

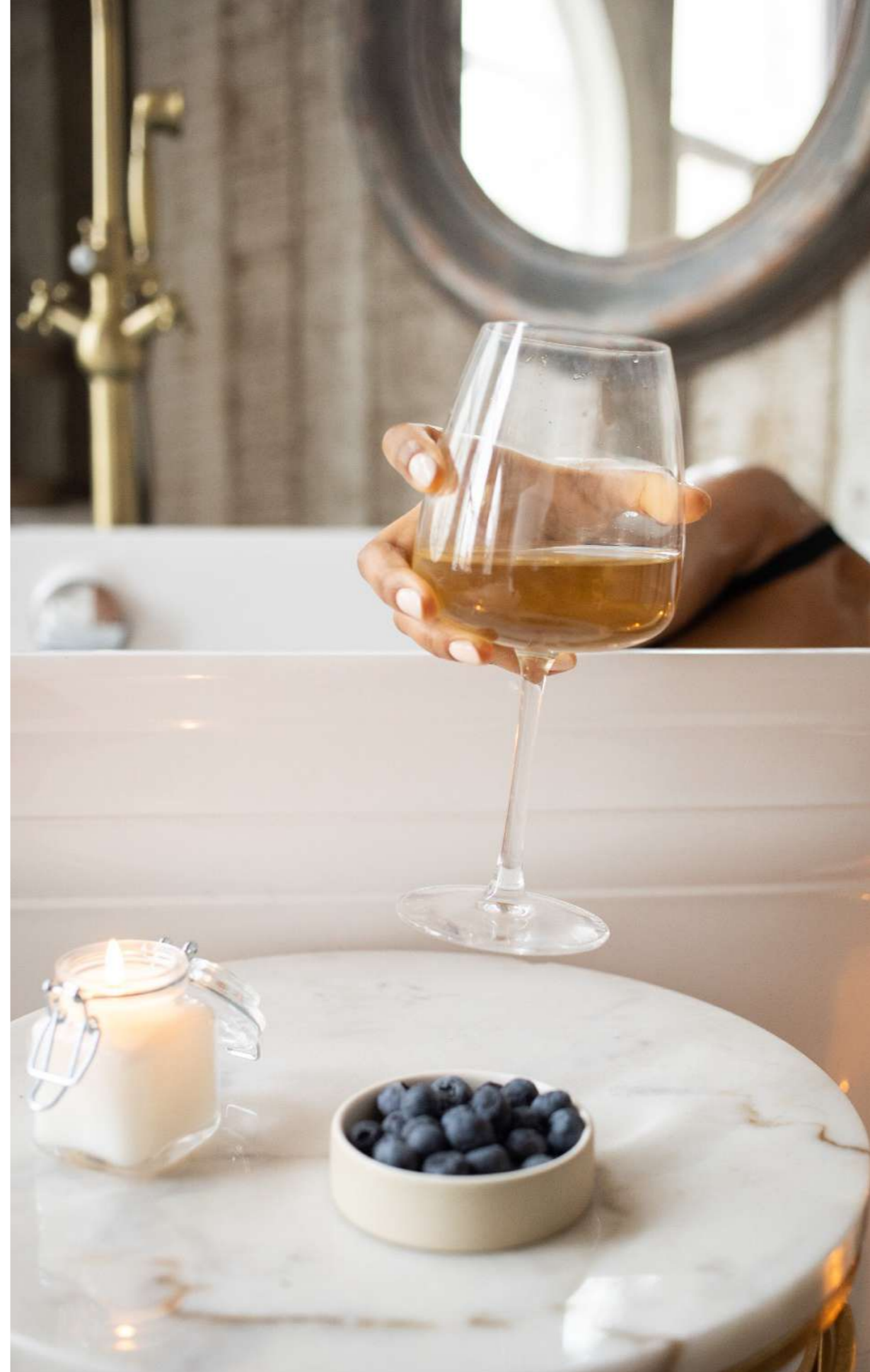
# Private Retreats

with MAGDA  KAY



# What makes this experience so powerful

- The retreat is only for you. **No other participants, no strangers.**
- **You get my undivided attention.** You can ask me any question and get my feedback on anything.
- **5 x professional sessions (10 hrs in total),** in which I take you through practices to help you heal from old patterns, explore deeper connection and open your heart.
- The program is **personally curated to you.** The techniques you will experience are chosen with your specific needs in mind.
- The retreat happens in a **luxury hotel, all inclusive.** You're getting premium treatment. **I take care of everything,** so you can relax and focus on your intimate life.



