



# **KASHAYA TANTRA INITIATION RETREAT**

**Private Tantra Immersion for Individuals in Cape Town,  
South Africa**

Presented by Marcelle Muse  
Kashaya Tantra  
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## Introduction

The Kashaya Tantra Initiation Retreat is a private, immersive journey for seekers who are ready to work deeply with the body, the psyche, emotional holding, sexuality, life force, and the unconscious material that keeps you contracted or disconnected from yourself.

This is not a general wellness retreat. It is a focused initiation process designed for those who are ready to meet what has been avoided, suppressed, numbed, feared, and held in the body.

The work is rooted in traditional tantric principles, somatic inquiry, shamanic energy healing, therapeutic bodywork, tantric bodywork, meditation, breathwork, shadow work, and deep internal reflection.

Each retreat is shaped around the individual client and the intention they bring into the work. Before beginning, each participant is asked to clarify what they wish to work through. This intention becomes the thread that guides the process.

## Accommodation



Guests stay in a private self contained cottage situated on a private mountain in Cape Town.



The cottage offers a quiet and natural environment for rest, reflection, and integration. The setting supports the deeper work by allowing participants to step out of their ordinary routines and into a more focused, inward process.



The accommodation includes:

- Private self contained cottage on the mountain
- Quiet natural surroundings
- Space for rest, reflection, and integration
- Access to nearby beaches, mountains, and nature walks

- Optional healthy meals and juices
- Daily Morning Sadhana:



Participants are encouraged to spend time in nature during the retreat. This may include beach visits, evening walks, and mountain walks with the facilitator where appropriate.



## Individual Initiation Package

The individual initiation consists of:

- Five private sessions unfolding over 8 days
- Approximately three hours per session
- 15 hours of private guided work
- Daily sadhana and integration practices:
  - 1- Yoga,
  - 2- Nadi Shodhana Pranayama with Kumbhaka and Bandhas,
  - 3- Balinese meditation and
  - 4- Chanting.
- Guided self reflection and journaling
- Energy healing and bodywork
- Tantric bodywork
- Somatic and therapeutic bodywork sessions
- Sound frequency work
- Deep internal inquiry into the psyche, shadow patterns, emotional holding, and unconscious material

Participants are also given supportive practices before beginning the retreat process. These practices prepare the body, mind, and energy system for the deeper work that follows.

## **How the Process Works**

The initiation is not a rigid formula. Each person arrives with a different body, story, wound, fear, longing, and intention. For this reason, the process is guided both by structure and intuition.

While the retreat follows a clear arc, the exact direction of each session depends on what arises in the client's body, emotional field, biographical story, and stated intention.

The work may move into unexpected territory because the body often reveals what the mind has not yet named. This is part of the process and therefore different tools/modalities will support different requirements.

## **The Five Session Arc**

### **Sessions 1 and 2: Understanding What Is Blocked or Held in the Body**

Sessions 1 and 2 focus on exploring what may be blocked, frozen, or unresolved from the past. We look at how trauma, conditioning, and protective patterns still live in the body as emotional and energetic residue, such as shame, fear, guilt, control, rigidity, tension, or survival responses.

This includes exploring:

- The client's biographical story
- The intention they are bringing into the work
- What may be keeping them small, defended, numb, contracted, or disconnected
- Root and sacral chakra themes
- Survival patterns, shame, fear, suppression, and emotional protection

- The relationship between past experiences and present blockages
- How tantric principles are used within the process

These sessions may include hands-on energy healing, breathwork, body-based awareness, sound frequency work, chanting, and somatic emotional release practices.

The aim of these first sessions is to bring the client back into the body so they can begin to understand what intimacy with themselves actually means. Intimacy with self is the ability to stay present with what is arising, to feel without escaping, and to allow life to move as it unfolds.

As the client begins to meet what is hidden, uncomfortable, or stuck, the body becomes more available for deeper tantric energy work. This foundation develops presence, body awareness, and the capacity to remain with both pleasure and discomfort without dissociating or shutting down.

As energetic blockages in the base begin to clear, more space is created for life force and kundalini energy to start moving through the body.

This foundation is essential for the deeper integration work that follows.

### **Sessions 3 to 5: Kundalini Energy, Tantric Bodywork, Vitality and Integration**

By Session 3, the client is more prepared for the deeper touch work. Through tantric bodywork and healing touch, they are invited to receive their own vulnerability, sensuality, and life force more directly. This often reveals where they still resist, guard, disconnect, or struggle to fully receive.

Session 4 works more deeply with what has been revealed. Once the resistance is clearer, the work can approach it from a new angle, allowing the energy to be felt, moved, and integrated more fully. The client learns to remain present with both pleasure and discomfort without leaving the body.

Session 5 focuses on expansion. By this stage, there is often more space in the body for life force and sexual energy to move. The central question becomes: how much can the client receive, allow, and open to?

This process becomes the foundation for intimacy with another. Only when a person can remain present with themselves, their body, their vulnerability, their pleasure, their fear, and their own life force, can they begin to meet another person without collapsing, performing, withdrawing, or defending.

By the end of the five sessions, the intention is for previously blocked energy to begin flowing again, for the body to feel more open and alive, and for the client to understand intimacy as the capacity to open to themselves, to another, and to life itself.

### **Typical Daily Rhythm**

The retreat rhythm is spacious and intentionally simple. The structure allows for deep work, rest, integration, and time in nature.

