

THE YONI
SANCTUARY

PROGRAM SYLLABUS

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THE NATURE OF THE COURSE

the quality of Yoni Sanctuary

The Yoni Sanctuary is a space for women and yoni owners that offers carefully selected practices and teachings for increased *sexual well-being* and *liberated vitality*.

The quality of this course is soft, slow yet steady.

I don't want to overwhelm your system.

I don't want to "fix" you.

I don't want to overload you with "should's" and "shouldn't's".

Rather, I want you to experience a course that leaves you in awe of your body, in awe of your beauty, in awe of the great wisdom and power within you.

I envision you being part of a program that will not only inspire you and show you new ways to enjoy your sexuality, but that will change your life in the long run.

THE MODULES

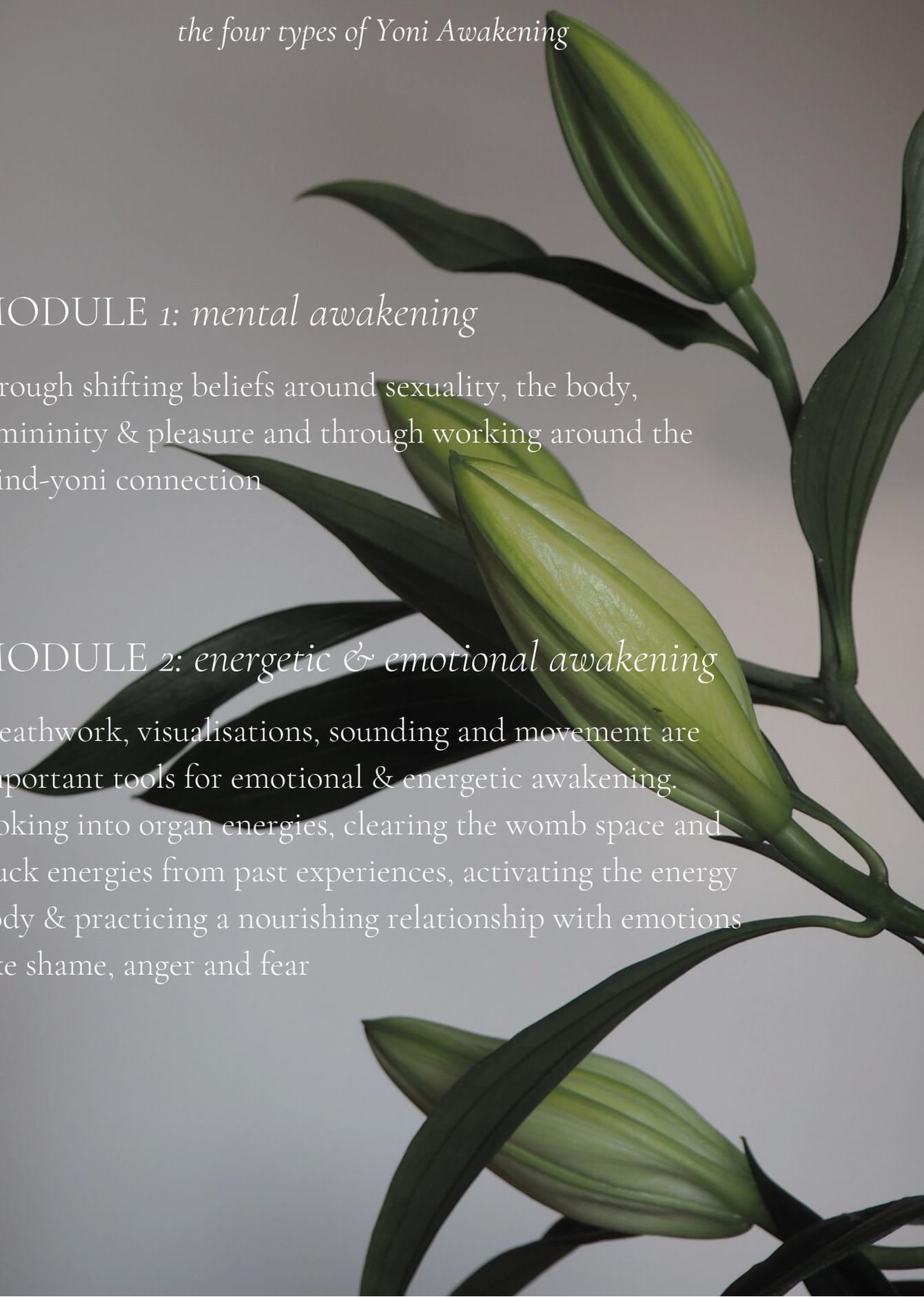
the four types of Yoni Awakening

MODULE 1: *mental awakening*

through shifting beliefs around sexuality, the body, femininity & pleasure and through working around the mind-yoni connection

