



Entering the Inner Temple

Women workshop with

Marta Mezzino

Munich

14th-15th March 2020

www.yunaia.com

Menstruation is a **very high initiatory moment** in which every woman can experience the forces of death and rebirth within herself.

It is a journey that leads us from stepping into the unknown, meeting the forces of dissolution that abide within us and experience an ego death, towards a space in which the **experience of our embodiment** is renewed and integrated into another level of expression of **who we truly are**.

It is a time to let go, surrender, rest, nourish, vision, ask for clarity and direction.

It is a time to **dive deep into our bodies and explore the full ecstatic potential** we're encoded with.

A time to fully drop into our depths, listen to their whispers, awaken our magic **Power of Presence**.

A moment to remember who we truly are and **get in touch with the essence of the medicine we're given**.

It is a time of awakening.

At the same time menstruation is **for many women a moment of intense pain and discomfort**.

A real **moment of challenge** in which a lot of us aren't able to deal anymore with daily life in a «normal» way.

How to believe that **beyond that suffering there's a jewel that is asking to be heard and acknowledged?**

How to explore this magic power while we're suffering ?

**Menstruation holds, at Her very Heart,
such a precious gift.**

**A gift that is waiting to be revealed to us
in a very unique way.**

As unique is our Being.

**Menstruation has the power to lead us to
our inner Call and Power.**

**It's an opened door to our ecstatic potential
and its manifestations.**

**Do you feel called
to dive in?**

In this workshop we will :

- inquiry and connect with the different inner spaces we go through every months during our menstruation, their subtleties and powers
- learn how to honor those spaces and the gifts they offer to us
- explore ways and tools to deal with pain and discomfort
- dive into the ecstatic potential we all hold in ourselves
- inquiry into the different forms this ecstatic power manifest in us: vision, connection, sexuality

MARTA MEZZINO

When:

14th-15th March 2020 from
9:00 to 18:00

Where:

Mahima Yoga
Humboldtstrasse 12
81543 München

Price:

220 euros

(deposit of 110 euros before 31st of January)

Registration:

info.yunaia@gmail.com



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 threads that each one of us holds, the golden threads of a forgotten story that has been hidden and denied. I love to create spaces where women together remember the inner wisdom held in our depths, unleashing the unique beauty and power that pulse inside of each one of us.