

Thank you for your interest in our Eco-Sexual Retreat.  
Over the Full Moon 24th to 25th February 2024

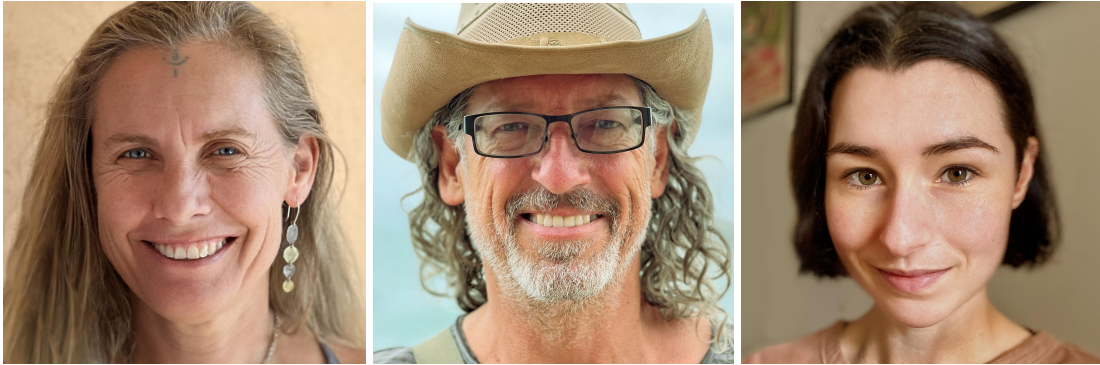


This info packet includes a little bit more information about us, eco-sexuality, the land on which we will be gathering and the logistics and cost of the Retreat.

We are incredibly excited to welcome you to explore eco-sexuality on the land in the foothills of the beautiful Macedon Ranges, Victoria. We appreciate you expressing your interest in the retreat we have planned.

To ask any further questions or to secure your spot, please don't hesitate to apply by filling in this [form](#) or email [kaggivalentine@gmail.com](mailto:kaggivalentine@gmail.com) with any questions. On receipt of application you will be sent deposit and payment info.

## About the Facilitators



Kaggi, Sam, and Patrick are three parts of the 4 Erotic Explorers collective. We are certified somatic sex educators who have been teaching weekly Erotic Embodiment classes for over two years, along with presenting workshops at festivals and hosting the annual Eco-Sexuality retreat,

We first offered an eco-sexual experience in 2023 and have now created a two-day program for erotic explorers to bask in on beautiful Wurundjeri Land 50 mins out of Melbourne.

Our values are to make sex education fun, sexy, accessible and safe. We work in a way that is pleasure oriented and tries to highlight strengths and build on existing capacities rather than focusing on problems or trying to fix things.

It is important to us to create learning spaces that are trauma-informed. We invite participants to exercise agency and choice in how they participate in our spaces - you will notice that we emphasise options and will encourage you to feel for your own boundaries and prioritise self care.

Coming together to practice and explore fosters connection and community, facilitates sharing and gives everyone the opportunity to feel fully seen and accepted. We couldn't be more excited to explore with you and get to know you better at this retreat.

## What does Eco-Sexuality mean to us?



Eco-sexuality comes in as many flavours as there are people inhabiting the earth. Each breath of fresh air, each sunrise and sunset, each caress of warm water or shock of cold wind, each time you catch the scent of flowers or the song of birds on the breeze is an opportunity to cherish how your sensory system connects you to nature.

As sexological bodyworkers we orient to opportunities for expanding our somatic awareness and creating more pleasure. Looking to the Earth as our lover allows us to draw from its creative life force and generativity to fuel our own exploration. This relationship acknowledges our environment as a living system that is constantly changing and emerging. Nature forces us to feel, invites us to connect, and pulls us into play - these are the fundamentals of eroticism.

We also believe we can use our erotic energy to show gratitude for the Earth and all it gives us, to fuel acts of service and caretaking, and to honour all of those people, creatures, animals, plants and fungi who have ever lived and loved on it.

