

Reclaiming the Sacred in our Cycles: Menstrual and Sexual Health for Women of Color

An Introductory Workshop on healing women's cycles from a holistic perspective

Drawing from indigenous and sacred healing traditions

Would you like to experience more ease around your menstrual cycle?

Are you looking for ways to promote conception and a healthy pregnancy?

Could you benefit from support adjusting to the changes of menopause?

Do you desire a deeper connection to your innate source of wisdom and power?

Wednesday, August 31, 2011

6:30-9:00pm

East Bay Healing Collective

1840 Alcatraz Avenue

Berkeley, CA 94703

Cost: \$25 Registration Required

Go to www.nirallitara.com for registration or call (510) 479-7806

Niralli is a yogini, bodyworker and dancer. She has been helping women reclaim the sacred nature of their bodies' cycles since 2001 when she began facilitating rites of passage retreats for girls experiencing menarche. She holds a Master's Degree in Somatic Psychology and is an intern in private practice at the Kensho Center in Berkeley. Niralli hosts a monthly moon circle for women of color in Oakland.



Prajna is a physician of Traditional Chinese Medicine specializing in treating women's health issues. Having worked with survivors of violence and abuse for many years, a quest for deeper modes of healing led Prajna to acupuncture and herbal medicine. Her clinical experience includes working with the premier fertility specialists in the country, clinics for HIV+ and cancer patients, and many other diverse communities and settings. She has lectured widely, and her work is informed by years of qi gong and mindfulness meditation practice.

This is an introduction to a series of workshops on this topic. This workshop is open to women, trans-men, and other female bodied people of color. The space is wheelchair accessible.