



Golden Sovereignty

An Alchemical Initiation into the Feminine Essence

DATES

October 15th — 23rd · 8 Nights

LOCATION

Dahab, St. Catherine, Hathor Temple, Egypt

GATHERING

Intimate — Deposit Required

Golden Sovereignty

Join us this October for the Feminine Goddess Retreat in the Golden Land, Dahab, an initiation into femininity, a return to feminine energy through holistic healing, nourishing food, and deep intimate connection.

The retreat takes place at a retreat centre in Dahab, Egypt, situated 50 meters from the sea and just a few minutes from the desert. It is an intimate gathering for a maximum of 6 women.

In the high-velocity noise of the modern world, our nervous systems often stay trapped in survival mode. We forget the frequency of gentleness. We lose touch with our power and its inherent wisdom. We forget that the Kingdom is not found outside, but within.

The Golden Sovereignty Retreat is designed to re-educate and re-learn the female anatomy of body and mind, the qualities of being a woman that we often forget: touch, gentleness, the capacity to hold space, to receive, to set healthy boundaries, to honour our own vulnerability. It is about reclaiming our pace, our intuition, our creativity, and our pleasure, qualities that are already inherent in us.

Confidence is not external, but internal, expressed through the body, in our relationships, at work, and in the systems we live within. When we feel truly confident, we express it through firmness, courage, trust, and clarity, and this builds comfort. Recognising true pleasure through taste, smell, and touch, and re-awakening all the senses, is what grounds us.

Before or during the retreat, each woman will receive two private one-to-one sessions, one with each facilitator, creating a deeply personalised experience of embodiment and integration. With Veronik, you will experience an IFS-informed Embodiment & Nervous System Regulation session, focused on somatic awareness, logical feminine blueprint, bioenergetic restoration, and integrative practices. Together, we explore what your nervous system may be holding and create practices that support your continued wellbeing. With Lesya, you will receive a personalised Divine Feminine embodiment session centred on energetic alignment, intuitive exploration, sacred feminine practices, and reconnecting with the innate wisdom of the female body, establishing frequency of love, grace, joy and beauty. Throughout the retreat, these individual sessions naturally weave into the collective experience through breathwork, movement, voice activation, sacred rituals, sound healing,

and embodied practices, allowing each woman to integrate her journey with greater steadiness, presence, and self-awareness.

The schedule follows the organic rhythm of the Ayurvedic circadian system, aligned to the solar and lunar cycles. Days include nourishing organic plant-based meals prepared by a private chef, movement, breathwork, rest, and healing therapies designed to bring the body and mind back into balance.

Our journey moves intentionally through these stages of transformation: from the medicine of the voice and the heart-opening ritual of cacao, to exploring the frequency of beauty and the art of feminine co-creation. We arrive, finally, at the sacred Hathor sanctuary, situated at Serabit el-Khadim in the heart of the desert. Here, surrounded by the mystical stillness of the Sinai, we will immerse ourselves in beauty, silence, and sisterhood, honoring the divine feminine presence within each of us.

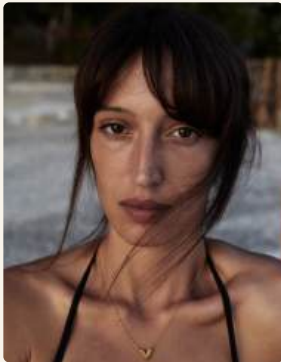
We invite a small circle of women to these sacred lands to unburden the body, release stored tension, and return to their inherent wisdom. Through intentional silence, ceremony, and somatic release, we return to ourselves, sovereign.

This is your invitation to slow down, reconnect, and co-create - to return home feeling deeply redefined in your body: balanced, confident, elegant, graceful, clear, and joyful.

CO-CREATED WITH CARE

The Women Holding This Journey

Golden Sovereignty is lovingly co-created by two women whose work beautifully complements one another. Veronik bridges neuroscience, embodiment, nervous system regulation, integrative medicine, and educational healing. Lesya embodies the wisdom of the Divine Feminine through Kundalini Yoga, Shakti Flow, sacred movement, sound healing, and ancient feminine traditions. Together, they weave modern science with ancient wisdom to create an intimate space where women are invited to restore vitality, reconnect with their authentic essence, and embody true feminine sovereignty.



Veronik

EMBODIMENT COACH & NERVOUS SYSTEM GUIDE

Veronik Gabbana (V137) is an embodiment coach, nervous system guide, and founder of V137 Sanctuary. Born in Italy and based between Europe and Egypt, she bridges neuroscience with ancient wisdom through evolutive yoga, somatic practices, breathwork, mindfulness, and holistic nutrition, supporting women from survival into sovereignty.

