



Connections

SUNDAY, SEPTEMBER 30TH

9:30am - 5:00pm

Sacred Sexuality ~ Our Sacred Body Wisdom

Community Lunch.
Bring a sack lunch!

BodySong Healing Arts Center
943 N. 89th St. Seattle WA 98103

Selah Martha 9:30 - 11:30 ~ Yoni Yoga



Gentle movement and breath exercises bring your attention into your pelvic architecture and its core energy which you can source at any time. The yoni is an internal well spring of life force when approached with consciousness and respect. These meditations support embodiment and kindness at the very root of your being.

Selah Martha has been leading groups in embodiment and sexuality education for over 20 years, at the Center for Movement Arts and Therapy and the Body Electric School. Author of articles on sexual health as well as the book Circle Work: Intuitive Technology, she is a sex educator for teens and adults, and has a private therapy practice for people of all genders, orientations and ages. She is a Yale graduate with an MA from Alaska Pacific University, an eco-feminist, and the mother of two daughters. www.selamaris.com

12:30 - 2:30 ~ Trantric Dance of the Divine Feminine

Kathy Kali

Enter the sacred realm of the dakini.... Tap into the wisdom of your womb-space; ignite the serpent fire within, and drink in the waves of ecstasy which are your birthright. Join teacher Kathy Kali for a special introductory workshop in Tantric Dance of the Divine Feminine. Surrender into your depths within a sacred circle of intention. In this sensuous devotional practice we learn to access, hold, and circulate the subtle but powerful energies that dwell in the core of our sacred women's bodies. Pleasure is the key to the riches within.



Kathy Kali, tantric guide, has been a leader in the field of women's sacred music and dance for 10 years. She has trained with various masters of tantric practice, sacred sounding, hypnotherapy, belly dance, and ritual work, enriching her facilitation of Tantric Dance of the Divine Feminine. In 2005 she created the Tantric Temple at World Beat Dance Studio, and in 2007 she birthed the Lotus Moon Temple, a sanctuary for healing arts. She is very grateful to her teachers and students for their ongoing inspiration and love. www.tantricedance.org

3:00 - 5:00 ~ Seeking the Sacred and the Sensuous in Sexuality

Susan Tate



This workshop offers a safe, sensitive space to talk about the splendor, grace, strength, beauty and sacredness of sexuality. Slides, music, gentle movements from the Nia Technique and our collective voices will create a special journey of learning and re-learning about the sensuous and sacred aspects of sexuality. Topics include: sexual messages, voices of the pelvis, experiencing the senses, demystifying orgasm, exploring intimacy, sacred rituals, communication and blessing our sexuality. Come and take time to joyfully embrace this unique, integrative and intimate mind/body process.

Susan Tate is the director of Washington Wellness Associates and the author of four books, including [Wellness Wisdom: 31 Ways to Nourish Your Mind, Body & Spirit](#) (Fall, 2007). A respected sexuality and health educator for over thirty-five years, Susan served as the director of health promotion and assistant professor in the School of Medicine at the University of Virginia for nine years. She is a black belt Nia instructor and provides Nourishment Coaching in her private practice in Seattle. Email her at susan@wawellness.com or visit www.wawellness.com for more information.

\$45 for WOW members, \$55 for non members. \$25 for each individual workshop.

To register go online www.womenofwisdom.org

or mail a check to WOW, PO Box 30043, Seattle WA 98113 206-782-3363

WOW Community