



Tantric Dance Yoga

A Sacred Sexuality Workshop for Women

with Niyav Connor

Sisters, the world needs our awakened, empowered, vibrant *feminine* energy now more than ever!

Delve into the joy and mystery of the Divine Feminine. Fusing yoga, dance/movement, sensual meditation and tantric exercises we explore female sexuality in a reverently playful way.

In this workshop you will gain specific tools for achieving sexual empowerment and freedom. You will learn to open the flow of life force through your body connecting your sexuality, heart, and spirituality. You will learn techniques for enhancing your capacity for pleasure.

With a MA in Psychology and years of personal as well as professional experience in the healing arts, Niyav provides a safe and loving container for all women to discover the divine essence within the female sensual body.

Niyav is devoted to the pursuit of health on all levels – physical, emotional, mental and spiritual. She brings a depth of intelligence, understanding and compassion to her work, which encourages playful fascination and exploration of the body. With over twenty years of practice experience, and nearly eight years of teaching experience, she is knowledgeable in many forms of Hatha yoga including Iyengar, Ashtanga, Kripalu, Power, Vinyasa, and Forrest. Her teaching is creative and joyful focusing on development of core stabilization, mindfulness of breath, and precision in postures. Additionally, she holds a MA in Clinical Psychology from the Santa Barbara Graduate Institute and a license in Massage Therapy from Santa Barbara Bodyworks.

Saturdays

February 27

April 10

June 26

4:00-7:30 pm

\$35 advance/\$45 door



Tel: 805.965.6045



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www.SantaBarbaraYogaCenter.com

Payments for workshops are non-refundable, but may be converted into credit (minus \$10 processing fee) if cancellation is made with a minimum of 48-hour notice.