

Into The Belly at Imbolc

"I look upon it, that he who does not mind his belly, will hardly mind anything else." - S Johnson
"The belly is the commanding part of the body" -Homer

Imbolc translates as "In the Belly"; a festival of light and fertility and also purification and shedding that which no longer serves

Do you delight in your belly?

Do you feel the wisdom, creativity and power in your belly?

Are you ready to embody your full power?

Come join us to embody the power of your belly
and to joyfully celebrate and delight in that power

Using story sharing, music, movement, touch and laughter we will connect to our inner wisdom, power of our body, power of our belly and our sexual power

Held in the beautiful womb space of Yoga Healing Glasgow
(Unit 7, Mansfield Park, 22 Mansfield Street, Glasgow, G11 5QP)

On Saturday 26th January 2013 (women only)

between 10am and 5.30pm

And Sunday 10th February 2013 (men and women)

from 9.30am (women) and 11.30am (men) till 5.30pm

the first immersion is for women only - to connect to the full beauty and power of your womb; the power to create and nurture life

♥ This is a space to heal the wounds amongst women ♥

in the second immersion men entering the space will be supported and held in a womb-space created and lovingly held by the women

♥ This is a space to heal the wounds between men and women ♥

The fee for each immersion is £50 or **£35 if paid by one full week before each event** and to attend both full day immersions the fee is £70, or **£55 if paid by 22nd January**

You will help create a sacred space in which you can relax, open, heal, reclaim and support others to do the same. You will be fully honoured & there will be no pressure to participate.

On the evening of Imbolc, 2nd February you are invited to a fire ceremony to offer to the fire that which no longer serves and to welcome the coming light and abundance

The immersions and ceremony will be lovingly facilitated by Gillian Alexander



For further information please contact Gillian by email
on gillian@sacred-touch.co.uk or by phone on 07913 906 343
or see www.sacred-touch.co.uk/events