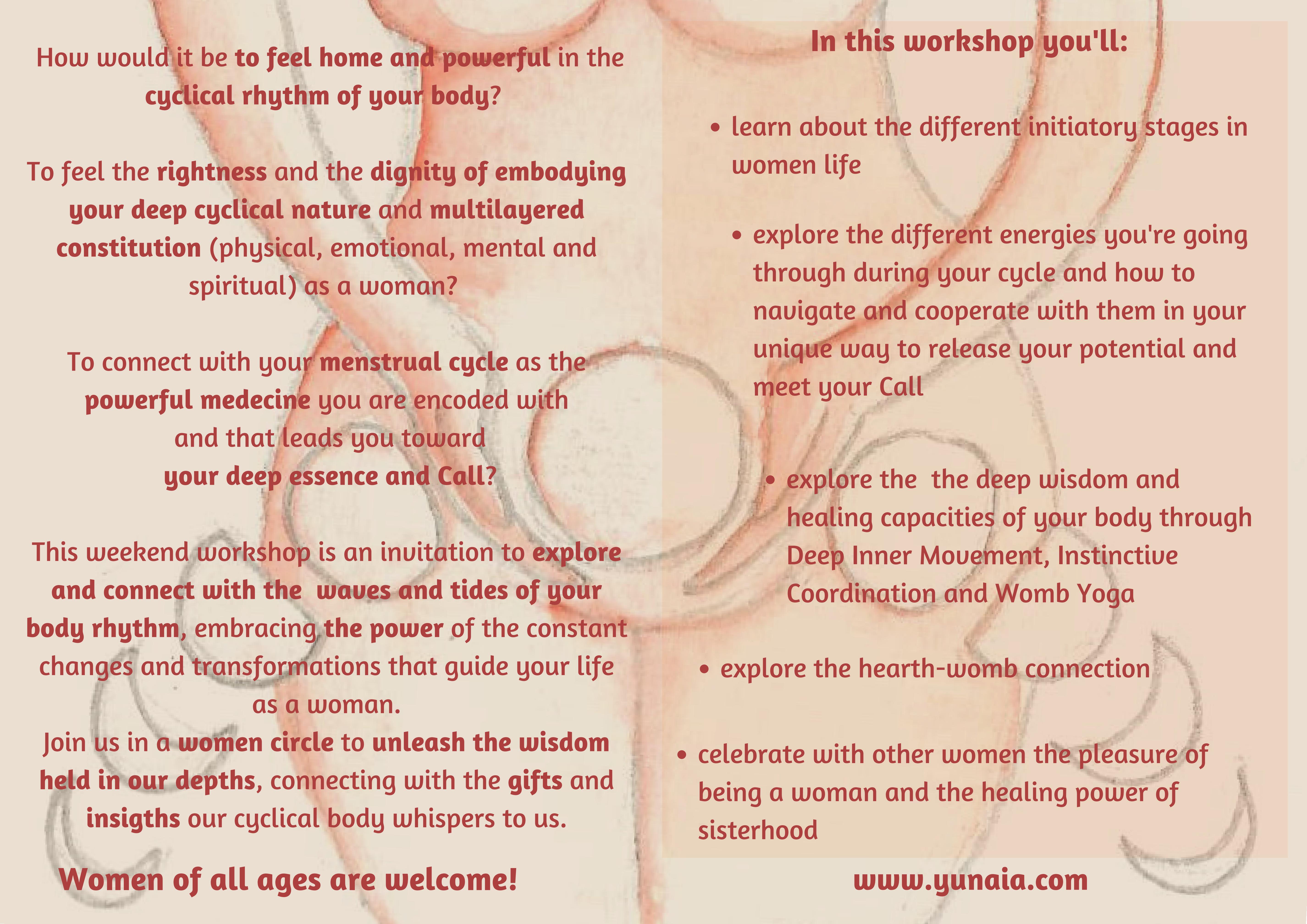


The Wisdom of the Cyclical Body

**Women workshop
with Marta Mezzino**

**31st October- 1st November 2020
Inana Institut, Munich**

Info: www.yunaia.com



How would it be to feel home and powerful in the cyclical rhythm of your body?

To feel the rightness and the dignity of embodying your deep cyclical nature and multilayered constitution (physical, emotional, mental and spiritual) as a woman?

To connect with your menstrual cycle as the powerful medicine you are encoded with and that leads you toward your deep essence and Call?

This weekend workshop is an invitation to **explore and connect with the waves and tides of your body rhythm**, embracing the power of the constant changes and transformations that guide your life as a woman.

Join us in a **women circle** to unleash the wisdom held in our depths, connecting with the gifts and insights our cyclical body whispers to us.

Women of all ages are welcome!

In this workshop you'll:

- learn about the different initiatory stages in women life
- explore the different energies you're going through during your cycle and how to navigate and cooperate with them in your unique way to release your potential and meet your Call
- explore the the deep wisdom and healing capacities of your body through Deep Inner Movement, Instinctive Coordination and Womb Yoga
- explore the hearth-womb connection
- celebrate with other women the pleasure of being a woman and the healing power of sisterhood

Where: Inana Institut, Munich

When: 31st October, 9.30-18.30
1st November: 9.00-17.00

What to bring: colored pencils, notebook,
an object that represents for you
the Deep Feminine, comfortable clothes

More info about the workshop:
info.yunaia@yunaia.com

Register:
info@inana-institut.de

www.yunaia.com



Marta Mezzino

Since I was a child I have been fascinated with the mystery held in ancient stories and mythology around the Great Mother and the Deep Feminine.

I've been studying, researching and travelling in many places around the world, held by this strong connection with Her. Discovering day after day how this connection resonates in all the

layers of my body and how, as women, we resonate this power collectively.

Being and working with women I see everyday a wonderful fabric emerging out of the golden thread that each one of us holds. A golden thread of an individual and collective forgotten story that has been hidden and denied.

My research around the multiple aspects of the Feminine Universe and the feminine body have brought me to meet beautiful teachers like Alexandra Pope, Sjanje Hugo-Wurlitzer, Uma Dinsmore-Tuli, Diana Richardson and Catherine Bechard among others.

My love for creating spaces where women together remember the inner wisdom held in our depths, have inspired me to create, together with my partner, a place in the forest in Southern France to gather and unleash the unique beauty and power that pulse inside of each one of us.