



# Lisa Ball

## Women's Self-Care ritual

Reclaiming our freedom, vitality and pleasure

In this 2 hour workshop designed specifically for women, we will explore what it means to take care of ourselves first, especially if we are taking care of others.

You will learn ancient Taoist practices that reconnect you to your radiant and powerful essence.

Practices will include:

- Journaling and contemplation
- Womb yoga (gentle asana to reconnect to our inner wisdom, intuition and vitality)
- Taoist pelvic care practices for joy and freedom
- Movement meditation

You will leave this workshop feeling revitalised, nourished and inspired.

Sat 16 JUNE 2018

4-6pm

\$35 MEMBER

\$40 NON MEMBER

UpDog  
YOGA