

# YONIYOGA TANTRIC YOGA PRACTICES FOR women

*"When we stop all the doing and controlling of the breath, the breath begins to breathe you, that in and of itself is orgasmic" Shantam Nityama*

## DANCING THE DIVINE YONIYOGA WINTER WOMB RETREAT JULY 23 - 25, 2010

The Yoni Yoga practice is part of the Dancing the Divine journey. It takes us deep into the womb, understanding and sensing ourselves from a feminine stand point. Recognizing and embodying ourselves, 'she' begins to open in unexpected & seemingly miraculous ways.

'Yoga is a very powerful ancient system, one that I feed completely humbled by and grateful to. When I was first introduced to Tantra, I found that a lot of the healing work I required involved undoing a lot of

the traumas and injury I had caused myself due to ignorance.

I found this ignorance was partly due to a lack of education as to how the female body actually functions and partly due to the conditioning around operating in a 'mans world'.

By combining my yoga studies to the experiences in tantra, I've developed a daily practice to support women in live from this orgasmic state in our modern society with all of it's demands".

(If the women are truly living from this orgasmic state the men will be too!)" Roxy

This 'Bliss' is not an out of body state that denies reality. The opposite is true. It is reality! By coming into the body, we come to what is real in us, from that place we are far more equipped to be in life to it's fullest!

Enjoy a full weekend away from our lives to clarify, fortify and nurture the Womb, birthing ourselves a new.

*Residential Retreat  
23 - 25 July*

*Friday 15:00  
Sunday 15:00*

*Cloud Temple Gardens,  
BYRON BAY Hinterland*

*Cost: \$ 725 / \$ 650*

*Sunday Night Optional  
\$110 Extra*

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