

The Wonder of Women:

A Day-Long Workshop to Explore Women's Sexual Wellbeing

Saturday October 19, 2019 from 9:00 to 5:00 (registration begins at 8:30am)

Location: Meadow Wind Institute
100 Gray Rd, Falmouth, ME 04105 <http://www.meadowwind.org>

Tuition: \$175, *Lunch & Snacks included (GF and Vegan friendly)*

Come and enjoy a day of mindful healing, sharing of stories, and normalizing sexuality. You'll also take with you multiple holistic and contemporary resources.



We live in a culture where sex is everywhere, but often, we don't have a place to begin meaningful conversations about various aspects of sex and sexuality that affect us.

This workshop is for any woman who wishes to experience a safe and affirming place to expand knowledge of herself and her sexual self. Our day will include large and small group discussions, and several meaningful experiential activities.

Join AASECT Certified Sex Therapists Yara Perez, LCPC, CST and Kristin Areglado Hurley, LCPC, CST in a sacred and confidential circle of women, where we will explore sexual wellness from a physical, emotional, mental and spiritual perspective.

Space is Limited!!

For more information or to register you can contact either Kristin at <http://www.karegladohurley.com> or Yara at <http://www.yaraperez.com>