



The Wisdom of the Cyclical Body

**Women workshop
with Marta Mezzino**

**25th-26th November 2017
Sahaja-Akademie, 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 your depths, connecting with the gifts and insights your cyclical body whispers to you.

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
- connect with the creative ovarian energy and your inner fire
- celebrate with other women the pleasure of being a woman and the healing power of sisterhood

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Our tools : menstrual cycle awareness, Deep Inner Movement, womb yoga, Instinctive Coordinations, sisterhood circle, drumming, voicing, meditation and visualization

What to bring: comfortable clothes, notebook, colours, an object for the altar (something that represents for you the Deep Feminine)

When : Saturday: 9.30 - 18.30
Sunday: 9.00- 17.30

Where: Sahaja-Akademie,
Fraunhoferstrasse 13, Munich

Price: 220 euros
(deposit: 110 euros before 15th november)

To book or inquiry :
info.yunaia@gmail.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 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.

For more info about my work: **www.yunaia.com**