

# The Inner Realm

## Sacred Dance Retreat in Ghana



Sanaa Green has taught Sacred Belly Dance for nearly 20 years. She is a Reiki Master Teacher and QHHT hypnotist.

This retreat is a return to the Motherland. It will empower the awakened woman to bring more Light to the world.

### Sacred Belly Dance Retreat in Ghana - Itinerary

- October 9 - Arrive in Accra, Ghana/stay 2 nights [https://www.airbnb.com/rooms/52183218?check\\_in=2026-10-09&check\\_out=2026-10-11&guests=1&adults=6&s=67&unique\\_share\\_id=4cc44f5d-a723-4e4a-b198-4ec54ad2f738](https://www.airbnb.com/rooms/52183218?check_in=2026-10-09&check_out=2026-10-11&guests=1&adults=6&s=67&unique_share_id=4cc44f5d-a723-4e4a-b198-4ec54ad2f738)
- October 10 - African Naming Ceremony/Cape Coast point of no return
- October 11- Tour of Accra & Market shopping
- October 11 - Arrive Akosombo, Check in the Royal Senchi Resort <https://theroyalsenchi.com/gallery/>
- October 12 - Sacred Belly Dance workshop & Kayaking
- October 13 - Visit village market/learn local dance
- October 14 - Nature Ritual & Sacred Belly Dance



Hosted by  
Sisters of  
**In The  
Center  
of Her  
Power**

[www.centerherpower.com](http://www.centerherpower.com)

**The Inner Realm  
Sacred Dance Retreat**

**October 9 - 16, 2026**

Explore the urban center of Accra before heading to Akosombo in the Volta region. Relax near waterfalls, rivers and mountains for the Sacred Dance Retreat. Stretching and dancing every day. Outdoor activities, and resort amenities.

- October 15 - Belly Dance/Return to Accra - {free day}, closing circle
- October 16 - Leave Accra

- Build community with like-souled women
- Explora Accra
- Luxury Hotel
- Resort amenities - Massage, Tennis, Golf, swimming
- Explore the Volta region
- Share meals
- Private or shared rooms
- African Naming Ceremony
- Activation ritual to further holistic practice
- Walk the beach where Africans left the continent to be enslaved

**Registration will be open soon.**

**Get on the waitlist:**  
[www.centerherpower.com](http://www.centerherpower.com)

**PAYMENT PLANS AVAILABLE**

**Meals and Airfare are not included**

**Cost: \$4,850 - Early Bird  
\$5,000 after February 15,  
2026**