

The Tao of the Moon Woman ®

with Fabienne Flamand
Creatrix of the method of
The Tao the Moon Woman ®

From July 10th to 16th 2023

The Golden Flower Secret

From July 16th to 18th Juillet 2023

The Tao of the Moon Woman ®

Teachers Circle

At

Source Nature (Ariège - France
1.30 mn from Toulouse)



The Tao of the Moon Woman® offers a safe space reserved to women.

It is anchored in the pure Taoist tradition, dedicated to the birth, liberation and radiance of your feminine sexual Essence at the source of your unity, creativity and inner, organic and spiritual wisdom.

This method is an art : the art of being a woman in this changing world, stable and centered, regular in your practice. The art of embodying your body and thoughts, harmonizing both, accepting your changing and cyclic nature and still finding your deep rooted connexion to Earth. Practicing this method, you will adjust your « inner fires », from emotional to primordial and sacred, take care of your feminine health as you will give birth to the true authentic and serene flower that lies dormant in your Essence, your deep nature, the primordial nectar of your secret force.

The Tao of the Moon Woman ® is a daily art of living in an happy, harmonious woman's body, full of health, aliveness, strength , YIN-YANG balance and sovereignty.

This is where the feminine and her masculine touch are at peace and can honor eachother!

“The Moon women Circle is an atmosphere that allows the feminine flower to blossom. It weaves the nest of the embodied reconnexion of your mind and your body, giving you the full opportunity to relax within what you deeply are. It will reveal your inner light and offers it the roots to shine bright and dare the self confidence to be yourself...”

This Retreat of July 2023 is fully dedicated to you who are a woman on the path, who wish to continue your journey towards yourself, to the heart of the vibration of the living flame which thirsts for vitality from deep within you.

The Tao will allow you to take a break, to respect your feminine physiology, to concentrate and take care of your own energy, the well being you aspire to and that flows naturally from your sexual vitality and the inner unity that it generates. All your sensual being will find pleasure, alignment and solidity in the depth of anchorage to the Earth. The Earth will be there for you, vibrating with strength, wisdom and support.

I will guide you through a gradual and gentle descent. You'll glide in a kind of « dive », respecting your own pace, softly entering silence, this sacred space where your luminous nature can emerge from.. This way you will allow your deep feminine, secret, sensual and intimate tissues to smile again and... smile back to you! You will come back to a profound sense of wholeness.

Your inner alchemy will be delicately orchestrated by myself and my assistants, Lila Verdi and Eva van der Plas. You will be safely guided to the secret temple of the Golden Flower inside. Many phases of silence, alternating with the reconnecting dances and speaking circles of the *Moon Women* will offer you the opportunity to «let it finally be» as a non negotiable support for your blossoming. Your feminine «home» sparkling with energy and aliveness will enjoy calmness, legitimacy and fulfillment.

A heartfelt welcome to each of you who feels in her heart that she has to be there!



Fabienne



Our program

From July 10th to 18th 2023

- 6.45 Am – 7.45 Am : Come back to your feminine center as a woman, your pelvis, and breathe ... Awaken, warm up and stimulate your feminine blood flow, the « home » of your delicious sexual Yin Essence – Nourish your bones, lengthen your psoas, deep muscles and tendons during our morning gentle exercises stretching session on the floor

8.00 – 9.30 AM: breakfast & resource yourself

- 9.45 Am – 10.15 Am : Let's explore your feminine pelvis with the *Ori Tao Tahiti*, the gentle Polynesian dance made for women. Discover the dancing and tonifying movement of your pelvis and sacrum in Polynesian dance! Activate your blood flow in the ovarian and uterine region! Let's warm up your belly! Cold doesn't suit women!
- 10.30 Am – 12.45 PM : Feminine Chi Nei Tsang is the deep abdominal tissues Taoist detox massage that will give you your belly back: let's awaken to a new vision of your smiling belly, simply let go of your tensions, breath and relax deeply... Just allow your deep nature as a golden flower to blossom! Let's the thousand sources of aliveness and pleasure tingle from deep inside!

