



Goddess Workshop

By Fezia Tyebally

on

18 October 2008

"Every female has a natural power of abundance, good luck, and prosperity, but she has to decide to concentrate on it." -Yogi Bhajan.

Women, join us in a day of dance, mantra, yoga, meditation and breath to establish a deeper connection to soul and spirit. We will use yogic technology to enhance our lives and create new possibilities for the future. Every woman is a Goddess!!

Yoga is good for everyone but women have well defined needs, issues and stages of life. A woman's outlook and physical health is affected by hormones, which control the menstrual cycle, pregnancy and menopause. Yoga balances these hormones efficiently and effectively through the many stages of a woman's life. Yoga is not just for balancing physical needs that a woman undergoes though the different stages of life, it balances emotions. It is also needed for the feminine desire to have a relaxed way of life, balancing all that is put in her path and remain alert yet peaceful, relaxed and energized ... all the same time.

Women have needs to be loved and feel secure. To be loved and respected we need to feel self-love and self-respect. Yoga allows a woman to feel this self-love and security within. It develops self-awareness and self-fulfillment and allows a woman to feel complete.

This workshop will show you how to create a sacred space to explore foundational spinal flexion practices and Shakti teachings along with specific asanas, kriyas and meditations for cultivating the intuitive guidance system, preconception consciousness, radiant menopause, cycle health, sacred sexuality and yogini self-care.

This workshop is a unique journey to facilitate a woman's innate phenomenal capacity for healing and rejuvenation, sourced in the Yogi Bhajan teachings of Kundalini Yoga.

Programme

4:00 pm	Arrival
4:30 pm	Welcome
	Discussion on 11 moon points
	Warming up
	Kriyas
	Guided Relaxation
	Meditation
	Kriyas
	Meditation
	Guided Relaxation
	Closing Mantra
7:00 pm	End & Light Dinner



yoga playground

WHERE:	Cocoon Yoga @ Solaris Mont Kiara
WHEN:	18 October 2008
TIME:	4:30pm - 7:00pm
COST:	RM80 (Members) RM120 (Non-Members)
RSVP:	Call 03-6203 0112 or www.cocoonyoga.com
BRING:	yoga mat, a stalk of flower & an open heart