



## **Awaken your Female Spirituality**

### **Part I: Remember the Sacredness of your Womb - 1-Day Workshop -**

#### **In the Light of the Emerald Heart and the Divine Mother**

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##### **Woman, know thyself**

Female spirituality is different. Through our bodies we are meant to be more earth-bound and connected to the cycles of nature and creation, but often we have forgotten about these precious gifts and disconnected from the true strength and power that comes from deep within from Mother Earth and through your own womb. Self-doubts, a lack of self-love as well as a lack of deep fulfillment can often be the result.

It is time to awaken to your deeper truth of who you really are and remember your feminine gifts and sacredness as a woman. True feminine power has often had to remain hidden during the past 3000 years and many feminine gifts still lie dormant.

It is now time to move beyond these patterns and step into your innate female power. To take the lead into a new inner freedom which enables you to create your visions and fulfill your deep longing.

##### **The Great Mother is calling you now**

Treating your womb as sacred  
is an essential part of the shift we are experiencing  
to birth a new, healthy future for all generations

*Do you want to remember the ancient mysteries of womanhood?*

*Are you ready to listen to the wisdom of your womb?*

*Are you ready to embrace who you are and listen to your longings and visions?*

*Do you want to reconnect with your true strength and power that comes from Mother Earth?*

Then I welcome you to gather for a special day in the Light of the Emerald Heart and the energies and wisdom of the Divine Mother for healing, sharing, learning and the evolution of our consciousness.

This workshop is **part I of a series of workshops** to awaken your female spirituality.

## **Content:**

- ♥ Connect with your womb through meditation, healing work and breathing
- ♥ Connect with your deepest longings and vision for this lifetime
- ♥ Learn about the sacredness of womanhood and your womb
- ♥ Learn to connect with the powers of the moon cycle and your menstrual cycle
- ♥ Learn about the deeper meaning and power of your menstrual cycle (Ancient wisdom of the Grandmothers)
- ♥ Explore images, beliefs, blockages around your womanhood

## **You will receive:**

- ♥ A Goddess Healing Session
- ♥ A transmission of body-consciousness of the womb/heart
- ♥ A high-vibrational essence to deepen your process for a further 6 - 7 weeks
- ♥ A Healing Meditation to work with for yourself

## **You will gain:**

- ♥ Deeper insights about yourself as woman and about the connection with All That Is
- ♥ A deeper connection with your womb and the womb of Mother Earth
- ♥ Expansion of your consciousness and transformation for a further 6 - 7 weeks as the process continues

## **Workshop Details:**

### **What to bring:**

Warm clothes e.g. socks or a pullover as your body temperature might fluctuate during the day  
Notepad and Pen. (Mats, pillows and blankets will be available)

### **Investment: 170 - EUR**

Includes workshop fee, snacks and refreshments (no lunch), an Essence (Key of Liquid Light) to deepen your process for another 6-7 weeks and 19% VAT.

### **Munich – Date and Registration:**

Saturday, 25th July from 9.00am to 6.00pm

The workshop will be held in German. Venue address will be given upon registration

### **Contact & Registration:**

Yvonne Hrdy, Munich, Email: [yvonnehrdy@hotmail.com](mailto:yvonnehrdy@hotmail.com),

Phone : 089 32 21 21 60, Mobile : 0171 673 4843, Website : [www.yvonne-hrdy.com](http://www.yvonne-hrdy.com)

### **Amsterdam – Date and Registration:**

Sunday, 11th October from 9.00am to 6.00pm

The workshop will be held in English. Venue address will be given upon registration

### **Contact & Registration:**

Harriet Kroon, Amsterdam,

Email: [hello@harrietkroon.com](mailto:hello@harrietkroon.com), Mobile: +31 (0)6 4645 8763, Website: [www.harrietkroon.com](http://www.harrietkroon.com) or

Yvonne Hrdy, Munich,

Email: [yvonnehrdy@hotmail.com](mailto:yvonnehrdy@hotmail.com), Phone : 089 32 21 21 60, Website : [www.yvonne-hrdy.com](http://www.yvonne-hrdy.com)

With Love, *Yvonne Hrdy*

Elder of The Emerald Heart School of Enlightenment  
Channel for the Divine Mother