Passionate about integrative holistic medicine and longevity, Veronik creates educational healing experiences rooted in the belief that the body is an intelligent system capable of restoring balance when given the right conditions. Her work is centred on re-education rather than self-improvement, empowering women to understand their nervous systems, reconnect with their innate wisdom, and cultivate lasting wellbeing.

Through bioenergetic practices, nervous system regulation, and embodied awareness, she supports women in restoring vitality, resilience, and inner safety. By helping the body remember its original blueprint, Veronik supports women toward authentic confidence, graceful leadership, and a deeply embodied way of living.



Lesya Amrita

DIVINE FEMININE EMBODIMENT & SACRED TRANSFORMATION

Lesya Amrita is a guide of Divine Feminine embodiment and sacred transformation. Living in Egypt since 2017, she is devoted to awakening the wisdom that lives within the female body.

She is the creator of Shakti Flow, a unique feminine movement practice that weaves together Kundalini Yoga, sacred dance, breathwork, voice activation, Taoist practices, sound healing, and ancient feminine wisdom. Her work invites women to reconnect with their vitality, intuition, and authentic power through deeply embodied experiences.

Drawing on years of study in yoga, therapeutic movement, trauma-informed bodywork, psychosomatic healing, and energetic practices, Lesya creates spaces where movement becomes medicine and the body becomes a gateway to remembrance. Through retreats, ceremonies, and sacred experiences across Egypt, she gently supports women in restoring balance, releasing stored emotions, and embodying the grace, joy, and sovereignty of the Divine Feminine.

WHAT AWAITS YOU

The Goddess Highlights

PRIVATE 1:1 SESSIONS — receive two personalised one-to-one sessions with Veronik and Lesya, integrating embodiment, nervous system regulation, Divine Feminine embodiment, energetic alignment, and personalised integrative practices

FEMALE ALIGNMENT — breathwork, mindfulness practices, and daily yoga and meditation focused on feminine embodiment

SOMATIC RELEASE — dedicated craniosacral and myofascial therapy sessions to clear psychosomatic pathways and release deep stored tension

ALCHEMICAL WORKSHOPS — hand-crafting ancient ointments, body scrubs, cacao and meditative heart-opening practices

SACRED PILGRIMAGE — a journey to the heights of St. Catherine, Hathor Temple, and the mystical silence of the Bedouin camps

DIVINE EXPRESSION — voice activation, sound healing, dances, and the "Goddess of Gentleness" philosophy

UNITY OF SISTERHOOD — exploring together feminine touch, silence, and co-regulation

SPECIAL NIGHT — sleeping by the Secret Temple, under the stars

AUTHENTIC EGYPT — connect with Dahab, the Golden land

Schedule

Day 0 — October 15th

Airport transfer and arrival to Beit Tolba resort, welcome tea, grounding.

Day 1 — Opening Circle

Welcome and introduction to open the space and settle the intention. Exploration of the feminine anatomy and wisdom, and the art of embodiment, discovering practices that anchor female energies into the body. In the afternoon we will learn the depth of sacred chanting, exploring the transformative power of vibration and dance. Heart-opening practices to awaken the frequency of sisterhood.

Day 2 — The art of Grounding

Yoga focused on the root and sacral centers, the pelvic floor, designed to anchor safety, protection, grounding, and learn the wisdom of the womb. Somatic therapy treatments, to deep release the stored tension in the psoas and abdomen, restoring spinal fluidity and hormonal equilibrium, a deep balancing integration. Initiation into the world of sacred oils, elixirs, scents, and botanical scrubs: in the afternoon, we enter the Alchemical Workshop: here, you will craft your own sacred oils and scrubs, elixirs to carry the frequency of the Sinai home with you.

Day 3 — Embody, the Solar

Hips open to unlock willpower, confidence, decision, the Sovereignty starts to rise steadily. Final somatic therapies sessions. Free time for journaling and integration. In the afternoon, the art of Cacao-making in an intimate space: crafting, decorating, and preparing the Heart to receive.

Day 4 — The Space in Between

A Day of Sacred Silence, for half of the day. An optional ritual of fasting, purifying the senses and mastering the art of stillness. For those who feel like exploring a mild detox. This time is used for resting, connecting with the ocean, the sand, journaling, connecting with the land. In the evening, an intimate Bedouin-inspired feast and tea under the stars, at the Sanctuary — our hearts ready to receive and indulge, with the symphonies of music.

