



EMBRACE YOUR FEMININITY

An 8-week Women's Group

- * How do you feel about yourself as a woman?
- * Do you long to embody and embrace your femininity more?
- * Who will you be if you live, love, and speak from your authentic feminine power?

Bring your desire to connect with your feminine self. Call in your courage and curiosity to heal and move beyond family and social messages and discover your feminine truth, power, and wisdom.

I offer a sacred, loving circle where you can see and be seen, cry, laugh, and rebirth your feminine self. This experiential and educational group, with sharing and story, creative expression and partner work is an opportunity to learn to be **sensually wise** in your body, **fearlessly true** in your heart, and **lusciously divine** in spirit.

What you will get:

- * Listen to and feel your body's messages and wisdom to be more embodied
- * Unveil your mother's, family's and society's myths to redefine who you are as a woman
- * Develop your feminine inspiration, intuition, and intimacy to succeed at work and in relationships
- * Integrate your unique alchemy of feminine and masculine
- * Connect with your sacred Feminine



Tuesdays, July 8-Aug 26, 2014, 6:15-8:15pm

2161 Union St. #4, San Francisco, CA 94123

Fee: \$400

Sign up by email or call 415.226.1312

www.mytraemeliana.com

Mytrae Meliana, MFT is a psychotherapist, soul midwife and speaker. She helps people heal, transform and awaken to their soul's calling. She leads groups and workshops that help women embrace and embody their femininity. She has taught and lectured in the Women's Spirituality program at California Institute of Integral Studies. She takes groups to the Brazilian spiritual healer, John of God, and is author of [John of God: A Guide to Your Healing Journey with Spirit Doctors Beyond the Veil.](http://www.mytraemeliana.com) www.mytraemeliana.com.