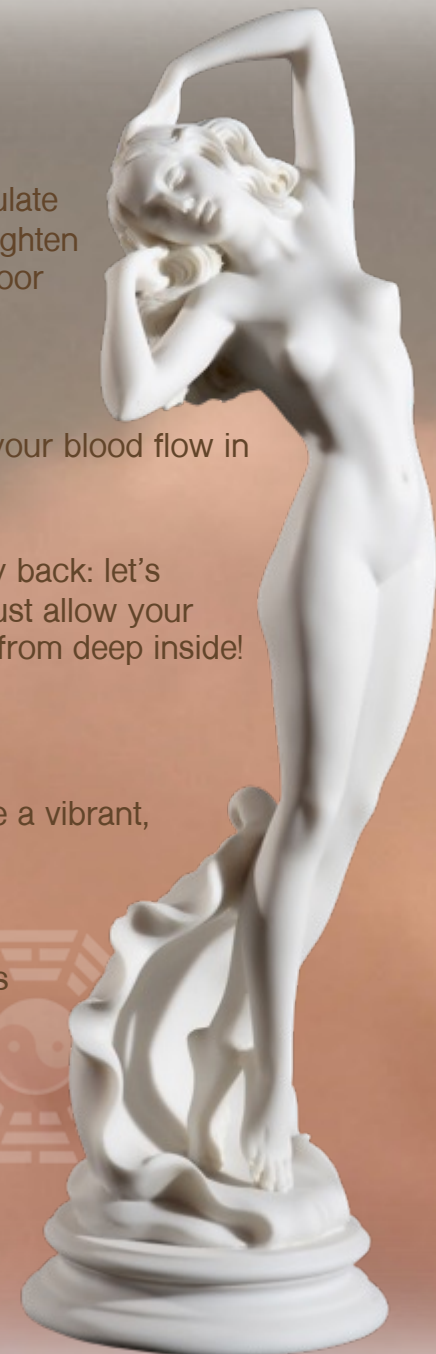
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13.00 – 16.00 PM: lunch & resource yourself

- 16.15 Pm – 17.00 PM : Let's hold your spinal cord rooted as a tree into nature again. Train your feminine pelvic floor to become a vibrant, connected root again! Expand your Dan tien (your feminine « cauldron ») in relation with the soft and deep source of wellness for your Kidneys – Make your Jing Essence even stronger!
- 17.00 PM – 19.00 PM : The Awakening of the Jade Princess – Basic and advanced Jade Egg practices to recover your Kidneys and sexual creative Essence, fill your feminine Celestial Temple, your Uterus, with Love and healing...


19.00 – 20.30: dinner & resource yourself

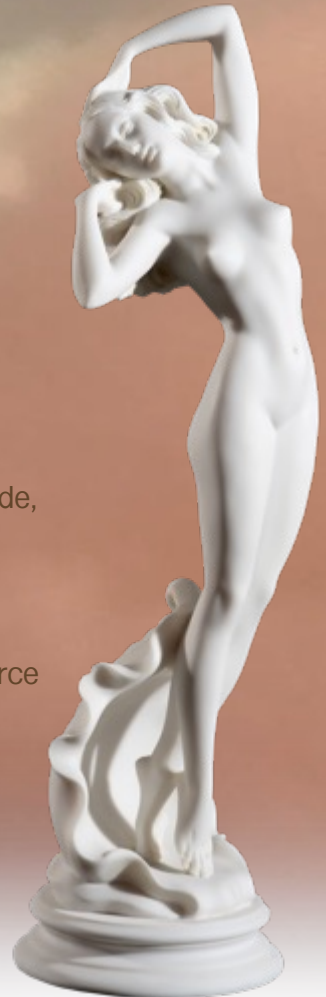
- 20.30 PM – 22.00 PM : *The Tao of the Moon Woman* © Teachers Circle



During this marvelous training week, you will...



- Relax, unwind, release the tensions of your belly
- Breathe, visualize, alchemize, reconnect to yourself and learn how to preserve the great balance of nature within yourself
- Smile at your purely feminine body, your home, honor it, shine from it and from its light inside, feel how beautiful you are and how proud of yourself you can be! You will dance in full confidence and free the flower of your beautiful life force!
- Feel aligned, take care of your posture, your positioning in life, nourish your center, take your place and root yourself firm into the Earth force
- You will feel orgasmic and warmed from the inside by your sacred fires which makes you so unique, so desirable, so independent and so magnetic... The power is in YOU: the creatrix is YOU, YOU decide what you want to become!
- Honor your perineum and all that it supports: your sexual organs, the base, the sacred root, the cauldron of the Goddess who is dormant inside you. You will open the access to the evidence of the divine in you...
- Enjoy the healthy cuisine of Source Nature and its cozy environment that will offer you joy, calm and the possibility of silent meditation in the primordial and preserved nature... 





I am a Taoist woman and Master Chia's *Universal Healing Tao System* Senior Teacher.

As I begin to receive from this authentic Taoist Grand Master the secrets of internal feminine sexual Alchemy in 1991-1992, it is love at first sight! What happens is a kind of revelation and re – connection and I start to dedicate body and soul to a very diligent practice.

I discover that inside the practice, treasures of a real methodology are hidden, a soft intention to let the secret powers of embodied Femininity emerge from the depth.. It's then obvious to me that I will concentrate on this path and transmit this pure gold to other women.

