

SACRED SITE TOUR RAROTONGA 2026

THE STAR COMPASS RETURNING TO THE HEART OF THE PACIFIC

FULL ITINERARY 14–21 NOVEMBER 2026

SUBJECT TO CHANGE PLEASE CHECK DAILY VIA OUR WHATSAPP GROUP

Sat 14th Nov
DAY 1



Dinner provided

Arrival

Moon in Sagittarius - hope, expansion, travel

You arrive not in grief, but in curiosity. The island welcomes you with open sky. The air is thick with frangipani and the soft rumble of the lagoon breathing in and out. After settling into your poolside home at Sunset Resort, we gather in a welcome circle facing the ocean. No long stories. Just one sentence: "I am here because..." A welcome dinner follows – shared in soft laughter and quiet recognition. A single candle is lit for those who could not come – ancestors, loved ones, those who have crossed the veil. Then rest. The island will wait.

Sun 15th Nov
DAY 2



Breakfast &
Lunch provided

Opening

Morning ritual at Avana Harbour – where ancient voyagers once departed.

The spirit of the land speaks first – and within you, a compass begins to turn.

Today we are honoured with a private tour guided by Kura and Jacopo of Ariimoana Walkabouts – locals who carry the heart of this island.

An early start takes us to Avana Harbour – where ancient Polynesian voyagers once departed, not knowing if they would ever return. The sun rises over the water, painting the sky in shades of gold and rose. Here, we honour the ancestors of the star paths. Teachings follow on Polynesian navigation – how the Star Compass works, how the Southern Cross guided millions of miles of ocean, how to find direction when you feel lost.

But this day is not just about ocean navigation. It is about inner navigation. How do we read the signs within ourselves? How do we know which way to sail when the horizon is unclear?

Dellaina leads a meditation at this sacred site, helping each woman connect to her own inner compass. With eyes closed and the sound of the water in our ears, we ask: "What is the star I am sailing toward?" Not an answer to be spoken – a feeling to be received.

We then visit Arai-Te-Tonga marae, a sacred ceremonial ground. Here we receive an energy activation with Mother Gaia and the spirit of Rarotanga – feeling the volcanic heartbeat beneath our feet. Palms on the earth. Breathing with the land. The marae is not a museum. It is an ancestor.

A surprise lunch awaits at a charming location known only to the island. The afternoon is yours to rest, to wander, to simply be. As darkness falls, we gather on the sand for star-gazing. The Southern Cross appears. The Milky Way spills across the sky like a river of ancestors. Each woman chooses one star. That star becomes her guide for the rest of the retreat.

Mon 16th Nov
DAY 3
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Breakfast &
Dinner provided

Village, Umu Feast & Fire Show

First Quarter Moon in Aquarius – crisis of action

Morning gathers us together. A teaching from the Council of Light: "The Star Compass works even when clouds hide the sky." We sit with our journals, writing to the prompt: "What am I sailing toward? What am I leaving behind?" The morning is soft. No rush. Free time follows – to rest by the pool, to nap, to prepare our bodies for the evening ahead.

At 4:30 PM, we depart for the village. We step onto sacred ground – visitors, guests, sisters welcomed into an intimate cultural night. This is their Signature Umu Experience. We witness the captivating ceremony as food cooks underground the traditional way, smoke rising holy with coconut and island spices. The string band plays. We share stories. We laugh. We sit in the kind of silence that doesn't need filling. Then – the Umu feast, retrieved from the earth, complemented by a generous buffet of traditional hot and cold dishes and fresh salads.

After the feast, the fire show. Dancers move like flame. Drumbeats echo off the volcano. Under the First Quarter Moon, the Council whispers to each woman: "What have you been avoiding? Today, take one small step." You will not hear words. You will feel a nudge. Return to resort. Rest. Early night.

Tues 17th Nov

DAY 4



Breakfast provided

Integration & Rest – Grief as Navigation

No scheduled activities – a day to breathe

The morning gathers us again. A teaching from the Council of Light: grief is not the enemy. Grief is the compass needle. It points toward what you have loved. The task is not to stop grieving – it is to let grief show you the way.

We sit with Mother Gaia in meditation, palms flat on the earth (or sand). The Council guides us: "Feel her patience. She has held every grief you have ever carried. She is not tired of you. She is not rushing you. Breathe with her."

The rest of the day is yours. Rest. Swim. Journal. Walk the beach alone. Explore at your own pace. No agenda. Let the teachings settle into your bones.

Evening falls, and we gather for a candle circle. Each woman holds a candle. She speaks only if moved. When she is finished, she places her candle in a bowl of sand. The candle stays lit. We do not blow them out. We let them burn on their own. The Council watches over the flames. No advice. Just presence. Just witness.

Wed 18th Nov

DAY 5



Breakfast &
Lunch provided

Breakthrough – A Tailor Made Day

Sun in Scorpio opposes Uranus in Taurus – sudden change, unexpected releases

Today we are honoured with private tours guided by Kura and Jacopo of Ariimoana Walkabouts – first into the lush interior, then to the reef.

We begin with the Inland Discoveries Walk – a memorable adventure into the lush interior of Rarotonga, across streams and riverbeds, through private fruit and vegetable plantations. Learn about rural life. Try in-season fruits – pawpaw, tamarind, passionfruit, jackfruit, mangosteen, rambutan, hibiscus, and coconut at different stages. If you are lucky, spot the Kakerori, l'oi, Rupe, and colourful Kukupa.

