

# 4TH RETREAT DANZA RITUAL MATRIZ



**María Islas** **María Kiekari**

**January 29th - February 2nd, 2026**

**Reserve your spot**

@MARIA.PRIMAL



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**DANZA  
RITUAL  
MATRIZ**



## Women's Gathering: **DANZA RITUAL MATRIZ**

**January 29th–February 2nd**

We invite you to a unique retreat, where the magic of lunar femininity is revealed through rhythms, expressive arts, and ritual movement. This is a call to all women who wish to explore, honor, and embody their essence, from childhood to the wisdom of menopause.

During this retreat, we will immerse ourselves in ancestral and expressive dance, integrating Mexican ancestral sciences, Mexica feminine archetypes, and hormonal dance, to open a sacred space where we can recognize the matrix of our existence and create personal maps of our cycles, fertility, and life stage. Each woman will discover and inhabit her own map according to her current phase: menstruation, fertility, perimenopause, or menopause.

### **What you will experience:**

- \* Embodiment of Mexica feminine archetypes through dance and expressive arts, connecting with the strength of our ancestors and the memory of the earth.
- \* Hormonal and fertility dance: move the energy of your estrogen, progesterone, luteinizing and follicle-stimulating hormones to discover your cyclical map and your creative and fertile potential.



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- \* Integrate body, soul, and psyche through somatic practices, rituals, conscious movement, and expressive arts, creating symbolic maps that nourish and support your transformation.
- \* Be part of a tribe of conscious women, where community inspires, holds, and amplifies the wisdom of each participant.

## Ancestral and hormonal dances to explore:

- \* **Meyahuel – Estrogen:** Fluidity and vitality that connects us with our roots and ancestral lineage..
- \* **Metstli – Luteinizing Hormone:** Leap and transformation; celebrate the internal rebirths that each cycle brings.
- \* **Coatlicue – Progesterone:** The maternal Mexica archetype that sustains and nurtures life; honor your fertility and capacity to nurture.
- \* **Ilama – Follicle-Stimulating Hormone:** Guardian of ancestral memory and legacy; recognize the roots that have brought you here.

Each dance will be a living map of your body, hormones, fertility, and life stage. You will discover the cyclical, mammalian, and wise woman within, learning to harmonize your energy and inner power through dance, expressive arts, ancestral science, and ritual.



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### **This retreat is for you if:**

- \* You want to embody your cyclical, mammalian, and fertile body with consciousness, love, and presence.
- \* You wish to understand and celebrate your cycle, fertility, perimenopause, or menopause from a symbolic and ancestral perspective.
- \* You want to join a circle of conscious women, where your experience is held, honored, and celebrated.

### **Why you are invited:**

- \* Because this is a space to remember your strength, celebrate your femininity, and awaken the wisdom within you.
- \* Because together, in tribe, we can create maps that nourish body, soul, and psyche, honoring fertility and the wisdom of every stage of womanhood.
- \* Because in dance, ritual, expressive arts, and Mexica feminine archetypes, the magic of your femininity and your inner power is revealed.

**Come embody these ancestral dances, awaken your cyclical and fertility map, and inhabit the fullness of your feminine power.**



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## KiekariTierra Xico, Veracruz

In the heart of the Veracruz mountains, where the rivers sing and the beech trees embrace, lies KiekariTierra — a living sanctuary of conservation and small-scale permaculture.

A place where the Earth breathes with you, where every step becomes a return to the essential, and where nature herself becomes teacher, mirror, and altar.

This retreat is not just an experience; it is an initiation into the natural pulse of life. A call for women who long to remember who they are when they free themselves from the noise of the world and once again listen to the wisdom of their bodies.

An off-the-grid encounter.

At KiekariTierra, there is no internet signal, no constant buzzing of notifications. Here, presence replaces connection, and silence becomes a doorway.

We'll experience a profound digital and nervous system detox, releasing what keeps us disconnected from our essence.

Solar energy lights our nights, guiding our bodies back to their natural rhythms — sleeping with the moon, waking with the sun, breathing with the Earth.



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## Why this land is part of the ritual:

Because this place is not just a setting — it's a living organism that holds and amplifies the inner transformation of every woman.

Among ancient trees, pure water, and nourishment born from fertile soil, your nervous system will reattune to the original pulse of the planet.

Each breath becomes a prayer. Each dawn, an initiation.

## This retreat is for you if you feel the call to:

- \* Step away from the noise, the rush, and the constant doing.
- \* Reclaim your cyclical and instinctual nature.
- \* Return to your body as a temple and to the Earth as guide.
- \* Immerse yourself in a sacred, intimate, and transformative experience held by community, art, and ritual.