Day 5 — The Alchemist – Sacred Feminine Embodiment

A day dedicated to the Goddesses. We begin with a morning of fluid dance and sacred song, exploring the power of co-creation and the depth of Shakti nourishment. Using our

hand-crafted scrubs, we enter a ritual of self-adoration and beauty, preparing our bodies to gather by the water. We connect with the frequency of being a Goddess. Sacred Sound Healing Ceremony with Lesya. We will get ready and dress in our most beautiful garments, for a Venus Goddess Day, weaving the frequencies of our journey into one harmonious essence.

Day 6 — Hathor OUR NIGHT IN THE DESERT

Early pilgrimage to St. Catherine, the sacred Sanctuary. Light snacks as we transition to the high desert towards Hathor's Sanctuary. Arriving at the Bedouin Camp, we enter the Temple of Hathor for a ceremony of contemplation, celebration, and Sacred Sound Healing Ceremony with Lesya, amidst the ancient stones. We spend our one night in the desert here, gathering for an evening of connection, ceremony, and sacred singing.

Day 7 — The Greatest Goddess Rising

Sunrise Meditation at the dunes, a Feminine Circle contemplating the rebirth of Feminine Sovereignty, surrounded by the Golden light, together we will dance. We will return to Bedouin Camp, rest and have lunch together before our return to Dahab. Closing Circle in the afternoon.

Day 8 — October 22nd, evening

Late afternoon, check-in into another hotel — it may be another destination in Dahab, or the same hotel, depending on availability.

Departure — October 23rd

Check out, transfer to the airport, and departure.

Daily Schedule

15.10 — Arrival

Airport transfer, Hotel Check-In

16.10 — Opening Circle

- 6:30 Meditation & Yoga
- 9:00 Breakfast
- 10:30 Opening Circle, Embodiment and Femininity
- 13:00 Lunch
- 14:30 Singing circle, voices activation, feminity movements
- 18:30 Dinner
- 20:30 Rest

17.10 — The art of Grounding

- 5:30 Meditation & Yoga - Root and Sacral
- 9:00 Breakfast (keep light for those who has the massage)
- 10:30 Myofascial, Craniosacral
- 13:00 Lunch
- 14:30 Workshop: crafting oil elixirs, scents and scrubs
- 18:30 Dinner
- 20:00 Gentle Chandra Breathwork
- 20:30 Rest

18.10 — Embody, The Solar

- 5:30 Meditation & Yoga: Solar Plexus
- 9:00 Breakfast (keep light for those who has the massage)
- 10:30 Myofascial, Craniosacral
- 13:00 Lunch
- 14:30 Cacao ceremony
- 18:30 Egyptian Dinner
- 20:30 Rest

19.10 — The Space in Between

- 5:30 Meditation & Yoga
- 9:30 Free time in the water, connecting, journaling, nurturing silence
- 13:00 Lunch with optional detoxifying juices
- 16:00 Rest & free time at the Sanctuary
- 18:00 Bedouin-inspired feast and tea, under the stars
- 20:30 Dance, Meditation by the stars, Rest

20.10 — The Alchemist, Sacred Feminine Embodiment

- 6:00 Meditation - Shakti Yoga Flow
- 9:00 Breakfast
- 10:30 Embody the femininity, intimate gathering
- 12:30 Lunch
- 14:00 Dressing, make yourself beautiful
- 15:00 Sacred Sound Healing Ceremony with Lesya
- 18:00 Dinner
- 20:00 Early Rest, Packing for next day

21.10 — Hathor, Our Night in the Desert

- 6:00 Meditation, Gentle Yoga
- 7:00 Light Breakfast
- 8:30 Departure for Saint Catherine
- 10:00 Arrival to the Sanctuary
- 13:00 Leave towards Hathor, light snacking on the way
- 16:00 Arrival at Bedouin camp
- 17:00 Break
- 18:00 Hike towards Hathor Temple
- 19:00 Dinner
- 20:00 Sacred Sound Healing Ceremony with Lesya and the Hathor Goddesses

22.10 — The Greatest Goddess Rising

- 6:00 Sacred Meditation by the Desert and Sunrise Celebration, dancing with Hathor
- 9:00 Breakfast
- 10:00 Hiking back to the Bedouin Camp

