A black and white photograph of a hand holding a cross-section of a citrus fruit, likely an orange. The fruit is held in a way that its circular cross-section is centered in the frame. The segments of the fruit are clearly visible, and the white pith is in the center. The hand holding the fruit is visible on the right side, with fingers gently gripping it. The background is dark and out of focus.

THE YONI SANCTUARY

PROGRAM SYLLABUS

THE NATURE OF THE COURSE

the quality of Yoni Sanctuary

The Yoni Sanctuary is a course for women that offers carefully selected teachings and practices for increased *sexual well-being* and *vitality*, recovering the connection to the yoni (body).

The space of the Yoni Sanctuary invites for authenticity and vulnerability so it is not only a course for your own sexual healing and empowerment journey but also a course for sisterhood and genuine connection.

The quality of the Yoni Sanctuary 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 Yoni Sanctuary course brings together:

A SMALL GROUP OF WOMEN FOR AN INTIMATE EXPERIENCE

12 MODULES - WEEKLY LIVE CALLS VIA ZOOM*

AUDIO-GUIDED EMBODIMENT PRACTICES / MEDITATIONS

WORKBOOKS FOR GUIDANCE AND REFLECTION

MONTHLY SISTER CIRCLES

FACEBOOK GROUP

INDIVIDUAL YONI STEAMING PLAN

**there are holiday weeks where no live call happens. all
calls are recorded for later replay.*

MODULE 1 ~ LANDING IN THE BODY

self-intimacy, sensations & finding inner safety.

MODULE 2 ~ OPENING TO (SELF-)LOVE

heart opening and activation. breast massage.

MODULE 3 - HOLY YONI

holistic anatomy. sacred yoni connection.

MODULE 4 ~ REMEMBERING THE SEXUAL SELF

the erotic shadow. unfelt emotions. expression.

MODULE 5 ~ GUIDED FROM WITHIN
*the energetic blueprint of the yoni body,
living attuned, womb blessing*

MODULE 6 ~ GENTLE SEXUAL HEALING
the yoni timeline. releasing old lovers & energies.

MODULE 7 - RESTORING WELLNESS
yonis de-armouring & yonis self-massage

MODULE 8 ~ FULL SOFTNESS
meeting tension and numbness. the soft yonis practice

MODULE 9 ~ RECLAIMING PLEASURE

*barriers to pleasure. knowing what you want.
the art of self-arousal. worthiness & pleasure.*

MODULE 10 ~ DEEP NOURISHMENT

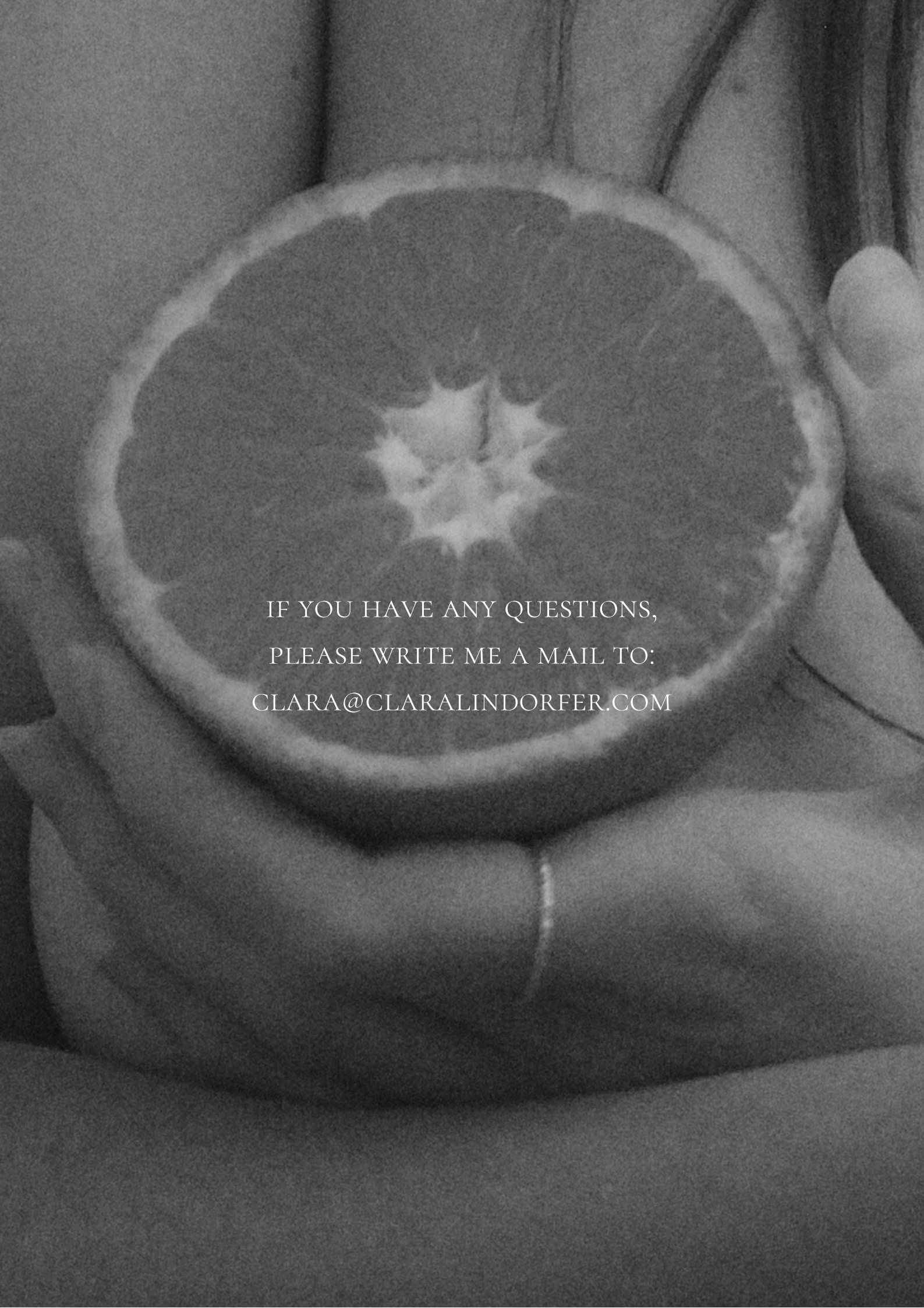
sexual energy as nourishment. pleasure bathing.

MODULE 11 - EROTIC REWILDING

erotic power. wild rituals. archetypes.

BONUS MODULE ~ WOMB WELLNESS

the medicine of pelvic steaming + individual herb guidance



IF YOU HAVE ANY QUESTIONS,
PLEASE WRITE ME A MAIL TO:
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