MODULE 2: *energetic & emotional awakening*

breathwork, visualisations, sounding and movement are important tools for emotional & energetic awakening. looking into organ energies, clearing the womb space and stuck energies from past experiences, activating the energy body & practicing a nourishing relationship with emotions like shame, anger and fear



THE MODULES

the four types of Yoni Awakening

MODULE 3: *hands-on awakening*

through things that you actively *do*, like touching the yoni (body). hands-on awakening can be done through methods like yoni (self-) massage or de-armouring the yoni; conscious, loving & healing touch given by a lover/partner; self pleasuring or steaming the yoni with the right herbs.

MODULE 4: *wild & ancestral awakening*

through sacred rituals and routines that communicate directly with the primal/animal body; through doing ancestral healing; especially through healing the mother/father wound, the wise woman wound (think witch hunting) and the sisterhood wound. connecting to the menstrual cycle also plays a vital role in rewilding.



THE SCHEDULE

the ten week live program

the Yoni Sanctuary course consists of:

18 LIVE CALLS VIA ZOOM*

THE YS COURSE PORTAL

20 LIVE TAUGHT YONI AWAKENING PRACTICES

& 14 RECORDED PRACTICES FOR YOUR DAILY EMBODIMENT

FACEBOOK GROUP FOR CONNECTION

WEEKLY CHECK-INS

**all live calls are recorded for later replay. the course portal with all materials will be online for 4 months (so 6 additional weeks after live container ends)*

MODULE 1: MENTAL AWAKENING

week 1 + 2

YONI BODY EMPOWERMENT I

conditioning + limiting beliefs. REWRITING.

HOLISTIC ANATOMY I

the vulva, yoni gazing & breathing

HOLISTIC ANATOMY II

the reproductive organs.

yonis energetics + the mind-yoni connection.

YONI BODY EMPOWERMENT II

your desire, your pleasure, your power.

MODULE 2: ENERGETIC & EMOTIONAL AWAKENING

week 3 + 5

YONI BODY ENERGETICS

feminine & masculine energy. yin/yang. flow/go.

YONI WELLNESS I

softness vs. hardening. resensitization.

*holistic s*x practice.*

YONI SHADOW WORK I

feminine shadow & light aspects. reflection.

suppressed emotions. emotion practice.

YONI WELLNESS II

pleasure as nourishment.

MODULE 3: HANDS-ON AWAKENING

week 6 + 7

YONI BODY WELLNESS III

heart opening + activation. breast massage.

S*XUAL HEALING I

releasing old lovers. integrating blockages.

YONI BODY LOVE

celebrating the natural form.

soft touch. worthiness.

S*XUAL HEALING II

yoni de-armouring.

MODULE 4: WILD &
ANCESTRAL AWAKENING

week 9 + 10

YONI BODY ENERGETICS II

inner rhythm. menstrual cycle awareness.

YONI SHADOW WORK II

the mother wound. redefining mother.

WILD YONI RITUALS I

five senses. archetypes. embodiment.