- 13:00** Special Egyptian Bedouin Lunch
- 14:00** Leave for Dahab
- 18:00** Arrival in Dahab
- 18:30** Closing Circle
- Evening** Check-in into another hotel (another destination in Dahab, or the same, depending on availability)

23.10 — Departure

Check out, transfer to the airport, and departure

A GLIMPSE

Moments From the Golden Land



THE DETAILS

What is Included

- 8 Nights accommodation (7 nights Boutique Hotel, 1 Night at Hathor Temple, Bedouin Camp)
- Private 1:1 Sessions with Veronik & Lesya
- Pick up and Return from Sharm El Sheikh Airport
- Dedicated workshops: Ointment Making, Body Scrubs, and Goddess Philosophy
- Personalized Somatic Healing: Craniosacral and Myofascial sessions
- Full Pilgrimage Logistics: Transport and guides for St. Catherine
- Three Nourishing Goddess meals, desert feast, and ceremonial Cacao
- Sound Healing, Bedouin Camp

WHAT IS NOT INCLUDED

- Airfare and personal travel insurance
- Extra meals not listed in the program
- Optional experiences not listed

TRAVEL LOGISTICS

Travel to the Golden Land: Please note that Dahab does not have an international airport. Your destination is Sharm El Sheikh (SSH). It will be a one hour journey from the Airport to Dahab.

Visa Information: If you are traveling from Europe and staying in the Sinai for less than 15 days, you typically do not require a pre-arranged visa; you will receive a free entry stamp upon arrival. However, we kindly ask that you verify this with your local authorities before departure.

Extra expenses: While major establishments accept cards, Dahab's local markets, cafes, and the Bedouin camps in the high desert run almost exclusively on cash. International card readers can occasionally be unreliable in remote areas, and there are no card facilities once we begin our pilgrimage. We highly recommend bringing €150 to €200 in physical cash (Euros, USD, or GBP) to exchange into Egyptian Pounds (EGP) at the airport or upon arrival in Dahab for your personal expenses and treasures.

Transfers: We will arrange all logistics to and from Sharm El Sheikh airport. A private taxi or minibus will be waiting for you outside the terminal. To coordinate your arrival, please share your flight details and contact information with us.

Check-in: To ensure you are fully rested and grounded before our journey begins on October the 16th, your hotel will be ready for you starting October 15th. A light meal will be ready for your arrival and a welcome drink.

Check out: We return to Dahab on the 22nd of October, and our retreat concludes with the Closing Circle that afternoon. That evening, you will check in to another hotel — another destination in Dahab, or the same, depending on availability — for your final night. Check out and transfer to the airport is on October 23rd.

SPECIAL NOTES

The Sovereign's Essentials

Dear Goddess, pack your luggage light. Bring a comfortable pair of shoes, hiking sandals or light mountain shoes are perfect for our pilgrimage. Please bring a lightweight backpack or bag for hiking in the mountains and a waterbottle. The desert sun is powerful; please bring a wide-brimmed hat and SPF to protect your skin.

For our journey, bring lightweight, breathable cotton shawls for meditation and our walks. Remember that the desert temperature shifts with the sun: it is warm by day but may drop significantly at night. Please pack an extra sweater for our night under the stars at the Hathor Temple. Dahab is known to be exceptionally windy, please bring a windproof jacket for extra comfort.

For our Rituals: Bring your most beautiful white long dress, your favorite perfumes, natural adornments, and oils for our Venus Day. If you forget anything, do not worry; we are here to support our Goddesses. If you need anything, there are few local shops where you can refill your beauty purse with organic products and desert treasures.

For your Soul: Bring a journal, a pen, your yoga mat if you wish (we will have ours), and, most importantly, your Goddess presence. All the rest, you will find here.

YOUR SOVEREIGNTY

Investment in your Sovereignty

Deposit (deducted from the total to secure your place in the circle)	500€
Single Occupancy	1,900€
Shared Room	1,780€

Spaces are limited to ensure the depth of the somatic work.

REQUIREMENTS

A minimum of 4 participants is required to secure the retreat. Should the minimum not be met, you will be refunded in full accordingly.

We warmly welcome you to join us on this sacred journey of remembrance, embodiment, and feminine sovereignty. It will be an honour to walk this path alongside you.

We look forward to welcoming you to the Golden Land.

With Love,

Veronik Gabbana (V137)

EMBODIMENT · NERVOUS SYSTEM · INTEGRATIVE HEALING

Lesya Amrita (Shakti Flow)

DIVINE FEMININE · SACRED MOVEMENT · SOUND HEALING

VERONIK

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