



ShantiLotus Healing Services

With Tara Maa



ShantiLotus Healing Retreat: Live Each Moment with Grace

Friday May 15th - Monday May 18th, 2026

A Soulful Retreat of Presence, Movement & Community at

Moon Gate Guest House, Whitemouth, MB

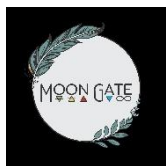
Only 1 spot left!!

You are invited into a sacred retreat where presence, movement, culture, and community weave together in a nourishing and intentional way. This gathering is an invitation to slow down, listen inward, and remember the grace that lives within your body and breath.

Tara Maa of [ShantiLotus Healing Services](#) in collaboration with Jenny Dupas of Moon Gate [Bed & Breakfast and Retreat Centre](#) offers a welcoming space and opportunity to reconnect with yourself, the land, and one another — to arrive fully, just as you are; to know that you don't need a new you, you will discover a whole you and the Oneness that you are!

What We'll Share:

- Satsang: sacred circles of sharing, listening, exploring, and reflection;
- Breathwork, AUM & Mantra chanting, meditation & sacred ecstatic dance;
- Prana & Kriya: Grounding practices rooted in body, breath, and rhythm;
- Teachings rooted in culture, lived experience & ancestral wisdom;



Nourishing vegetarian meals & Moon Gate's signature hospitality.

Held by the land at Moon Gate — by firelight and the elements — you'll be supported in rest, grounding, and renewal.

Together, we explore **grace** as a way of being, and **gratitude** as a practice of noticing the breath, the body, nature that surrounds us, the earth beneath our feet, and the people walking beside us.

This retreat is a remembering — A re-remembering of who you are beyond the roles you play. This is an invitation to soften into grace; to hold all that you are and have, with gratitude; and, to feel a deep sense of belonging and Oneness with nature and community.

Tara Maa's Mission: To be a Light in the world and guide individuals to Heal Self to discover the Light that they are.





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Come as you are! Leave more connected — to Self, to the elements, and to a circle gathered in intention, grace, and gratitude.

ShantiLotus Healing Retreat: Live Each Moment with Grace

All are welcome!

Orientation: 4:00 pm Friday May 15th, 2026;

Retreat ends at 2:00 pm Monday, May 18th, 2026

Investment



\$975 per person

Includes 3 nights shared accommodation [2 persons per room], Teachings & Meals

Installment Option: Available upon request



Registration Deadline: April 18th, 2026



Full Payment due by: April 25th, 2025

Cancellation Policy: Cancellations before **April 30th, 2026** will receive a **75% refund** of your payment to date.

Registration Currently Open:



Email: shantilotus333@gmail.com



WhatsApp/ Text / Call: 1-204-218-9722



Website: www.taradance.life

Only 10 participants accepted. Early registration with payment will ensure your attendance at this ShantiLotus Healing Retreat.

Get the last spot available!!

Additional Services available at the Retreat to enhance your experience:

Tara Maa: One-on-One Coaching – \$125 per session

Jenny Dupas: Reiki – \$70/hour

Reflexology – \$60/hour

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Spirituality is at the core of our being, whether we're exploring it alone or in a group. We invite you to walk this journey with us —let's share in the wild wisdom of this juicy life together.



Tara Maa

Spiritual Life Coach | Sacred Dance, Breathwork & Meditation Facilitator |
Writer | Living Shakti.

Tara Maa teaches how to live the wisdom of the sages through simple yet powerful practices of intention, discipline, and surrender. Her work supports healing and releasing trauma held in the body; balancing masculine and feminine energies; and, integrating human and divine qualities — so you may live fully present, deeply connected, and aligned with grace, abundance, and joy.

As a coach, Tara Maa guides individuals to love, forgive and accept themselves and others as they are. She holds you gently as she listens and challenges you to be with and hear what needs to be heard. Tara Maa provides you with tools, strategies, practices and discipline to be the 'peace in the chaos' as she puts you in charge of your healing, peace and joy.

In retreat spaces, Tara Maa invites you into soulful communion where body, breath, culture, and community support, transformation and re-remembrance.

Collaborator:



Jenny Dupas: I am a mystic at heart, always seeking, never confined to one truth. The elements are my greatest teachers—showing me how to be as light as a feather on the wind, grounded like a dog resting on the earth, flowing like an otter in water, and igniting my passions through the fire within. This is my medicine. My deepest purpose is to transform chaos into innocence, bringing clarity not just for myself, but for others to see their own truth. The highest expression of my heart is justice for all—because, in the end, we are

all ONE.

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