We then experience the Reef Explorer Tour – an intimate marine encounter bringing you closer to the reef and its creatures. Sea cucumbers, crabs, starfish, snails, moray eels, sea urchins, octopus – and if you are lucky, green turtles and eagle rays at the edge of Avaavaroa passage.

At the highest point of our walk, we stop. No teaching. No meditation. Simply: "Look back at where you started. You have climbed more than you knew."

All in one tour – always with many stop-and-talk, storytelling pauses. The afternoon is free for integration. The Council works with each woman's field during this day – not in a way you will notice, but in a way you will feel tomorrow morning. You may wake on Day 6 feeling lighter, or tearful, or inexplicably tired. That is the breakthrough.

In the evening, Dellaina channels a short transmission from the Council of Light: "The Courage to Break What No Longer Holds You." The Council speaks about leaving not just places, but versions of yourself.



ALMORA
BEYOND THE HORIZON

Thur 19th Nov
DAY 6
Breakfast provided

Integration & Release – Ceremony by the Sea

Morning meditation on the beach with Mother Gaia – silent, solo, led by intention. Just you, the sand, the lagoon. The frangipani floats on the breeze. The water breathes in and out. You call in the spirit of Rarotanga to hold you.

Then the day is yours. Choose: a gentle walk along the coast, a spa treatment (own expense), shopping at local markets, sightseeing around the island (own expense), or simply nothing – a hammock, a book, the shade of a palm tree.

As the sun begins to lower, we gather on the beach for a personal cultural show with gentle drums. This is just for our circle. No crowds. No performance.

Each woman writes a single word on a piece of banana leaf – the word is what she is releasing. She places the leaf in the water. The wave takes it. The Council seals the release with a pulse of light.

The drums begin. They are not entertainment. They are heartbeats of the land. Close your eyes for the first three minutes – feel the rhythm before you watch it. The waves bear witness. The sand holds your footprints. You release into the water, into the drums, into the arms of this island.

Dinner together. A soft evening blessing. Candle flickers. Silence.

Fri 20th Nov
DAY 7
Breakfast &
Dinner provided

Water Healing & Farewell

Moon in Pisces – dreamy, compassionate, watery

The lagoon calls us home. We enter the water waist-deep – safe for non-swimmers, clear as glass. The women form a loose circle. One at a time, each woman is invited to float on her back while the others hold her gently (or simply witness). The water holds the body. The Council holds the spirit.

Each woman brings a small stone from the beach. She holds it. She whispers into it what she is ready to release – a name, a fear, a grief, a story she no longer needs to carry. She drops it into the lagoon. No one else hears. The water takes it.

Then – floating. On your back. Staring at the sky. This is not relaxation. It is surrender. The clouds move slowly. The salt holds you. For a few minutes, you weigh nothing. The Council is present in the sky, in the water, in the silence between each woman's breath.

Free afternoon to rest. Warm showers. Journaling. Nap. Let the water healing settle into your cells.

At 5:00 PM – one hour of live drumming and a cultural show, intimate and powerful, just for our circle.

Farewell dinner follows. Before the meal, a moment of silence – gratitude for the island, the food, the hands that prepared it, and the women who came. Silence is the highest prayer. Then laughter, tears, stories. A closing feast to honour the voyage. A toast to the women who sailed this star compass together.

One last breakfast together. One last gathering on the sand.

Each woman retrieves the stone she placed in the bowl on Day 1. She does not throw it into the ocean. She keeps it. The stone is a reminder: "I left something behind. I carry something forward. Both are true."

Offerings to the ocean – a flower, a shell, a whispered thank you.

One sentence each: "What I am sailing toward now..." No one applauds. No one responds. Each woman's sentence is a star. Stars do not need applause.

Final blessing from the Council of Light, spoken facing the ocean:

"You came with grief. You leave with direction. The star compass is not a map – it is a memory. You have always known how to navigate. You just forgot. Now you remember. Sail well. The Council goes with you."

Group transfer to the airport. Before boarding, each woman places her hand on her heart and faces the island one last time. No words. Just a breath. The island will feel it.

You do not return home. You set sail into a new chapter. The island will never leave you.

Our Local Guides – Private Tours

We are honoured to be guided by indigenous locals who carry the knowledge of this land in their bones. These are private tours, just for our circle.

Ariimoana Walkabouts (Sunday & Wednesday)

With Kura and Jacopo, experience Rarotonga through local eyes. Kura Happ, owner, tour guide, eco-warrior, and talented musician, has a deep passion for caring for the moana (sea) and enua (land). Her partner Jacopo, originally from Milan, brings his wealth of island knowledge, energy, and passion for the inland jungles and mountains. Together with their canine companions, they offer a true Cook Islands experience. These are private tours, just for our group.

Reef Explorer Tour (Wednesday)

A private, intimate marine experience that brings you closer to the reef and its creatures. You will encounter sea cucumbers, crabs, starfish, snails, moray eels, sea urchins, octopus, and learn about the coral and reef – the heartbeat of the lagoon. If you are lucky, you may spot green turtles and eagle rays at the edge of Avaavaroa passage.

Inland Discoveries Walk (Wednesday)

A private, memorable adventure into the lush interior of Rarotonga, across streams and riverbeds, through private fruit and vegetable plantations. Learn about rural life, try in-season fruits – pawpaw, tamarind, passionfruit, jackfruit, mangosteen, rambutan, hibiscus, and coconut at different stages. If you are lucky, spot the Kakerori, I'oi, Rupe, and colourful Kukupa.

