

A P R I L 1 4 ^{T H} , 2 0 1 5

Sistah's Organized and Unified for Liberation

Soul Sistah Series

In pursuit of a pleasure filled life



Pleasure Please

We asked a room filled with women to tell us the first thing that came to their minds when they heard the word pleasure.

After some awkward silence, in each corner of the room, women with hushed voices coyly mouthed the word sex!

The definition of pleasure, a la, Google is a feeling of **happy satisfaction and enjoyment**.

We ask you, using that definition to think of the things that bring you pleasure...after sex! Lol.

We at SSS are dedicated to the pursuit of your...our pleasure. As part of our journey together, we intend to provide spaces and events for women to be fully engulfed in pleasure.

Note: We wont be providing sex. Lol

We will, however increase the list of things we collectively find pleasurable.

Please join us as we pursue pleasure.

Manicures and Mimosa's March 2015

Our launch event, Manicures and Mimosa's was a certifiable hit! Initially we planned to invite 8 women to enjoy food, drinks, and lots of girl talk.

We ended up tripling that number.



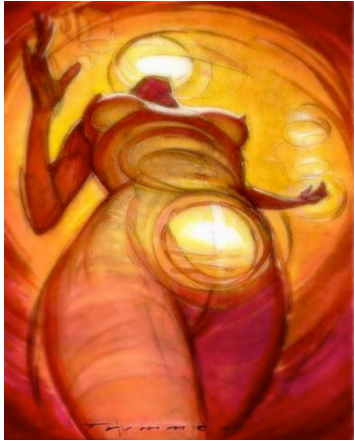
Women of the diaspora from all walks of life, gathered together for unlimited mimosa's, luxurious manicures and a massive round of sistah sharing. We started our conversation talking about Shonda Rhimes and our favorite fixer, Olivia Pope, wondering why she just can't seem to get love right?!

90 minutes later we had taken a wicked ride around the African Diaspora.

If you were one of the lovely ladies who attended the event please fill out our quick and easy survey monkey and give us some feedback!

<https://www.surveymonkey.com/s/KCBM7LM>

Save the Date! Vagi Steam May 31st, 2015



What's a yoni?

The Sanskrit word for female genitals, it translates to "source of all life" and "sacred space"

Why are we steaming it?

Women who may benefit from a Y-steam treatment would be those with the following conditions: uterine fibroids, painful menstruation, uterine weakness, uterine prolapse, **irregular menstrual cycles**, **ovarian cysts**, **endometriosis**, **reproductive** adhesion/scar tissue, previous vaginal tear or episiotomy, and dark purple or brown blood at the onset or end of menses and **to enhance your sex life.**



yOni

soft
creative sensual
receptive changeable
maiden mother
breast earth heart feeling
crone darkness birth ... death
body bitch grace water witch circle
hidden luscious artist expansive
womb sacred blood sexual erotic goddess
fertile moon music born to shop wild
tears healer shy flower ritual
beauty intuitive superwoman
innocence anger slut
lover wisdom
sister hood
bliss
sacred gateway

**Yoni, Vagina, Punany,
Vajayjay, Snatch, Pussy,
Kitty, Cat, Cookie, Purse,
Who ha!**

The Seat of Creation!

Yoni Steaming, also known as V Steam addresses the needs of the Womb as well as the body, mind and spirit of the Woman. Yoni Steaming is the use of ancient herbal steam practices to assist women in regaining balance within their Womb. Yoni Steaming has been used for thousands of years to promote healing, balance and well-being to the reproductive organs. This steam bath sends womb strengthening, toning & fortifying herbs through the vagina & cervix, into the fallopian tubes, ovaries and uterus using a gentle warm steam.

How do we care for our seat of creation? What do we really know about the power of the punany? How connected or disconnected are we from our root and sacral chakras?



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