### **Morning**

- Daily sadhana

### **Midday**

- Private initiation session – 3 hours long

### **Afternoon**

- Rest and integration
- Journaling and reflection
- Beach time or nature immersion
- Mountain walks where appropriate

### **Evening**

- Quiet integration time
- Personal practice
- Reflection
- Rest

## **Activities Included in the Program**

- Five private initiation sessions
- Daily sadhana
- Breathwork
- Gentle yoga or movement
- Guided self reflection and journaling
- Somatic emotional release
- Shadow work and internal inquiry
- Energy healing
- Therapeutic bodywork
- Tantric bodywork
- Sound frequency work- inner cosmic journeying
- Chanting and sounding
- Beach walks
- Mountain walks
- Integration time in nature

## **Areas of Exploration During the Retreat**

### **What is Tantra?**

Tantra is approached as a path of awareness through the body rather than through belief, performance, or spiritual ideas.

The work explores how people disconnect from themselves through conditioning, suppression, shame, trauma, emotional protection, fantasy, and unconscious survival patterns.

Participants are guided into deeper awareness of the body, sensation, desire, contraction, intimacy, and the ways they avoid fully meeting themselves.

### **Your Biographical Story: What Is Keeping You Small?**

Exploration of the unconscious identity shaped through childhood, family conditioning, emotional wounding, shame, rejection, suppression, and survival.

The work investigates the protective patterns that keep participants defended, disconnected from their bodies, unable to access intimacy fully, or repeating the same relational and emotional cycles.

### **Masculine and Feminine Principles**

In Tantra, Shiva and Shakti represent consciousness and energy, stillness and movement, presence and life force. When these inner forces are distorted, the masculine may become controlling, rigid, or emotionally absent, while the feminine may become collapsed, chaotic, or disconnected from her own power.

This work explores how these patterns live in the body, sexuality, and relationships and how they can return to a more integrated inner union.

### **Root and Sacral Chakra Trauma**

Exploration of unresolved material held in the root and sacral centres, where survival fear, shame, sexuality, intimacy, suppression, and disconnection from the body often live.

The work examines how these imprints keep a person protected, numb and disconnected from their life force, and how meeting them through the body allows what is blocked to begin moving.

### **Healing the Inner Child**

Exploration of unresolved 'little girl' and 'little boy' material still shaping adult identity, emotional reactions, intimacy patterns, sexuality, self worth, and self protection.

The process supports participants in recognising where the past continues to unconsciously govern the present.

### **Somatic Emotional Release and Energetic Bodywork**

This work focuses on identifying the deeper root of what is held in the body and supporting the client to stay present with the pain, contraction, or emotional charge connected to it.

Rather than analysing the story through the mind, awareness is brought directly into the body, where the imprint is still held.

Through skilled inquiry, presence, energy healing, bodywork, and breath, the client is supported to remain with what was previously avoided, frozen, or too painful to feel, allowing suppressed emotion and energetic contraction to begin moving.

## **Sensuality, the Subtle Body, and Inner Awareness**

Exploration of sensuality as a pathway into deeper awareness, sensitivity, aliveness, and connection to the subtle body.

Participants develop a more conscious relationship with sensation, pleasure, emotional responsiveness, breath, eros, and the inner emotional landscape.

## **Healing Sexual Trauma**

Exploration of unresolved emotional and energetic material connected to past traumatic sexual experiences, shame, fear, numbness, or disconnection from the body.

The work supports participants in reconnecting more consciously with themselves, their sexuality, and their capacity to feel.

## **Sexual Health and Relationship With the Body**

Exploration of the participant's relationship with their body, vitality, physical awareness, and sense of aliveness. Health issues are often manifestations of unprocessed matter within the emotional body or psyche.

This can wreck havoc with our hormones which is often a contributing factor to sexual dysfunction. If needed this is examined as a support to issues around intimacy or sexual dysfunction. This involves blood tests, and a consultation with Dr Steph Whittle Bennet

## **Intimacy and Vulnerability**

The retreat approaches intimacy as a relationship with the self before it becomes a relationship with another.

Participants explore their relationship with their body, emotions, sexuality, family conditioning, vulnerability, and capacity to remain present with themselves.

The work investigates what prevents deeper intimacy, authentic expression, emotional depth, and self awareness.

## **Professional Framework**

This work is deep, direct, and edge based. It is designed for individuals and seekers who are ready to meet what has been avoided and move through the places where fear, shame, numbness, contraction, or emotional protection have kept them from fully inhabiting themselves.

All bodywork and touch based practices are conducted with clear communication, consent, professionalism, and respect for the client's pace and capacity.

The process is held with both tenderness and directness. The intention is not to keep participants comfortable, but to support them in meeting what is ready to be felt, released, and transformed.

## **About Marcelle**

Marcelle Muse is the founder of Kashaya Tantra and has been immersed in the path of Tantra, healing, embodiment, energy work, and inner transformation for over twenty years. Her work is shaped by years of personal practice, spiritual inquiry, and direct apprenticeship with teachers across South Africa, India, Thailand, Bali, the Philippines, the US, Berlin and the United Kingdom.

Her training includes Reiki Mastery, Body Alignment, Tantra Yoga, tantric touch, body de-armouring, Taoist practices, Innerdance facilitation, Ayurvedic health, astrology, and long-term tantric apprenticeship. Marcelle's approach is direct, intuitive, and body-based, guiding clients beyond the mind and into the deeper places where emotional residue, protection, shame, fear, and blocked life force are held.

Through Kashaya Tantra, she supports individuals in meeting what has been hidden, suppressed, or avoided, so that the body can soften, energy can move, and a deeper intimacy with self and life can begin.

## **Contact**

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