



Silvana Rigobon: Cycles of Power: a Female Embodied Initiatory Path



Imagine we could support an education that takes the wisdom and dignity of the female cycle into account. Imagine how we could also support our communities to become eco-systems that respect and honour the cycles of life. Silvana Rigobon is a REDvolutionary dreamweaver, TEDx Speaker, cycle mentor, Movement Medicine teacher and the Community Weaver of Conscious Dance Italy. She uses the archetype of red thread to intertwine the stories, dreams, and talents of women.

**TOP EMBODIMENT TIP:** Connect and listen to the cycles: Begin and end your day looking at the sky.

Silvana's Mission And Dream:

- Her mission is to **support and empower women to remember who they are, and particularly to inspire young women to be at ease in their bodies.** She believes that **awareness of the body and trust in the support of other women is life affirming.** *"I dream of a society where women of all ages, especially teenagers, have access to an education that takes into account the wisdom and dignity of their body".*

Connecting With The Cycles: Bringing Our Attention to the Cycles of the Breath, the Sun, the Earth, the Moon

- Being in tune with our rhythms means honoring the cycles of connection, letting go, going inward, shedding what is not needed, and coming back to stillness.

Using Menstruality As A Map: Explore the Territory of the Female Body

- **Women pass onto each other the knowledge and wisdom of the life process** which goes from menarche, to the bleeding years, to menopause and through the years of maturity.
- This map conveys a perspective that **restores the female cycle to its original role of dignity**, and becomes an internally embodied tool of self-knowledge, wisdom and connection
- **Every month a woman has access to a rite of passage:** The idea of *inner permaculture*
- **Menstruality is not a disease or weakness but a healthy, dynamic process** with a defined structure and it recalls the four seasons of the year.
- A women who doesn't fight her cycle and rather respects her changing energy has access to an amazing guide that is her **own unique inner coach. The cycles guide women through their journey of self-knowledge.**
- The archetype of red thread: Represents the **wisdom from past ancestors, the dignity within our own center, and the wisdom we pass to future generations.**
- Silvana describes her collaboration with men and women in Turkey, Greece and India, to bring understanding and awareness of the cycles within in a supportive community setting.

Resources

- ❖ **Website:** [movementmedicineassociation.org](http://movementmedicineassociation.org)



## **Silvana Rigobon**





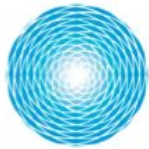
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