At KiekariTierra, you don't come to learn with your mind — you come to remember through your body, dancing the wisdom that already lives within you.

**Because when a woman returns to the Earth, the Earth heals through her.**



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## Your experience includes:

- \* 4 sacred nights under the stars — surrounded by the song of the forest, resting on comfortable bedding provided for you. Here, luxury is presence. Simplicity becomes medicine.
- \* Somatic practices and Mexica ritual dances — a journey through movement, sound, and rhythm that awakens the ancient wisdom within your cells. These practices help you embody the cycles of creation, fertility, and regeneration through your own hormonal flow.
- \* Circles of ancestral feminine teachings & expressive arts — spaces to remember what has been forgotten, to weave art, voice, and ritual as pathways to self-knowledge, connection, and belonging in tribe.
- \* Rituals of the Earth & Days of Sacred Fire - offerings that realign your body with the elements and the cosmic pulse of life. Each ritual opens a deeper layer of remembrance: your womb, your breath, your roots.
- \* Temazcal Ceremony & Sunrise Mountain Walks — sweat, pray, and rebirth yourself in the womb of the Earth. Receive the first light of the sun atop the mountain, feeling your whole being in communion with the rhythm of the natural world.

A transformative program guided by María Islas and María Kiekari — blending somatic wisdom, ancestral science, and spiritual artistry. This is a high-level feminine initiation, where embodiment becomes prayer and your hormonal cycles reveal their sacred language.



This is more than a retreat — it's a return to origin. A remembrance of what it means to live in harmony with your body, your hormones, your tribe, and the Earth herself.



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### Investment:

Your investment for this sacred immersion is **\$650 USD / \$11,500 MXN** — a unique opportunity to invest in your well-being, hormonal balance, and embodied awakening through ancient ritual, somatic practice, and feminine wisdom.

### Payment Options:

Reserve your place with a **\$150 USD** (₱3,000 MXN) deposit.

The remaining balance is due one week before the retreat.

International payments via PayPal or Wise.com (5% processing fee).

National payments via bank transfer or deposit.

This retreat is intentionally intimate — spaces are limited to ensure a deeply personal and transformative experience.

## BBVA BANCOMER

**María Nieves Pérez Márquez**

Cuenta: 154 965 2198

Cuenta CLABE: 012 853 01549652198 3

Tarjeta de débito: 4152 3137 9514 5015

Se aceptan pagos en OXXO.



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## Maria Kiekari - Nahui Cipactli

Facilitator of Somatic Experiencing®, educator and prenatal & perinatal somatic therapist, practitioner of Jungian somatics and transpersonal psychology, moon dancer, temazcal guide, apprentice traditional midwife, and doula.

Creator and lead facilitator of the Soma Yoga 200 Hrs training in Mexico and somatic guide of Matrix Wisdom, I support women in reconnecting with their cyclical and embodied wisdom, integrating science, somatic practices, and ritual into transformative experiences.

I live in the misty forest of Xicochimalco, Veracruz, where mountains, rivers, and the temazcal fire sustain my path and my work, offering spaces where body, womb, and soul find flow.

Co-founder of Kiekari Terra, I have designed transformative processes such as Matriz en Duelo, Aguas del Origen, and The Wild Call of the Embodied Soul, created for women seeking to inhabit their bodies



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fully, honor their cycles, and connect with their deepest essence.

My work serves as a bridge between ancestral wisdom, somatic science, and spirituality, offering experiences that awaken the intelligence of the body, the strength of lineage, and the clarity of the soul.



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## María Islas

María Islas is an apprentice teacher of the deep feminine. She is a Mexican educator and transpersonal psychologist dedicated to weaving together ancient sciences and arts with contemporary psychologies.


In 2015, she founded Instituto Macuil, a community for professional studies in transpersonal psychology that integrates the teachings of master artisans, traditional healers, and teachers of native Mexican languages, redefining Western notions of health and illness.

Over the past 13 years, she has delved into the possibilities of applying ancient Mexican cosmic sciences and arts within contemporary educational and therapeutic contexts, both in individual and group settings.

She co-created a Women's Initiation Program in Russia, where she integrates the embodied study of the ancestral feminine with Russian shamanic practices. Her personal studies encompass sacred healing modalities, temaskalli (sweat lodge) ceremonies, traditional dances, and eco-psycho-spiritual rituals.



## CONTACT

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