been carrying that was never yours?

Isa teaches energy tracking and cord-cutting techniques.

### **Solo reflection & writing time**

Unstructured time - time to spend with the farm, the gardens, the forest, your rooms or your sisters. Journaling if it calls. Rest if that calls. The afternoon is the exhale before the evening ceremony

### **Prayer Bundle/Despacho & Fire Ceremony**

Our day with the Huntress gave us the tools to track what we are releasing, what we are no longer willing to carry, and now we offer it to the flames of transformation. Witnessed by each other and by the beings and land of the Tsitsikamma.





#### **Day 4:**

**The Wise Woman - She remembers what she was taught to forget**  
*Intuition · Inner oracle · The voice within*

#### **Inward embodied practice**

An inward embodied devotion practice that follows the body's own sensation and intelligence rather than instruction. Somatic tracking turned inward, tracing what is felt rather than thought, beginning to access the Wise Woman's inner knowing before the teaching further opens it.

#### **The Wise Woman - teaching & oracular practice**

Teaching on the Wise Woman, the inner oracle every woman carries, beneath the self-doubt and the noise.

A group oracular practice.

The Wise Woman embodied devotion practice introduced: a practice of inner listening.

#### **Sisterhood circle - the web we weave**

An afternoon gathering focused entirely on the women in the room, what each one carries, what each one offers. Together, we remember that everyone and everything is our teacher and that we both need and learn from one another.

The experience of authentic feminine community: seen, heard, held.

#### **Day 5:**

**Closing - She remembers and carries the medicine home**  
*The Beauty Way named · Land altar · Closing ceremony*

#### **Devotional embodied practice**

A devotional embodied practice, the body as a vessel of reverence, fully arrived and fully present. A final embodied devotion as an act of gratitude before the closing ceremony begins.

#### **The Beauty Way - The closing teaching**

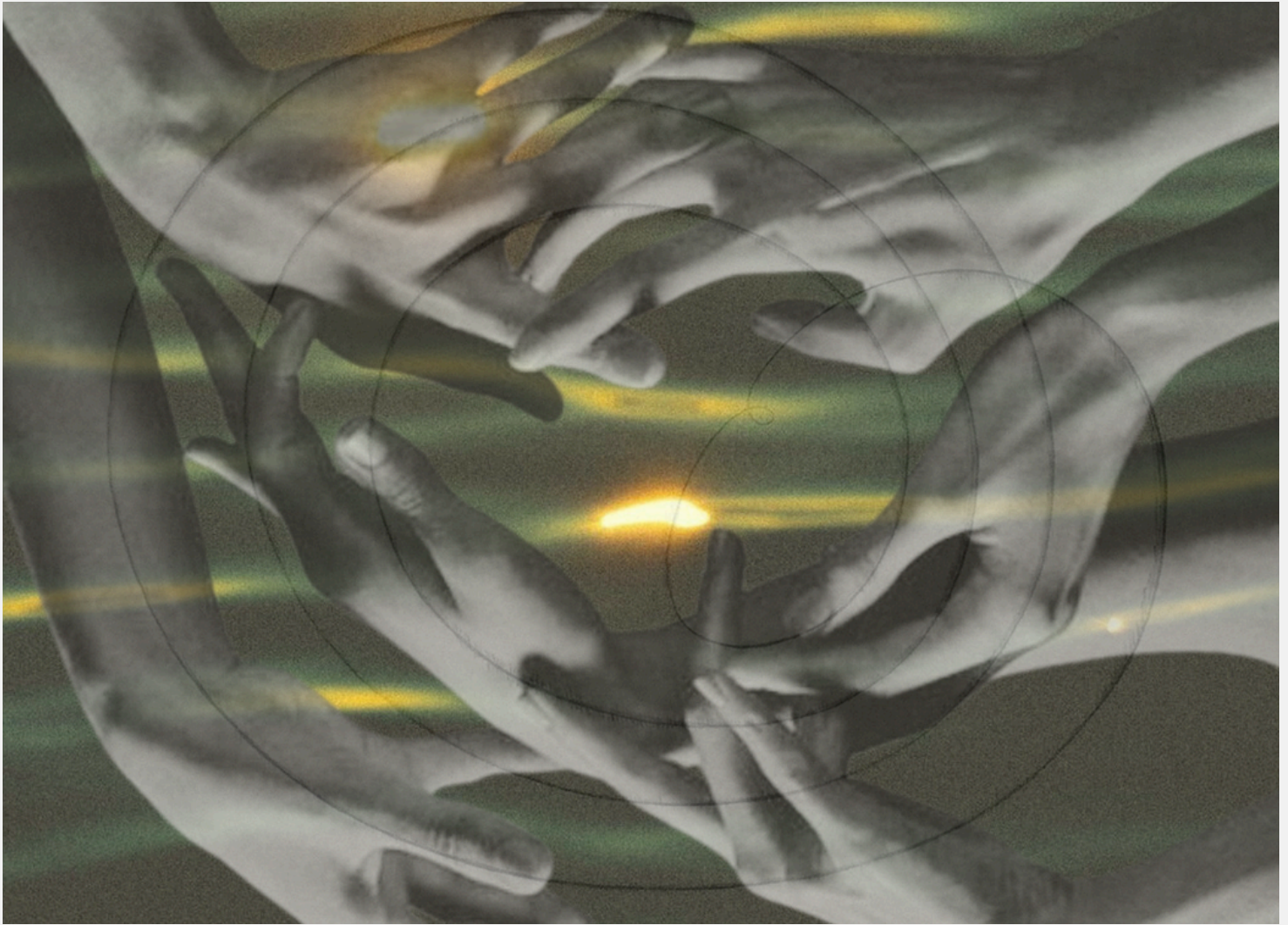
We explore the Beauty Way as path of devotion, embodiment, and right relationship with the living Earth and learn how to work with a Land Altar.

#### **Land altar - an offering to the land and your journey ahead**

Time to create your Land Altar, an offering of gratitude and an anchoring of what you have released, the medicine received, and what you are carrying home.

#### **Closing circle & celebration feast**

We speak one thing, we are remembering one thing that is now ours to carry. Witnessed, Named, Received, then we celebrate together.



# PRICING

*Solo R21000.00 / Sharing R14000.00*

## **What is Included:**

6 nights at The Good Earth Farm, arrival on the 10<sup>th</sup> of Oct, departure on the 16<sup>th</sup> Oct.

En suite room with Tsitsikamma forest and mountain views. Access to pool, boma, food forest, sun deck, and gathering spaces.

All ceremonial, guided teachings and practices with Isa, as well as a PDF workbook to continue to support the journey once you depart, as well as one remote or in-person integration session with Isa after the retreat

All meals & beverages Farm-to-table meals, all from Deborah's kitchen, every meal curated to honour the quality and elements of its day.

From welcome feast to celebration feast.

Your Ceremonial Welcome Bundle received on arrival

## **What is excluded:**

Transport to and from The Good Earth Farm. Airport transfers from Plettenberg Bay or George can be arranged on request.

Extra individual sessions with Isa or Deborah during or after the retreat.

**Connect with Isa or Deborah for more information or to book**

Isa - [info@thealchemyportal.com](mailto:info@thealchemyportal.com)

Deborah - [admin@thegoodearthfarm.co.za](mailto:admin@thegoodearthfarm.co.za)

**Please note this retreat is limited to 8 participants.**