

Nine Day Live Online Yoni Shakti Well Woman Yoga Therapy Dec 2020 (UDT = Uma, SMF = Sivani, CA= Cecilia, TR = Tara)

Day 1 Saturday 5 December	Day 2 Sunday 6 December	Day 3 Monday 7 December	Day 4 Tuesday 8 December	Day 5 Wednesday 9 December
Honouring the girls we were: menarche & cycle awareness	Menstrual cycle awareness and Menstrual cycle challenges,	Menstrual Cycle Awareness and Fertility	Postnatal recovery and Peri-menopause – the links	Perimenopause, Menopause and Beyond
WELCOME HOME! Zoom Room opens 0900 each day ... Beginning with thanks, centring, chants, meditation, 'I honour my heart my inner teacher'				
0930 UDT Total Yoga Nidra Welcome Home to Yourself + Mudra and Mantra	0930 SMF Total Yoga Nidra 4 Seasons Cycle Awareness + Mudra and Mantra	0930 UDT Total Yoga Nidra Cyclical health and fertility + Mudra and Mantra	0930 UDT Total Yoga Nidra Grief and Thanksgiving + Mudra and Mantra	0930 UDT Total Yoga Nidra Self Anointing + Mudra and Mantra with Lucy Crisfield
1000 – 1030 PRACTICE Womb greetings	1000 -1030 SMF PRACTICE Heart-womb river (standing option)	1000 -1030 UDT Talk: Stress and Fertility	1000 -1030 UDT/TR Talk: The Hidden Wound And the Leaky Bucket	1000 -1030 UDT/TR Talk: Initiations of Menopause
1000 – 1030 UDT TALK: Aims, Intentions, Methods of Learning	1030 -1100 UDT Talk: Exiled Endometrium	1030 -1100 UDT PRACTICE Being in the Cycles Dance	1030 -1100 UDT PRACTICE Pelvic uplift and support part one	1030 -1100 UDT PRACTICE: Pelvic uplift & support part two
1100 – 1115 A BREAK / PAUSE / WATER IN and WATER OUT ... the yoga of ease and comfort				
1115 -1145 UDT: TALK Key perspectives: Elements / Cycles/seasons: foundations	1115 -1145 UDT: TALK Ayurvedic perspectives on the menstrual cycle	1115 -1145 UDT: TALK Healthy menstruation and yoga for fertility – Lunar Cycles	1115 -1145 UDT/TR: TALK Postnatal healing and education incl. yoni eggs	1115 -1145 UDT/TR: TALK Perimenopause and menopause the wider picture
1145 -1200 PRACTICE Embodied honouring of elements	1145 -1200 PRACTICE Womb Greetings / Shakti Bandhas	1145 -1200 PRACTICE Womb Greetings / Seed/Flower	1145 -1200 PRACTICE Recap daily uplift postures	1145 -1200 PRACTICE Uplift and security
NOON til 1500 OFFLINE so EAT, GO OUTSIDE possibly take a barefoot stroll and be at ease with the elements				
1500 -1530 Tea and SATSANG SHAKTI CIRCLES: Welcome Model practice for ww sessions	1500 -1530 Tea and SATSANG SHAKTI CIRCLES: Menarche and menstrual health	1500 -1530 Tea and SATSANG SHAKTI CIRCLES: Menstrual health and fertility	1500 -1530 Tea and SATSANG SHAKTI CIRCLES: times of cyclic uncertainty	1500 -1530 Tea and SATSANG SHAKTI CIRCLES: Embracing change
1530 – 1600 UDT Map your pelvic outlet	1530 – 1600 UDT Pelvic Organ Function	1530 – 1600 Slide Show Menstrual Cycle	1530 – 1600 Slide Show /Talk Pregnancy's impact postnatally	1530 – 1600 Slide Show Menopause rituals
1600 -1630 Structure & function: pelvic experiential anatomy	1600 -1630 CA PRACTICE Honouring five elements seated	1600 -1630 PRACTICE Yoga for fertility	1600 -1630 PRACTICE SIJ Stabilising Practice	1600 -1630 PRACTICE PANCHA KOSHA
1630-1645 UDT: Pelvic mudras and bandhas/ menstrual pain relief	1630-1645 CA Total Yoga Nidra Practice for integration	1630-1645 Total Yoga Nidra Practice for integration	1630-1645 CA Total Yoga Nidra Practice for integration	1630-1645 Total Yoga Nidra Practice for integration
1645 – 1700 A BREAK / PAUSE / WATER IN and WATER OUT ... the yoga of ease and comfort				
1700 – 1730 Case studies + Q&A Menarche + menstrual health	1700 – 1730 Case studies + Q&A PMT, endometriosis	1700 – 1730 Case studies + Q&A Fertility and menstruation	1700 – 1730 Case studies + Q&A Postnatality- perimenopause	1700 – 1730 Case studies + Q&A Menopause
1730-1740 DYAD SHARE 1740 Closing Chants/Reflections	1730-1740 DYAD SHARE 1740-1900 PAUSE: water in/out	1730-1740 DYAD SHARE 1740 Closing Chants/Reflections	1730-1740 DYAD SHARE 1740-1900 PAUSE: water in/out	1730-1740 DYAD SHARE 1740 Closing Chants/Reflections
1800 CLOSE <i>for the day – Sweet Dreams!</i>	1900 – 2045 GUEST TUTOR + Q&A: ENJOY!	1800 CLOSE <i>for the day - Sweet Dreams!</i>	1900 – 2045 GUEST TUTOR + Q&A: ENJOY!	1800 CLOSE <i>for the day – Sweet Dreams!</i>
<i>Reading tonight - 'Essentials'</i>	YOLI MAYA YEH: Total Yoga Nidra and Women's Health	<i>Reading tonight – Case studies</i>	CECILIA ALLON: Environmenstrual awarenesses	<i>Reading tonight – Mahavidyas & Female Siddhis</i>
	CLOSING CHANTS 2045-2100		CLOSING CHANTS 2045-2100	

