

Śakti Sādhana - Woman Temple



Exclusively inhouse

Friday, June 17th 9am - 12/12:30pm

language: Anglo-German, however communication is mainly not through words

When I did my yoga teacher's training in 2006 asana, pranayama and relaxation – classical yogic practices – were sufficient tools for balancing my physical, emotional and mental state. Only after entering into married life, moving to India (sometimes it feels like to a different planet) and especially after the birth of my daughter, I started searching for something that further nurtures my female personality as wife, mother, daughter and mainly as a woman. Something that helps me to tune in more to the physical, emotional and mental changes, that are present throughout the month. Instead of neglecting them like I did before, I started seeing them as a boon or *siddhis* (superpowers) that I could use for different tasks and situations.

Once I started living in connection with the natural monthly cycle, I also started feeling a deeper connection not only with myself and my female energies, but also with other women in my life and even my female ancestors. Thanks to this recognition, I started to act more compassionately and kindly with myself and others. I discovered self-love. I found that ambition, efficiency, consumerism and goal orientation – source of happiness as per the modern society – became insignificant and qualities such as care, nurturing, gentleness, yet firmness and power started prevailing.

In this session, I would like to gently guide other women back to the connection with the original feminine nature, back to their power that each of us has inside. By reconnecting to our divine feminine nature, we create a safe space where old wounds may heal, where contradicting feelings and emotions may coexist, where old can be released and something new and magical can emerge. We will sing, we will dance, we will share, we will rest, we will create. No expectations to fulfil. No deadlines to meet. Sister, you are welcome as you are!

