



A P R I L 2 1 S T , 2 0 1 5

Sistah's Organized and Unified for Liberation

Soul Sistah Series

In pursuit of a pleasure filled life

Your Yoni and You!

We cannot talk about living a pleasure filled life without first (re)connecting with our divine feminine power.

We all automatically connected pleasure with sex. We at SSS want to take the conversation one step further. So here are some questions for you to ponder...

What do you call, "down there"?

How do you know when she's happy or sad ☺?

What were you taught about "pum pum" maintenance?

Do you think your cycle has to hurt?

What do we want our daughters and granddaughters to know about their seat of creation?



Vaginal or yoni steam baths are an old, respected treatment for women used by Maya midwives and traditional healers in Central and South America. The practice is mentioned in early chronicles of Spanish friars who took time to record the healing practices of the Maya and Aztec.

The concepts of combining herbs and steam for medicinal use for the vagina and reproductive system has been adopted from age old methods of indigenous African, Mayan, Native American, Caribbean and Asian cultures.

Pleasure Principle

Freud's theory of personality, defines the pleasure principle as the driving force of the id (biological component of your personality). The id seeks immediate gratification of all needs, wants and urges. In other words, the pleasure principle strives to fulfill our most basic and primitive urges, including hunger, thirst, anger and sex. When these needs are not met, the result is a state of anxiety and tension.

What's your pleasure principle? Our definition of pleasure is a feeling of **happy satisfaction and enjoyment.**

We posit that the first step towards living a more pleasurable life is to get in touch with your divine feminine power.

What is the Divine Feminine?

In the spiritual dimension, it means including and valuing the feminine as an equally fundamental dynamic of the creative life force and the Divine, along with the masculine. The yang cannot exist without the yin. It means remembering our interconnection and oneness: we are not separate from each other and creation.

Manicures & Mimosa's

Attached in your email today and embedded in this newsletter, is a treat just for YOU!

You are getting an advanced peek at our Manicures and Mimosa's recap video. It's a just a taste, but we hope you enjoy.

And once you have been taken back to that wonderful experience of pleasure, we hope it will encourage you to bring your girlfriends out for our next event, Your Yoni and You!

We hope to see you soon!

<https://www.youtube.com/watch?v=JwKNSXVOTc8&feature=youtu.be>



SOUL SISTAH SERIES PRESENTS:

In Pursuit of a Pleasure Filled Life

YOUR YONI & YOU

Bring your girlfriends along and indulge in a day of guiltless pleasure and holistic rejuvenation at The Jewel of New York Spa's located in the heart of Manhattan.

Join us as we gather together in a holistic approach to yoni health and wellness.



Relax, Rejuvenate and Meditate

Tickets on sale soon

Join us on SUNDAY MAY 31st at 9:30AM

www.soulsistahseries.com