



a monthly
women's
circle

Beauty of Woman



She contains that
which nourishes the
world. Pouring freely,
the wise woman
first quenches her
own thirst.

from *The Tao of Women*

Your facilitator:

Martina Hughes

Martina loves creating spaces for women to come home to themselves, to reconnect with the joy, beauty, love and tenderness of their womanly heart.

She brings deep insight, presence and a loving heart to women's work — combining the gifts she has developed on her own personal journey through tantra, sacred sexuality, breathwork, meditation, energetic healing and much more.

In Martina's words: "When a woman comes home to herself, she is empowered in her femininity, feeling and trusting the innate wisdom of her being and allowing that to be expressed through her daily life."

Tues 24 Apr | 22 May | 19 Jun

Time: 7pm to 10pm

Venue: 1118 Dandenong Rd, Carnegie
(June: Hughesville, address tba)

Cost: \$35 - light snacks included

This circle is to support women in reconnecting with the inner beauty and joy of being woman.

The circle is open to all women – there are no requirements around tantric experience, age or relationship status... If you are a woman you are welcome to attend.

We want to support you in having a monthly space to empower, embrace and embody the beauty of being a woman. The focus of the circle will be practical exercises to embody the feminine through giving and receiving nurturing.



In ancient times woman's wisdom was passed down through women sitting in circle and communing with each other every day. Let's bring back the embodiment of femininity through communing regularly with each other.

Each monthly circle may include:

sharing ~ to feel supported, to create connection within the group

dance and movement ~
to allow your physical body to express itself, to release tension, to open to deeper levels of embodying feminine essence

meditation and breathing ~
to slow down, to connect internally, to become aware of your inner voice, to come out of the mind, to feel the body

self-massage ~ to reconnect with your body, to know your body, to feel your own pleasure, to embrace your physicality, to explore your sensitivity

energetic healing ~ to release past limitations, to open up to deeper feeling within the body, to know yourself

partner touch and massage ~ to nurture and nourish each other, to feel supported and connected, to learn to receive

You will leave feeling relaxed and rejuvenated – and the circle's practices can be maintained at home on your own, to keep opening you to deeper levels of self-connection.

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bringing the heart back into tantra