

The Sacred Feminine

Yoga ▪ Belly Dance ▪ Sexual Health

Saturday, February 25

1:00-5:30pm

TruFit Yoga Studio

16716 E. Avenue of the Fountains

You'll explore the sacred feminine in a one hour yoga philosophy, asana and pranayama class. A two-hour belly dance class will follow with attention given to the physical, mental and spiritual benefits of sensual movement. Finally, you will experience meditation, discussion and exercises that promote sexual health.

Janet McGillivray

Yoga Instructor

Janet has taught yoga for 18 years. She specializes in therapeutic applications for stress reduction, personal growth and physical wellness.

Elizabeth Dennis

Fusion Belly Dancer and Instructor

Involved with Fusion Belly Dance for 18 years, Elizabeth's belly dance style draws on practices of yoga and tai chi—enhancing calming, sensual snake like movements. Her aim is to sooth the soul, bring health to joints and muscles, and empower the sensual nature of our breath and movement.

Michele Clarkson MSW

Sex Therapist

Michele has 32 years of experience as a therapist. She views sexual health as the balance between body, mind, spirit and sensuality. She will lead discussions and meditation on mindfulness, creating bliss and loving your body.

Cost: \$75

\$25 non-refundable deposit will hold your space

This workshop is limited to 12 participants

Contact Janet at (480) 837-4579 to register

