

THE WOMB SAUNA

Ancient Herbal

Steam Medicine for Women

Womb Meditation Class Schedule

~ Register @ www.thewombsauna.com/events ~



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

2012 Schedule

Aug. 19th-How Your WOMB Speaks

•Discover your wombstory, the basic principles of womb meditation, and how your womb speaks to you personally.

Sept. 16th-Your WOMB & Your Mother

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

Oct. 21th-Atlanta Tour

Nov. 18th-What is Your Womb's Astrological Sign?

Guest Adeniyi Omo Obatala Aduke

•Learn the sign of your womb and how charting your womb astrology can contribute to your healing.

Dec. 16th-Yoni Breathing & Exercises

•Learn how to detox the womb through breath and strengthen pelvic floor muscles

Preview of 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

Questions? Call 1-888-576-WOMB