# Who is it for?

## Couples, who...

- want to celebrate their love, explore Tantra and **expand their already amazing connection**
- are looking for **new**, different & exciting experiences
- want to **celebrate a special occasion** in a unique, romantic way
- feel they are **drifting apart** and want to **find their way back to each other**
- lost the spark and want to **reignite the passion** they used to feel

## Individuals, who...

- want to **explore Tantra**, deepen their understanding of intimacy and learn new things
- **feel blocked by old patterns** and are ready to break free from them
- are **looking for love** and want to be ready and **open to receive it**
- whose body has shut down to protect them from pain or abuse and who are ready to heal
- want to **deepen intimate connection with themselves** and others
- want to **embody masculine/feminine energy**



*What to expect...*

Every day we will meet for professional sessions, during which we will work on your intention.

The tools & practices are chosen based on what you want to work on during your retreat.

Before booking your retreat, we will have a call, during which we will discuss what you're hoping to experience during the retreat, the challenges you want to overcome, the patterns you want to change and the wounds you want to heal. Based on our call I will personally design the curriculum of your retreat.

These sessions are practical and are based on **movement, breath, touch, visualization, meditation and contemplation.**

On the last day we will have an **integration** session, in which we will discuss your experience, answer your questions and help you continue the practices after the retreats.

Next you will see some of the most popular practices my clients get to experience. These are just examples that we may include in your retreat, too.

## Awaken of The Senses Ritual

A beautiful journey through each of your senses, helping you to open for more subtle sensations.

I will tease each of your senses with various stimuli (different scents, sounds, textures) one by one, and all you need to do is receive and relax.



## Chakra Breath

Powerful breath practice in which you travel through each of your Chakras. You will energetically connect to each chakra and then deeply breath into it. After a few minutes of such intense breathing you may experience activation of your *kundalini* energy - that can manifest through the shaking of your body, tears or even energy orgasm.

## Pussy/Cock Meditation

Most of us don't have a relationship with our genitals. In this practice you connect and speak to your pussy/cock. They know the best what they need to fully open, to be hard & aroused or to experience more and deeper orgasms.





## Orbit Breath

For this practice you sit in front of your partner (or me) and circulate breath through your bodies. You take deep breaths with your mouth. You inhale or exhale into 2 chakras: your sex center & your heart - two primary centers for intimate relationships. Just a few minutes of this breath can give intense sensations.

## Sand Box

How well do you know your body and what it likes? Here we will use your fingers & various objects for you to play with and explore. To feel something different, we need to break the default patterns of how we touch each other.



## Yab Yum

This is one of the core poses in Tantra as it perfectly aligns chakras between partners. Even though you don't move, you will feel a strong energy current moving between the two bodies.

## Free Dance & Shaking

With the company of music we will move our body as it wants to move! Instead of letting your mind tell you how you should move, we will tap into child-like curiosity to explore what your body can do. All of it helps you free your body from tension and societal norms, which inhibit your natural sexual expression.



