

THE WOMB SAUNA

Ancient Herbal

Steam Medicine for Women

Womb Meditation Class Schedule

~ Register @ www.thewombsauna.com, Event tab ~



Classes held every 3rd Sunday @4pmEST *\$10 per class rate or \$85 for 10 *

2013 Schedule

Jan. 20th-Sacred Womb Journaling Exercise

•Learn the power of womb journaling and visualizations

Feb.17th –Your Womb’s Sexual Identity & Power

•Learn how pleasure can be medicine when in balance and the affects of your sexual practices on your womb health

Mar. 17th-The Silence of the Womb

•Master the art of mental silence to invoke creative power.

Apr. 21st-Alternative Medicine Diagnostic Tools

•You’re no longer getting x-rays, blood work, PAP smears...How do you measure healing or dis-ease?

May 19th-SpaWorld Trip

June 16th-Your WOMB & Your Father

•Learn how your relationship with your father affects your current emotional state and womb health

July 21st –Yoga for Womb Healing

•Learn how to incorporate Yoga into healing your womb and detoxing at all levels.

August 18th –Bellydancing for the Womb

•Belly dancing is a tool for womb balancing and increasing circulation for releasing toxins and dis-ease.

September 15th –Your Womb & Your Mother-Round 2

•Learn how your relationship with your mother affects your current emotional state and womb health

October 20th –No class, On Tour

November 17th –Rituals for Womb Healing

•Learn how to create or incorporate a variety of ancient rituals to assist in your womb healing work.

December 15th –Waist Beads for Empowerment

•We will finish the year by making waist beads to celebrate our womb work!

Questions? Call 1-888-576-WOMB