

EVE'S GARDEN

AN INTIMATE JOURNEY INTO YOUR SACRED WOMANHOOD
CYCLE OF 4 CONNECTED WORKSHOPS

Eve's Garden is a workshop in which women establish a completely new connection with their sexual organs. A woman's life of from her birth is inextricably connected with her sexual organs and breasts. The connection is fraught by intense and various emotions: from fear and unacceptance to pleasure and fullness. Female organs enable us to live our lives as women and are the source from where our experiencing the essence of being a woman comes: orgasm and sexual pleasure, menstruation, ovulation, conception, foetal development, giving birth, breastfeeding, and menopause. Each of us has gone through one or more of these experiences, often accompanied by turbulent emotions that remained subdued, unexpressed and unsupported by the conformist society that tends to judge us harshly if we let these feelings out.

Since the events connected with a woman's sexual organs determine her self-esteem and self-love to a great extent, it is extremely important that she feels them vividly and with joy. It is important that she feels their energy flow and be closely connected to them. In these four connected workshops every woman has the opportunity to look at her personal story surrounding her sexual organs and breasts and express it through dance and artistic creativity. Also, the workshop enables each woman to feel the essence of her femininity with fullness and clarity and reclaim her pleasure and feminine power.

Each cycle includes four workshops:

1 VAGINA, CLITORIS, VULVA AND BIRTH CANAL

2 THE WOMB

3 OVARIES AND FALLOPIAN TUBES

4 BREASTS

For start, just observe the feelings which arose as you were reading this. They have a profound effect on your femininity and sexuality, as well as your life experience of being a woman. The workshop cycle is designed as a combination of meditation techniques, dance, visualisation and painting and is suitable for any age. Its purpose is to heal the wounded parts of our femininity through artistic creativity. There are no obscene or explicit exercises or contents, and no nudity. Welcome!

Note: Minimum 6, maximum 16 women per group when in Pathways Centre space in Zagreb

Price: when in Pathways Centre space in Zagreb, Croatia 100 euro per person

Locations out of Croatia: Please contact info@centarstaze.com

How to apply: Please fill the application form

Questions: info@centarstaze.com