

Assignment for exploration

1. Do the meditation on the bottom of the homepage and reflect on following questions. Journal about them. Let your body write what comes alive for you, not your head.
2. What does femininity/womanhood mean to you? What is a woman? What is femininity? What arises when you think of these words? What comes alive within you when you FEEL INTO these words?
3. What is the relationship with your body like in this moment? How connected do you feel to yourself?

She.Wolf
empowering women