Ultimately, eco-sexuality is about integrating our experience as a differentiated part of this living system with the fundamental reality that we are a part of it. That we are made of the same stuff as the stars we gaze at, contain the matter of reconstituted lives and give home to microscopic colonies who take from us just as we take from the Earth. We think that's incredibly hot.

## Intentions for the Retreat

Setting intentions is an incredibly important part of learning and practice. It gives us direction, and allows our energy to flow purposefully. We encourage you to spend some time feeling into your intentions for this retreat, just as we have spent time developing our intentions around this offering.

### Our intentions

To provide a space where all attendees feel welcome, safe and supported to feel and connect.

- To learn about and appreciate a variety of ways to connect with the Earth as Lover by valuing the perspective and experience of each attendee and facilitator.
- To support the learning of attendees by offering a range of activities (solo, small group and larger group) and time for reflection and integration.

### Guidance for intention setting

- Feel for what has drawn you to this retreat
- Ask what you are yearning for, what you are hoping to access or develop.
  - Listen to how your body responds to this question.
    - You may want to spend some time checking in with your pelvis, gut, heart and head.
    - This inquiry might be supported by an embodied practice or journaling.
- Your intentions might be vague, specific, many or few. All of this is perfect.
- Integrate your intention setting process by expressing them in writing or by drawing.

Perhaps there is a ritual you would like to do, or a movement/ breath practice that solidifies your own sense of your intention.

- Your intentions might change as you sit with them - this is also perfect.
- There will be an invitation to share intentions at the retreat. There is no obligation to do so. Please feel into what is right for you.

## A little about the Land



The retreat will be held on unceded Wurundjeri-Woiwurrung land on the Southern Slopes of the Macedon Ranges, which is very close to the border of both Dja Dja Wurrung and Taungurung Country to the north east and north west. It is about 4 km outside the small township of Riddells Creek.

According to an Aboriginal Archeological Survey that was done on the land about 13 years ago, this land was a meeting and gathering place. At this time the land was given the name "Place of Many Kangaroos" and the home "House of Peace"

There are sheltered spots and a seasonal creek along one side. It is about 27 km from Wil-im-ee Moor-ring (stone axe place), a very important Wurundjeri green stone quarry that traded stone through much of South East Australia. [To Learn a bit more about Wil-im-ee Moor-ring](#)



## A little about the people who live there

Kaggi is English born and has had both the privilege and good fortune to live on this land for over 23 years and birthed her 3 children either outside on the earth or in birth pools on two houses on this property. Her children's father, grandfather and great grandparents, of Euro and Sri Lankan descent have all loved and lived on this land going back to the late 1940's. Now Kaggi lives here with two of her children and her partner Patrick, whilst her ex-husband and his partner live next door.

Kaggi has spent the last 20 years or so welcoming people onto the land for a variety of rituals and ceremonies, chanting and meditation experiences, as well as occasionally opening it up for others to bring their potent offerings to the space. Her experiences here have deepened her connection to the Earth and informed her world view. She believes that the Earth loves to be sung, with our presence, intention, love and our voice, our very being. She marvels that humanity is a part of Creation that has a consciousness that seeks to know itself and everything around us. Just as the Earth calls for our love, when we love the Earth we open to more pleasure, discover, hear and follow our inner knowing and live in more harmony with each other and our planet. She is very excited to be hosting another Earth based Eco-Sexual retreat where people of all genders can explore their own relationship to the Earth, in a non judgemental, sex positive space.

"The House of Peace" was owner built of largely recycled materials and Earth and collects all its water. It lends itself to an eco sexual experience and a place to feast and gather for practice and play.



## Logistics

### Getting there

Parking is available on site and there is a vline train station for anyone who prefers to use public transport and we will also invite participants to carpool.

