



**Dona Tumacder-Esteban: Embodying Our Inner Moon: Moving with Our Menstrual Cycle**



Dona is passionate about educating people and shifting society's perspective and experience of the Menstrual Cycle so that healing can occur both individually and globally. Her approach is an integration of embodied practices, Deep Feminine energetic imprints, Traditional Chinese Medicine, hormonal harmony, psycho-emotional health and practical Spirituality. In this session, explore an embodied practice to tune into your own cyclical wisdom.

**TOP EMBODIMENT TIP:** Track yourself all throughout your cycle & you might discover some beautiful things. Our bodies are here to support us and when we come in touch with who we are we can make choices to reflect that.

**We Are Cyclical Beings: We Need to Honour Ourselves**

- The womb is a living body of wisdom, Dona calls it '*our wise womb*'.
- **The 28 day cycle is a myth** and anywhere between 24 and 35 days is considered a healthy cycle length. Regardless, it's important to know OUR cycle for our own self awareness and self care.
- We can view our cycle through distinct **phases** and also through the use of metaphors like a **moon cycle** or **cycle of the seasons** and through the lens of **archetypes**. These are options for us to be able to understand and embody the different energetic imprints of our cycle.

**Hormones: We Don't Need to be Victims!**

- We have been conditioned to think that we are biologically determined or 'victims' to our hormones. Yes our hormones influence us and **our hormones are there to support us** in every phase of the cycle.
- The reverse is also true - **what we do and the choices that we make can influence that beautiful choreography of our hormones**. We need to ask, "*What do we want to balance today, what is our intention for on the mat?*"

**The Power of the Phases:**

- **Blood Phase** - power of releasing, restorative rest time. Internal honouring, grounding, deep listening to our wombs.
- **Follicular Phase** - power of possibilities, curiosity. Energy building, muscle build & repair. Strong practices.
- **Ovulation** - power of receptivity, expression. Full externalisation balanced with moderation and regulation.
- **Luteal Phase** - power of resolution, energy returning inwards. Completion, sensitivity, boundaries. Slower practices.

**Yoniverse Exploration: Through the Moon Phases**

- Dona guides us through a fluid and embodied practice to discover the possibilities of each phase of our cycle and tune into the innate intelligence of our bodies and our 'wise wombs'.

**Resources**

- ❖ **Website:** [innermoonwellbeing.com](http://innermoonwellbeing.com)



## Dona Tumacder-Esteban





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**Leslie Kaminoff**, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

[YogaAnatomy.net](https://YogaAnatomy.net) is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and

[YogaAnatomy.net](https://YogaAnatomy.net) has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at [YogaAnatomy.net](https://YogaAnatomy.net) are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.