

Sexual Qigong

Cultivating sexual energy, love and spirit

with

Minke de Vos MMQ

founder and author of

"Tao Tantric Arts for Women"



January 26 & 27, 2019

Self-Love Workshop for Women

@ the Yurt on Old West Saanich Road

Victoria, BC



Some of the gems you will learn:

- Breast Self-Massage
- Jade Egg Practices
- Sexual Vitality Qigong

Some benefits to your life include:

- * Cultivate your rejuvenating, sexual energy, refine and uplift its essence.
- * Tone your pelvic floor, balance hormones and bring out your unique beautiful radiance
- * Beneficial for women at all stages of their lives,

including practices for easing menstruation and menopause.

Saturday - Opening & Healing

(10 am - 5:30 pm, lunch 1 - 2:30 pm)

Open pathways for gentle awakening of your creative essence. Heal emotional and sexual issues in a safe and compassionate space.

Sunday - Channeling & Empowering

(10 am - 5:30 pm, lunch 1 - 2:30 pm)

Channel your vital power into balanced, loving and passionate expression. Build internal strength and resources. Enhance self-love and confidence.

Bring: yoga mat, sarong or skirt, light blanket, and a jade egg (set with bag and cord for sale at workshop \$60 plus tax). One can also try out the exercises using an imaginary jade egg.

Investment: \$325 plus 5% GST, includes tea, snacks and

lunch catered by Nature's Chef! Please pay before January 7th to receive discount - \$295 plus tax early bird.

Please pay in advance by INTERAC, e-transfer or paypal sent to minkedevos@gmail.com

Register with Elisha: elisha.veldhuijzen@gmail.com If you need a ride or can offer one to another participant please mention it to Elisha.

Minke de Vos MMQ, is a Senior Universal Healing Tao instructor and Medical Qigong Master Therapist. Known internationally as one of the top teachers of self-healing and sacred sexuality, she has been practicing Qigong for over 30 years and is the founder of Silent Ground retreats, Feminine Treasures workshops, and Tao Tantric Arts teacher trainings. (Silentground.com, taotantricarts.com, femininetreasures.com)

Directions to the Yurt:

Address is 5990 Old West Saanich Road. Be mindful of the Sparton intersection if you're coming from Victoria. You'll want to turn left there and immediate right to STAY on OWS road. Keep going until you see Killdeer Road (left) and turn there. You'll see 5990 on left but go to the second entrance, also left. Park there and head up the path to the right. When it forks, stay left and head into the yurt. We'll meet you in there! If you need assistance, call Elena [250-516-6879](tel:250-516-6879).