

Nurturing Womens Health with Mona Hebert

Dance of the Uterus

A unique workshop for women only, where you will discover a series of dynamic exercises practiced with music, designed to restore and maintain women's genital health. This workshop is meant for all women, whatever their age and gynecological condition.

By contracting and relaxing the uterus and the muscles of the lower pelvic area, we increase oxygenation and blood flow. These simple and powerful exercises allow regeneration of female organs, promote better inner consciousness and help maintain or restore hormonal balance.

Dance of the Uterus offers multiple benefits in all problems related to the female cycle: menstrual pain, irregular cycles, absence of periods, premenstrual syndrome. Practicing the exercises induces greater emotional stability and a fulfilling sexuality. The method can be used as a natural means of birth-control; it stimulates fertility and libido, helps reduce cysts, fibroids and endometriosis, and allows a harmonious transition into menopause.

The exercises are also very good for women who do not have their uterus anymore, or who suffer from fallen organs (prolapse). But most of all, Dance of the Uterus is excellent for maintaining and enhancing our genital health.

A personalized program will give each participant greater autonomy in matters of gynecological health. Each woman will be able to act individually upon her cycles, in the privacy of her home. By greater awareness of our inner magic, we regain the power of our femininity.

"In the company of women, share the language of the body, enter the way of the uterus, learn how to speak with the belly, the intimate mirror of our creativity."

PROFILE:

Mona Hebert is a homeopath, naturopath and herbalist. She has her own clinic in Montreal (Quebec, Canada), where in fifteen years of practice she has seen several thousand women.

She also gives many workshops for women in North America, in Europe (France and Belgium) and now Japan. In her book "La medecine des femmes" ("Women's Medicine", published in French by Editions du Roseau), she shares her rich experience of natural health care for women; she invites us to read the genital language, to perceive its encoded messages and to discover a type of health care that we can become familiar with, understand and integrate.