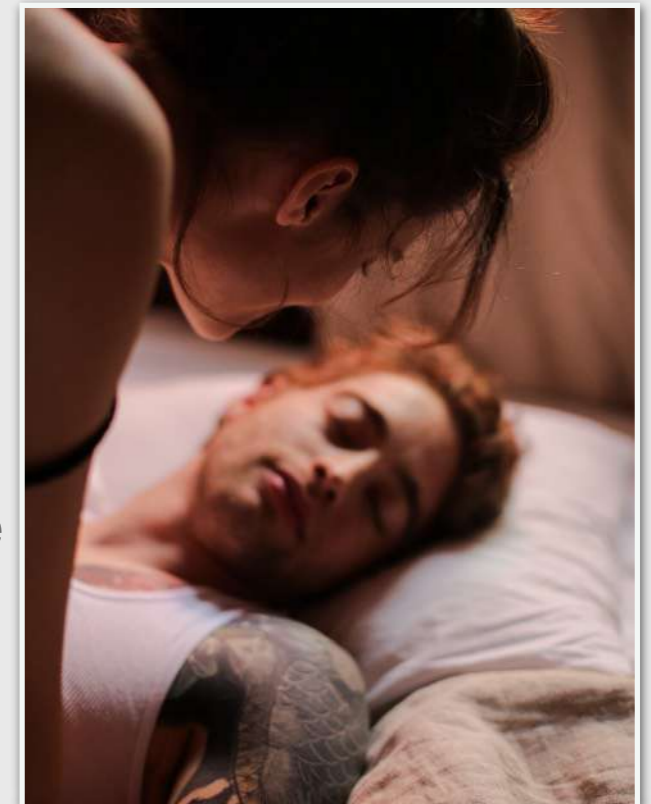
## Ritual for Manifesting Your Dreams

In this practice you charge your intention with your own life force energy. We travel through each chakra, filling your intention with specific qualities. At each chakra you will move, breathe and sound in accordance to this center. There will be some intense & active moments as well as soft & quiet.



## Bossy Massage

In this practice you are in full control of what happens to you. You direct what kind of touch and where you want to receive. This helps you to take back ownership of your pleasure and receive everything you want. The other partner has an opportunity to practice selfless giving while honoring their boundaries.

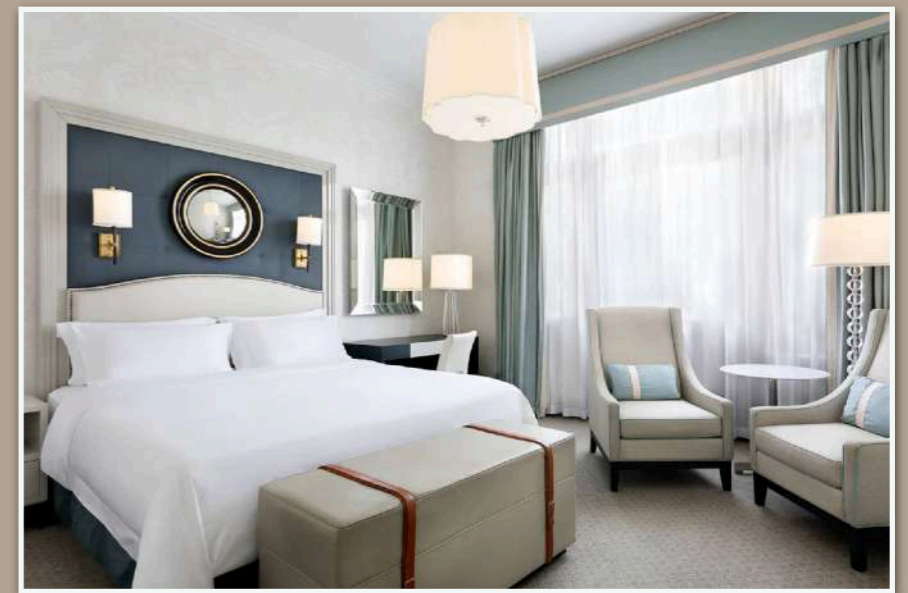


# Let me spoil you....

Ready for 5-star experience? Our all-inclusive private retreats happen in a luxurious hotel in the center of Warsaw, Poland (we collaborate with a few premium hotels, such as Europejski or Hotel Bristol).

Let me take care of everything, so you can focus on yourself and your intimate life.

While we will be doing deep work, this is also your holiday. You will have plenty of time to enjoy your hotel and to explore the city (you will be staying right next to the old town).



# Schedule

## DAY 1 (Thursday)

Arrival in Warsaw  
& Check in

Your personal free time  
& Dinner

## DAY 2 (Friday)

until 10am  
- Your personal free time  
& Breakfast

10-12am  
- **Morning session #1**

12am-2pm  
- Lunch (together)

2-3pm  
- Your free time

3-5pm  
- **Afternoon session #2**

until 6pm  
- I'm at your disposal

from 6pm  
- Your personal free time  
& Dinner

## DAY 3 (Saturday)

until 10am  
- Your personal free time  
& Breakfast

10-12am  
- **Morning session #3**

12am-2pm  
- Lunch (together)

2-3pm  
- Your free time

3-5pm  
- **Afternoon session #4**

until 6pm  
- I'm at your disposal

from 6pm  
- Your personal free time  
& Dinner

## DAY 4 (Sunday)

until 10am  
- Your personal free time  
& Breakfast

10-12am  
- **Integration session #5**

Check out

12am-2pm  
- Lunch (together)

Your free time &  
Departure



# About Magda Kay

If you don't yet know me, hi!  
My name is Magda and I'm an Intimacy Expert, Tantra Teacher & Conscious Relating Coach.

