

Ignite the
SACRED FEMININE
Within You



*Welcome your full
Feminine Beauty and Power*

Join Sophia Magdalena and Mia for a Beautiful spring with the wisdom of the Goddesses, the Sacred aspects of our Feminine Self, so that we may ignite her, empower her and embody her within us.

TARA

THE MOTHER OF UNCONDITIONAL LOVE

SUNDARI

THE LOVER OF EROTIC INNOCENCE

KALI

THE WARRIOR OF TRANSFORMATION

LAKSHMI

THE QUEEN OF ABUNDANCE

We will access the different energies of the Goddess archetypes that can support you and liberate your full Sacred Feminine expression. The Goddess is a wisdom, a frequency, and to access her wisdom we connect with our feelings through heart, body, and spirit. This can be deeply healing and empowering. We look forward to share in sacred circle with you sisters.

Goddeess Tara

1st week 10th of April

WE OPEN TO COMPASSION
WITH GODDESS TARA.

Tara is the embodiment of compassion and a healer of inner pain. She radiates Love and luminous Light. She fills us with the sense of protection in coming home to ourselves. She is the inner star that shines through all our life experiences, light and dark and holds us in deepest compassion and acceptance.

We invite you to ignite Tara through meditaton, movement with a grounded kundalini yoga practice followed by a deep self inquiry journey releasing the negative judgements of self to full acceptance and Self Love, and finally by a rebirthing breathwork journey to integrate and embody the Divine Source of Love within.

Homework for the week is a Tara meditatoin where you with the tara mantra wll connect with the deeper aspects of compassion, self love and acceptance, filling up with divine Light within.



Goddess Sundari

2st week 16th of April

WE OPEN TO SENSUALITY
WITH GODDESS SUNDARI

We invite our inner Lover with Goddess Sundari. She is the expression and embodiment of beauty and sensuality She is innocently erotic. Are you ready to embrace your senses and to give yourself full permission to feel pleasure flowing through every cell of your body?

We ignite Sundari through releasing shame and guilt of our bodies and sexuality and in returning to our innocence we open to the frequencies of joy, bliss, and the ecstasy of life.

Through the breath journey, we open ourselves to all our feelings, moving through forgiveness to the natural flow of life of beauty and creativity, and invite you to express her joy and free spirit through our bodies as we move and dance with her.



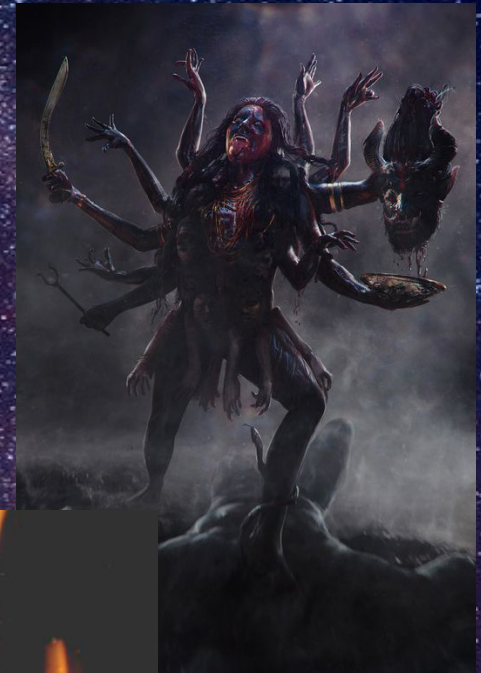
Goddess Kali

3rd Week April 24th

WE IGNITE THE FIRE WITHIN
WITH GODDESS KALI

Kali is the empowerment of the fierce protector within, the Goddess of action and destruction that cuts through our unhealthy contracts and bonds that diminish our light and potential. She shows up in the form of anger and intensity when its time to make changes, to let go of victimhood and smallness so as to transform these blocked energies and restore your passion and power of creation. From destruction comes creation.

We ignite Kali through a journey of self-inquiry with the shamanic breath, to transmute these contracted energies and beliefs into Self Worth Love, and Truth. Though a ceremonial Fire journey of purification, we invite you to burn and release all and Declare the Truth of I Am.



Goddess Lakshmi

4th Week May 1st

WE CELEBRATE CREATIVITY
WITH GODDESS LAKSHMI

She is the expression and embodiment of manifesting abundance, the Earth Goddess blossoming into the fullness of creativity in the world. She brings your inner light and radiance into the world through your body, your presence and creations.

We ignite Lakshmi through a Love's Breath journey, opening to fully receive and integrate the breath of Love, the sunrays golden light, the abundance of our creative potential and soul purpose.

In completion of our workshops we share our creative aspirations together and celebrate our courage, freedom, compassion, joy and beauty in gratitude for all our gifts, sharing our insights in Awakening and Igniting the Sacred Feminine within us.



Vincent Kos Photography

How to join us

We will meet online on zoom in sacred circle for women only and you will receive theory, movement, practices, deep inquiry, and sharing with sisters at four 2hr workshops.

Price 95 Euros or £80 for all 4 workshops!

To join simply message Mia or Sophia by e-mail and make your booking shimmeringstories@gmail.com or Sophia breathe@sophia-magdalena.com

Paypal 95 Euros to miakorling@gmail.com
in Sweden Swish 0736671307

PayPal £80 to verenamostyn@gmail.com

Please connect with Sophia or Mia if you have any questions, we are happy to share with you and warmly welcome you to the circle.

With Love, Mia & Sophia



www.sophia-magdalena.com