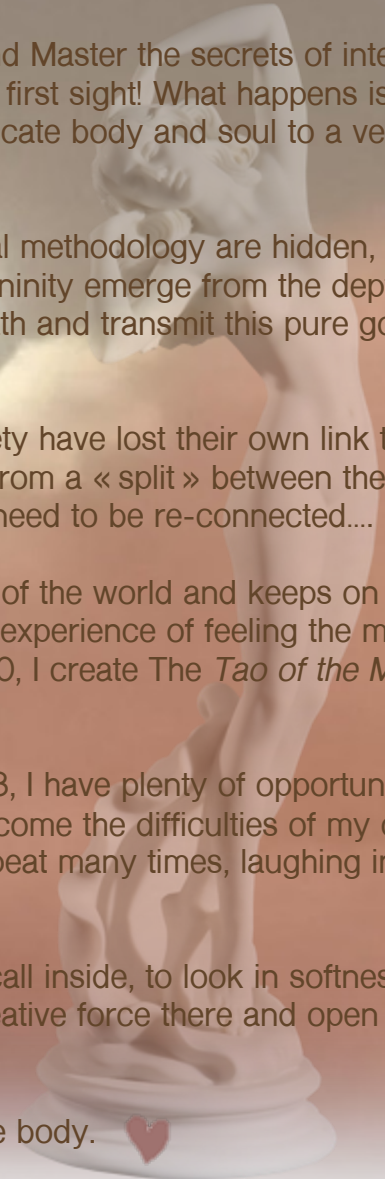
I begin to realize that some women in modern society have lost their own link to their deep wilderness and freedom: they seem to suffer from a « split » between their psyche and their sexual body. Both of them would need to be re-connected....

I teaches to many, many women in different places of the world and keeps on exploring and deepening my own training, my own experience of feeling the marvels of what I call « my re-connection ». In the year 2000, I create The *Tao of the Moon Woman* ® method.

Becoming a mother of two between 2007 and 2013, I have plenty of opportunities to experiment the strength of my own method to overcome the difficulties of my own woman's life ! "This Tao is a little miracle !" I will repeat many times, laughing in myself...

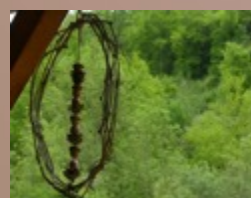
It's a simple invitation for every woman feeling the call inside, to look in softness towards the inner self, find the fine flower of the creative force there and open herself to it. This will simply guide you to self-realisation.

Everything is already there, deep inside the feminine body. ❤️



For our good practical organisation!

The Tao of the Moon Woman® from July 10th to 18th 2023



Location: SOURCE NATURE – Lieu dit Saint Albi – Le Saret – 09290 Le-Mas-d’Azil – (1.30 from Toulouse)
TEL: (+33) 06 68 54 27 07 – (+33) 06 12 64 30 72
E-mail : contact@source-nature.fr
Site Web: www.source-nature.fr / Facebook: https://www.facebook.com/SourceNature?locale=fr_FR

The schedule:

Expected time of arrival: your arrival is expected on July 10 around 4 pm to allow you to settle down comfortably and to be able to attend the opening of the seminar at 6pm. Dinner will be served at 8 Pm.

The seminar will end on July 16th after lunch (2pm) / and on July 18th after lunch or 2pm for the Teachers

Teaching Fee (do not include accomodation)

750 Euros – 400 Euros deposit will be requested at reservation (Earlybird price to 4th Mai only!)

If you want to attend the Teachers Training from July 10th to 18th 2023

950 Euros – 500 Euros deposit will be requested at reservation (Earlybird price to 4th Mai only!)

(If you decide to cancel your reservation before Mai 4th 2023, you'll get full refund/ between Mai 4th and June 4th:, you'll get half refund/ After June 4th: no refund)

Accomodation fees : contact@sourcennature.fr

85 Euros Full board in confort shared room with toilets inside the room /

70 Euros Full board in shared room with toilets nearby

Please directly contact Muriel at *Source Nature* to book your room and board : contact@source-nature.fr

To take with you to the seminar :

- Your nice *Moon Woman* journal
- Comfortable clothes you love to wear during your practice and a pareo for dancing, keep your warm and respect your intimacy during our Jade Egg practices
- Your bamboo hitter if you have one (to tonify your bone marrow – B. hitters will be sold during the workshop)
- Your Jade Egg if you have one (Jade Eggs will be sold during the workshop)
- A divine massage oil for your breasts (specific oils will be sold during the seminar)
- A bottle of water for the practice
- Your swimming costume for bathing in the river!



Suscribe & book your place : ● **Accomodation:** directly with Muriel, at Source Nature: contact@source-nature.fr
● **The Tao of the Moon Woman ® Training:** Please contact Fabienne at fabienne@taovivant.com