### When to arrive

Arrival time is 9 am for the retreat to start promptly at 10 am. This is to allow time to set up camp and land in the space in an unhurried manner. If you have a tendency to arrive late we ask you to set your arrival time for 8 am or you are welcome to arrive on the Friday night prior to the retreat (see pricing above) if that makes it easier for you. We will be providing breakfast on Saturday morning for those staying over.

We close the retreat at 5pm on Sunday 25th October.

### Food

The food for our eco-sexual retreat is all catered, except for dinner on the Friday night (there is a great local thai place!) and lunch on the Saturday. For our first meal all together, we request that you bring a homemade plate of food to share with the group. This is a way we can nourish each other.

For all other meals, we will cater to dietary requirements to the best of our ability. Please let us know about any specific requirements.

### Showers

We will provide solar camp showers. If you have one please feel free to bring your own! As the house runs on tank water, we ask that use of indoor showers is limited, and that any showers are of short duration.

## What to bring

- Comfy clothes
- Something warmer for the evening
- All weather gear.
  - This includes a waterproof coat, an umbrella or parasol for sun shading.
  - Hats for sun or rain
  - Outside shoes
- Sunscreen
- Water bottle
- A blanket/picnic rug, cushions that you are happy to lie on the ground outside on
- Something of significance for the altar (from the earth)
- A notebook and pen
- Towel
- A plate of lovingly home cooked food for lunch (dinner is provided).
- Any treats, snacks for yourself and/or to share with others
- Sarong
- All camping gear to make your stay as comfortable as you like.
- Tent, bedding, swag, mossie net if the weather is fair and you want to sleep outside.

Due to this event being held during fire danger season. No incense, candles, sage, naked flames at any time of any kind.

In the event of hot and dry weather we will have a fire evacuation plan in place that we will go through at the beginning.

This is a drug and alcohol free event. If you smoke tobacco you are welcome to do so and we ask that be at a designated smoking area near the house.



## Cost

Two days with one night camping: \$595

Additional Friday night camping (includes breakfast): \$50

If you have a vehicle you can sleep in, this can be parked on the property.

There are limited options available where accommodation and bedding is provided.

One Twin share with queen size bed: \$300 or \$150 each for 2 people

One Single with double bed: \$150

One Glamping option (1 tent with double bed): \$180 or \$90 each for two people

One Swag experience (for one, swag with comfortable mattress): \$60

+\$50pp for staying on the Friday night before the retreat

If you are interested in any of these options please let us know in your application form.

### Subsidised Tickets

We are offering 2 x discounted tickets for low income folk - inquire with facilitators if you feel this could help you attend.

### Deposit, Cancellation and Refund Policy

A deposit of \$150 is payable immediately to secure your spot. Full payment is required by January 22nd 2024. Deposits are non-refundable. In the event the retreat is cancelled or postponed we will issue full refunds.

If you feel ready to join us please fill out the [application form](#)

Places are limited and they may fill quickly.

## Patrick's reflections on the environmental impact of our first treat

"We produced very little waste!

With the exception of food, we consumed only slightly more resources than normal for our home, this includes water, gas, recyclable waste & laundry.

The event was run almost exclusively on Sunshine & rain water. This includes solar power for running the refrigeration & lighting, Rain water for drinking, cooling, washing & showering.

A small amount of natural gas which is piped in rather than being transported by vehicle was used to cook & heat water.

This was easily one of the Most environmentally friendly events I've ever been a part of. This was largely thanks to home made food, avoiding unnecessary packaging, washing dishes by hand, campers bringing their own bedding & towels, the composting toilet, solar showers, sprinkler and pressure sprayer meant that we used very little water & did not overly tax the black & grey-water reed bed filtration system from the house.

Our recycling bin didn't over flow, the rubbish bins look pretty much normal, nothing got broken, nothing was left behind, not a single piece of rubbish in the car parking & camping area, we produced only a few buckets of compostables & the reed bed didn't get hammered! There was basically no left over food, everything got eaten!

This is a huge success! Thank you everyone that contributed to making this possible!!

I would like to give thanks & gratitude to Lover Nature for providing these incredible resources."

