



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:

Alison Petrie

Alison brings deep compassion, wisdom and intuition into women's spaces, supporting you to feel safe and deeply held to go wherever you need to go in your process.

She loves sharing the gifts she has embodied through years of tantric exploration, meditation, yoga, dancing, counselling training, reiki healing and much more.

In Alison's words, "I favour the feminine approach to healing to open the body and mind, allowing a softening and relaxing into your essence and radiant beauty as a woman."

Wednesday:

16 May | 20 June

Time: 7pm to 10pm

Venue: 152 Victoria Rd
Bellevue Hill

Cost: \$35 - light supper provided

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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**tantric
blossoming**
bringing the heart back into tantra