



Womb Yoga



FULL MOON WOMB BLESSING AND WOMB YOGA FOR ALL WOMEN



Thursday 2nd August, from 5.30pm

The College Project

Marksbury Road, Bedminster, Bristol, BS3 5JJ

6pm **Worldwide Womb Blessing** with Moon Mother Clare Warren

7.30-9.30pm **Womb Yoga** with Uma Dinsmore-Tuli - *A delicious, nourishing and revitalising yoga session especially for women*

Doors open at 5.30pm to give everyone time to settle before the blessing starts

Worldwide Womb Blessing In February 2012 British author **Miranda Gray** (*Red Moon, The Optimized Woman*) Womb Blessing was joined by over 6,000 women from 80 countries and in May the women became more than 18,500. Join us in August for the 3rd *Worldwide Womb Blessing attunement* - a simple gift of energy to bring healing to our femininity, to our womb and its cycle, to our creativity and fertility, to our sexuality and spirituality. This session will be followed by some time to ground and relax, share something light to eat, drink and integrate the energy.

Womb Yoga session Join us for a special evening to celebrate your Sacred Feminine with a nourishing and joyful practice. This therapeutic and deliciously feminine approach to yoga especially for women integrates rhythmic asana (postures) with breath, sound, mudra (gesture) and bandhas (pelvic floor locks and seals) to enhance awareness of our inner woman's wisdom and elemental connections. **All women are warmly welcome** with or without womb (with or without previous experience of yoga): menstruating, pregnant and postnatal, peri-menopausal and menopausal.

Uma Dinsmore-Tuli has been teaching yoga for over 20 years and practiced since the early age of 4. She has just finished her latest book *Yoni Shakti Tantra* which integrates yoga, tantra and feminism into a holistic way to live life in freedom and will be out in November this year.

Investment for womb yoga: £14 ~ womb blessing is free

Spaces are limited. Pre-booking is highly recommended!

www.wombyoga.org