After almost 2 decades of exploring psychology and human behavior, yoga, Tantra and various energy work modalities, I created my own unique way of working with my clients.

I'm a very down-to-earth person. I have the ability to see beyond the layers. I can pick on something in just a few minutes, giving you answers you may have been searching for, for years. No matter the reason why you want to join me for a private retreat, you will leave with a deeper understanding, rewired patterns in your subconscious mind and a toolkit of practices to use moving forward.

"The guidance together with your good energy and information you emitted during our sessions was empowering to me. I was once disconnected from everything in life, feeling lost, depressed, alone, unsupported and things just don't move. I am beginning to get my life back in track and will continue to work to improve and grow to be a better person. I really don't have the words to express my gratitude. Last but not least, Magda, my heartfelt thanks to you". - Amy, Malaysia



"We used to be crazy about each other. Finding alone time was never an issue until the kids came. Now they come first. And so does the house and work. We started spending less and less time together. This is why we decided to work with Magda. We wanted to bring back that passion we had. With Magda's help we started taking time for each other, going on dates and appreciate one another. Having Magda keep us accountable allowed us to create new routine around our relationship, despite a strong urge to keep pushing it to the side. It is absolutely possible to enjoy passionate relationship even if you have family and work to keep you busy and Magda has been great and guiding us to this place. Thank you!"

**Amy & Andre - France**

"I have been curious about Tantra but didn't know how to get started. Then I met Magda through a friend and decided to give it a try (despite feeling still rather uncomfortable about the whole thing). We worked privately with Magda, and it was beyond what I could have expected. Magda showed me a whole new approach to sex and how to enjoy intimacy with my partner outside of the bedroom. I always thought it's something women wanted, but I couldn't find pleasure in it myself. But then we did a few really fun exercises together that showed me a whole new side to sexuality and pleasure. I've become a much more considerate lover and my partner's happiness is the best proof of that."

**Derek - Australia**



# Rules of conduct & Etiquette

Because of the nature of this work, some people may confuse it with something it is not.

The following rules may feel strict, but they are in place to protect both you and me, and to maintain the integrity of the work we are here to do.

This is a professional space—not a sexual service—and it is essential that this distinction is fully understood and respected.

# IMPORTANT

Please remember these are professional services.

I do create an intimate space for you so you can open up. This may feel very vulnerable and deep. You may even find yourself developing feelings or desire towards me. However, this should never be confused with an invitation for more. I am your coach and my role is to guide you. I am not your companion.

In my presence and during our sessions, please adhere to these rules:

- **No sexual/ intimate interaction between us of any sort**
- **No full nudity (and strictly no genital nudity)**
- **No genital stimulation or direct self-arousal in my presence**
- **Do not try to touch my body**, especially my breasts, waist, belly or thighs, without my consent. If our practices require touch, it will be explained and discussed. My body is not an object, it is a part of me and this must be honored.
- This retreat is not a challenge for you to see if you can make me break my own rules. **Do not push my boundaries or challenge my “no”**. **Do not flirt or try to seduce me**. I do not tolerate any form of manipulation or power play.

**Should any of the above rules be broken, the retreat will immediately stop with no refunds. You can stay in a hotel with the agreed expenses covered, but our interactions will not proceed.**



# Price & Details

# LUXURY PRIVE RETREAT

Accommodation: **3 days/3 nights (Thursday - Sunday)** in a premium hotel + **pick up**

**Breakfast, lunch & dinners** included

**PROGRAM: total of 10 hours of professional & practical sessions**

- Day 1: arrival
- Day 2: morning & afternoon sessions
- Day 3: morning & afternoon sessions
- Day 4: integrations session & check out

\* Not included: airfare

Price (individual): 10,000 USD

Price (couple): 15,000 USD

# Ready to book your retreat?

Then let's talk.

The first step is a **free consultation directly with me**, in which we'll discuss what kind of an experience you're looking for.

We will also discuss available **dates and all logistics**.

To book your call please email us at [info@magdakay.com](mailto:info@magdakay.com)