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Day 6 Thursday 10 December	Day 7 Friday 11 December	Day 8 Saturday 12 December	Day 9 Sunday 13 December
Positive Sexuality, Creativity and Cyclical Health	Integrating cyclical wisdom Healing our present	Being in the Cycles Healing the Future	Bringing it Home Closings and openings
WELCOME HOME! Zoom Room opens 0900 each day ... Beginning with thanks, centring, chants, meditation, 'I honour my heart my inner teacher'			
0930 UDT Total Yoga Nidra Wild Garden + Mudra and Mantra	0930 UDT Total Yoga Nidra: All that you are: introducing Dasa Mahavidya	0930 UDT Total Yoga Nidra – Being the future + Mudra and Mantra	0930 UDT Total Yoga Nidra Ancient Wisdom and New Knowings
1000 – 1030 PRACTICE: Womb Greetings and Being in the Cycles	1000 -1030 SMF PRACTICE: Honouring Prana Shakti; Fierce Goddess and friends	1000 -1030 UDT Talk: Yoni Shakti the Movement Yoga as a tool for justice and healing	1000 - 1100 CALLING IN YOUR PRACTICE
1000 – 1030 UDT Talk: Anatomy of Sexual Arousal & Creative Cycles	1030 -1100 UDT + SMF: TALK Living with the Mahavidyas Part 1	1030 -1100 UDT PRACTICE Pancha Kosha and Honouring Prana Shakti	REQUESTS for RECAP
1100 – 1115 A BREAK / PAUSE / WATER IN and WATER OUT ... the yoga of ease and comfort			
1115 -1145 Vulvalicious explorations of the pelvis	1115 -1130 UDT + SMF: TALK Living with the Mahavidyas part 2	1115 -1200 UDT: Slide Show Anatomy and Physiology	1115 -1145 UDT: TALK Connections/ integrations Q& A
1145 -1200 PRACTICE Pelvic mudras and bandhas to consolidate learning	1130 –1200 UDT Yoga Nidra Practice to integrating the teachings of the great wisdom goddesses	Perspectives on women's health through the life cycle	1145 -1200 FINAL DYAD Accountability pair
NOON til 1500 OFFLINE so EAT, GO OUTSIDE possibly take a barefoot stroll and be at ease with the elements			
1500 -1530 Tea and SATSANG SHAKTI CIRCLES: Creativity and Sexuality	<i>A Half Day Pause: Integration & reflection</i>	1500 -1545 Tea and SATSANG SHAKTI CIRCLES: Collaborative Learning Consolidation together	1500 -1530 Integrative Total Yoga Nidra Practice
1530 – 1630 SMF Breast Health Sequence	TAKE TIME TO REST AND INTEGRATE	1530 – 1600 Supporting our learning - consolidation in the wider circle	1530 – 1600 CLOSING CIRCLE and INTEGRATIVE GRATITUDE
Meditative space of triangle breaths to nourish heart womb meridian	<i>Maybe use the same rhythm of our gatherings to structure your time</i>	1600 -1630 PRACTICE: Being in the cycles – Dance of Life	FINISH by 1600
1630-1645 SMF Total Yoga Nidra Practice for integration	<i>for integration and study</i>	1630-1645 Total Yoga Nidra Practice for integration	
1645 – 1700 A BREAK / PAUSE / WATER IN and WATER OUT ... the yoga of ease and comfort			
1700 – 1730 UDT Case studies + Q&A Sexuality and Creativity	<i>Practice yoga nidra, be outside as much as you can</i>	1700 – 1730 Case studies + Q&A Your clients and questions	
1730-1745 DYAD SHARE		1730-1740 DYAD SHARE 1740 Closing Chants/Reflections	
1745 – 1900 PAUSE TO REFRESH	<i>Eat well,</i>		
1900 – 2045 YOLI MAYA YEH Decolonising Yoga	Rest Well and Sweet Dreams!	1900 – 2100 SIVANI MATA FRANCIS Kirtan and Dance	
CLOSING CHANTS 2045-2100	<i>Reading tonight – Whole Manual</i>	Celebration Song and Dance	