WILD YONI RITUALS II

the medicine of yoni steaming

LIVE CALLS SCHEDULE*

all calls take place at 7pm CET

week one

mon, 20.02.23

WELCOME CALL

wed, 22.02.23

YONI BODY
EMPOWERMENT I

fri, 24.02.23

HOLISTIC ANATOMY I

week two

mon, 27.02.23

HOLISTIC
ANATOMY II

thu, 02.03.23

YONI BODY
EMPOWERMENT II

*dates may be subject to change

LIVE CALLS SCHEDULE*

all calls take place at 7pm CET

week three

mon, 06.03.23

YB ENERGETICS

thu, 09.03.23

YONI WELLNESS I

week four

13. - 19.03.22

REST & INTEGRATE
~ or catch up on things ~

*dates may be subject to change

LIVE CALLS SCHEDULE*

all calls take place at 7pm CET

week five

mon, 20.03.23

YONI SHADOW
WORK I

thu, 23.03.23

YONI WELLNESS II

week six

mon, 27.03.23

YONI WELLNESS III

thu, 30.03.23

SEXUAL
HEALING I

*dates may be subject to change

LIVE CALLS SCHEDULE*

all calls take place at 7pm CET

week seven

mon, 03.04.23

YONI BODY
LOVE

wed, 05.04.23

SEXUAL
HEALING II

week eight

10. - 16.04.22

REST & INTEGRATE
~ or catch up on things ~

*dates may be subject to change

LIVE CALLS SCHEDULE*

all calls take place at 7pm CET

week nine

mon, 17.04.23

YONI BODY
ENERGETICS II

thu, 20.04.23

YONI SHADOW
WORK II

week ten

mon, 24.04.23

WILD YONI
RITUALS I

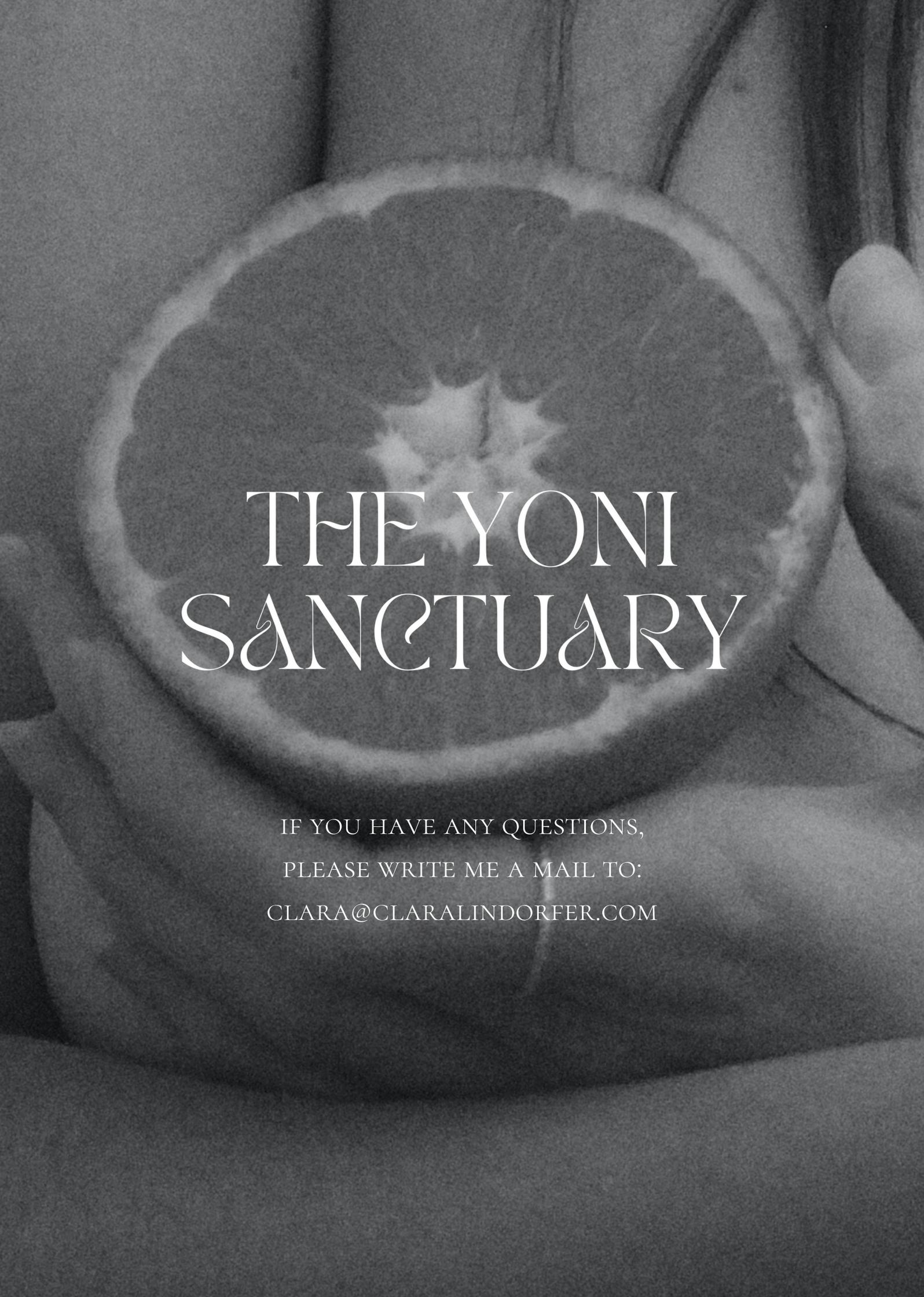
thu, 27.04.23

WILD YONI
RITUALS II

sun, 30.04.23

11 am CET

CLOSING CALL



THE YONI SANCTUARY

IF YOU HAVE ANY QUESTIONS,
PLEASE WRITE ME A MAIL TO:
CLARA@CLARALINDORFER.COM