



Wild Feminine: Finding Power, Spirit & Joy in the Female Body

By Tami-Lynn Kent

Beyond Words Publishing. Paperback. Book Condition: new. BRAND NEW, Wild Feminine: Finding Power, Spirit & Joy in the Female Body, Tami-Lynn Kent, Wild Feminine offers a unique, holistic approach to reclaiming the power, spirit, and joy of the female body and to understanding its connection to creative energy flow. By restoring physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine. Although the feminine body is an access point to the greater realm of the spirit, many women have lost their connection to this source. Author Tami Kent, MSPT, has an answer. Drawing from her experiences as a woman's health physical therapist who works with the physical body and female energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic bodywork, healing stories, visualisations, rituals and creative exercises, women can explore the deep and natural wisdom inherent in the female body.



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