



## New Mexico Retreat

### “Women’s Practice and Sexual Transformation” A One-Week Daoist Learning Intensive

Come to a spectacular mountain in New Mexico and learn all about Daoist women: their practices, their roles in history, and their sexual practices of discovery and self-transformation with renowned professor Livia Kohn and spiritual sexuality instructor Amara Charles, studying, practicing, hiking, and making new friends.

The day will begin with Qigong to greet the sun as it rises over the mountains. After breakfast we will learn about the visions and roles of women in Daoism and learn about the fundamentals of female sexual transformation. Lunch follows, and a break period for tea, resting, hiking, or more active practice.

In the afternoon, we engage in practices that allow the circulation and refinement of sexual energies as well as in a form of meditation, breathing, daoyin, qi-absorption, and others. Joining together, we prepare a Daoist-inspired vegetarian dinner that aids the integration of teachings and practice.

Evenings are given to relaxation and the open exchange of ideas and techniques. One day is completely free for you to enjoy the mountains and sights of New Mexico.

**April 25– May 2, 2009**  
Bear Mountain Range, Cibola National Forest,  
south of Albuquerque

Price: \$950.00 (includes room, board, tuition, workbook and textbook)

Deposit: \$350.00 by February 15; full amount due April 1

Late registration: \$1150, after February 15

Textbook: *Women in Daoism*, Despeux & Kohn

Workbook: *Jade Maiden*, Amara Charles

Suggested Reading: *Sexual Teachings of the White Tigress*, Hsi Lai

#### QUESTIONS AND REGISTRATION:

**Livia Kohn:** is professor emerita of Religion and East Asian Studies at Boston University. She has written and edited twenty-odd books on different aspects of Daoism and has taught it for over 20 years. She is also a practitioner of Taiji quan, Qigong, Yoga, hypnosis, and meditation. [www.LiviaKohn.com](http://www.LiviaKohn.com)  
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**Amara Charles:** (Hsien Ku) has practiced and taught spiritual sexuality courses internationally for over twenty years. Trained in Daoist and Shamanic traditions, she is the author of *Sexual Agreements*, and is the first White Tigress initiated on Western soil. [www.NourishingArts.com](http://www.NourishingArts.com)  
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