

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

RED TENT YOGA

DANCING THE DIVINE

ROXANNA MINNONA

Yoni Yoga is not a formal yoga system - it is the name given to this practice, indicating the approach towards a class specifically designed to support women in their personal journey and experience of sexual/life force flowing through the body.

This practice comes out the Dancing the divine journey facilitated by Roxanna Minnona. A sacred sexual exploration for women

designed to re-align and connect us to our positive polarity (heart), living from a feminine standpoint in the body.

Roxanna draws on a variety of techniques, woven together in a unique style that blends the deep spiritual experiences from Tantra into a daily yoga practice that supports women to heal and nurture on all levels, so that we can live our lives from our natural state of orgasmic bliss. 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!

So whilst the emphasis is on cultivating our inner awareness - listening to the body's wisdom, there is also a strong element of guided asanas, breath and bodywork that activate and enhance the flow of life force.

Red Tent Yoga Space
5/102 Centennial Circuit,
Byron Industrial Estate,

Monday 7:30 pm

Drop in: \$15 Per Class
Pass Card : \$60 for 6 Classes

Bookings & inquires
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EXPERIENCE unnecessary

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