



Advancing and Empowering the Sacred Feminine

An Exploration of Consciousness and Self-Mastery

Gaia, Kwan Yin, Mary Magdalena, Athena, Laksmi.... there are many names to describe unique, profound aspects of the divine feminine within all human beings.

This year, take this opportunity to join us in:

- ◆ Exploring unique aspects of the sacred feminine as seen through different cultures
- ◆ Discovering what these energies mean in our lives through practical tools for self-exploration
- ◆ Sharing our collective wisdom
- ◆ Strengthening our understanding of ourselves, and each other
- ◆ Creating focused, healing energy which benefits all

What: A year-long class which will include meditation, ritual, sharing, self-exploration, historical/cultural discussion about a particular goddess/aspect of divine feminine from around the world, and practical experience. Each class will start with an optional Indian fire ceremony with Vedic mantras for the divine feminine.

When: 6:30 – 8:30 pm
(5:30 – 6:30 pm optional Indian fire ceremony)

Dates: Jan 24, Feb 7, Mar 6, Mar 20, Apr 17, May 8, Jun 5, Jun 19, Sep 11, Sep 25, Oct 23, and Nov 6, 2020

Location:

2808 E Madison St., Suite 206
Seattle, WA 98112

Cost:

\$96/month for 12 months
Space is limited, so register early!

Registration:

Call: 206.344.8053

Email: info@AstridPujariMD.com



Astrid Pujari, MD is double board certified in internal medicine and integrative medicine. She had a private practice for 13 years in which she combined natural/Eastern and Western medicine. She has taught meditation techniques for years for both lay and scientific audiences nationally, was featured on FOX news as a mind-body expert, and wrote a health column for the Seattle Times.