

# JOIN US 12/12 FOR AN INTIMATE WOMBN & BIRTHDAY CELEBRATIONS!



This month's WOMB'N is an intimate weave celebrating my birthday as well as Kerem Brulé's birthday. Kerem was the goddess playing the didj during the last phase of Mika's healing. I invite you if you feel called to join us for a loving warm connection to the WOMB, the collective womb and to HER, on 12/12. We will gather, unite, and journey inward and honor the seasonal transitions. We offer womb meditations/gentle yin womb yoga, vocalizations/toning and then a feast; celebrating the completion of my kitchen!

Bring any sumptuous healing and nourishing foods. I am making an age-old elder healing stew, an Armenian dish and mango cream pies! Wear layers, skirts, shades of red, burgundy, orange or wear white & warm thick socks & leggings. Bring a dish inspiring for our feast: wholesome food or drink. You may also bring a song, dance, or ritual.

Sudashina will be singing lovely Classical Indian sounds to her Tampura at 10:30pm. You are invited to also bring an instrument. For anyone coming long distance, tomorrow we will be kayaking in the Cove in the AM so you can stay over if you like.

**When: Dec 12, Fri Women Arrive and greet from 7:30-8:15**

**Women only rituals promptly at 8:30p -- 10:30p.**

**\*\*\*\*\*Couples and Men please join us at 10:30p.\*\*\*\*\***

**All RSVP's: 760-484-7792 or [SpiralAwakening@gmail.com](mailto:SpiralAwakening@gmail.com)**

**Where: 12705 Sandy Crest Ct., San Diego, CA 92130**



**About me: Dr Lisa is a psychologist, educator, workshop facilitator, ritualist and humanist. She has been hosting WOMB'N since 2003. WOMB'N weaves together beings from all teachings, walks of life, ages, sizes & ethnicities to support our awakening and evolution.**

