

# YONI ART™

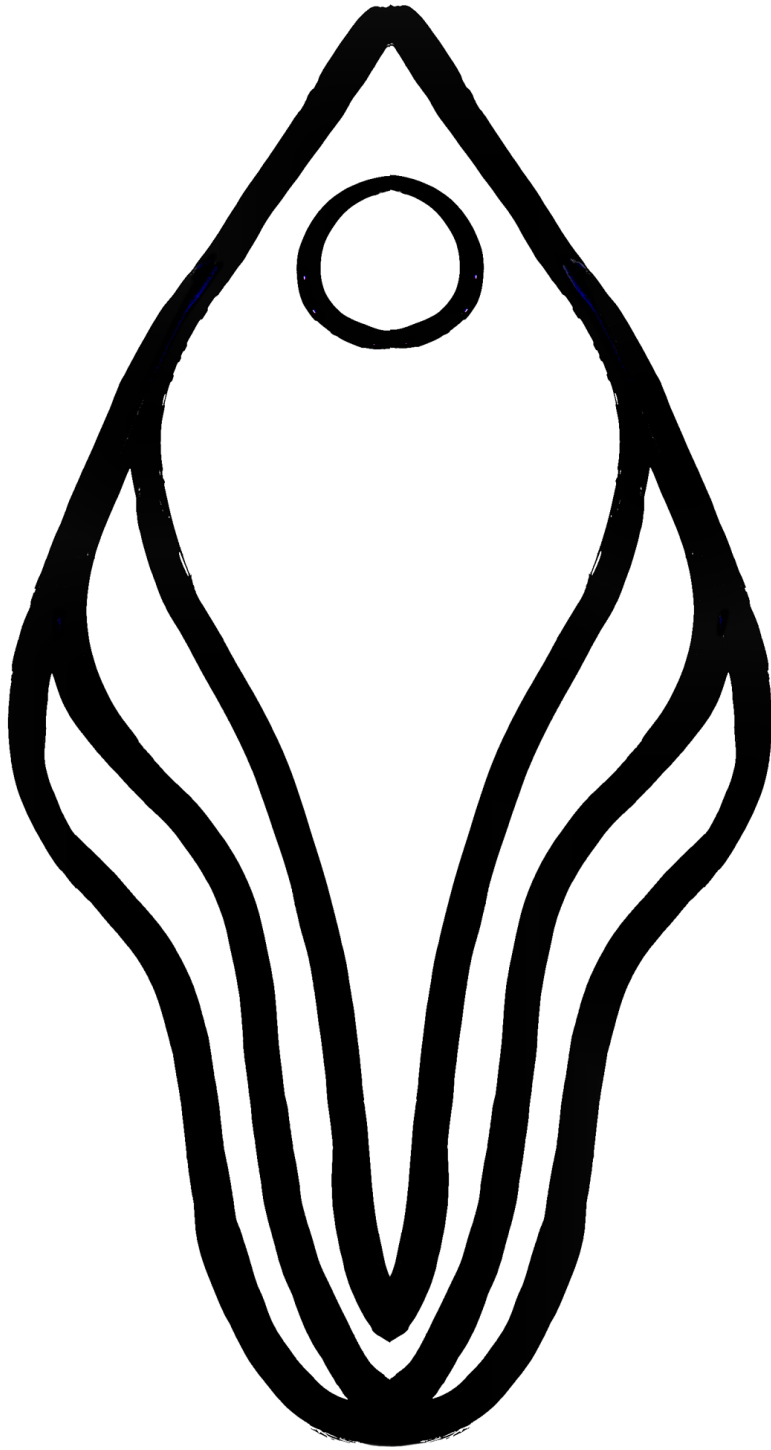
## Fest



5-DAY CREATIVE JOURNEY

with your guide

Laüra Hollick



# Welcome to Yoni Art Fest!

Yoni Art Fest is a global art event gathering women from around the world to explore, express, and embody their yoni.

Yoni is a Sanskrit word that means “Sacred Gateway.” It refers to the sexual anatomy of the feminine, as well as the spiritual principles of the Divine Feminine.

This Yoni Art Fest journey is designed to be your sacred gateway to a profound personal awakening as well as our collective rebirth.

During this 5-day online event, you’ll be guided through daily creative rituals to deepen your relationship with your yoni. You’ll also have access to a powerhouse of inspirational interviews with leading experts in sexual empowerment, feminine leadership, sensual expression, and spiritual embodiment.

Each day, you’re invited to join our Live Yoni Art Fest Ritual to experience simple creative processes to nourish, heal and delight your yoni!

You don’t need art experience to participate in these daily creative yoni rituals. All you need is this journal, some simple art supplies (like markers), and the desire to connect with your yoni.

Carve out the sacred space to experience the profound power of your yoni!



Laïra



Yoni Art Fest Facebook Lives takes place in the Soul Art Studio Community Facebook Group:

<https://www.facebook.com/groups/soulartday>

**Day #1**

Monday, June 14, 1pm-2pm EDT

MEET YOUR YONI

**Day #2**

Tuesday, June 15, 1pm-2pm EDT

RECLAIM YOUR ROOT

**Day #3**

Wednesday, June 16, 1pm-2pm EDT

YOUR SEXUAL AWAKENING

**Day #4**

Thursday, June 17, 1pm-2pm EDT

EMBODY YOUR ESSENCE

**Day #5**

Friday, June 18, 1pm-2pm EDT

REBIRTH

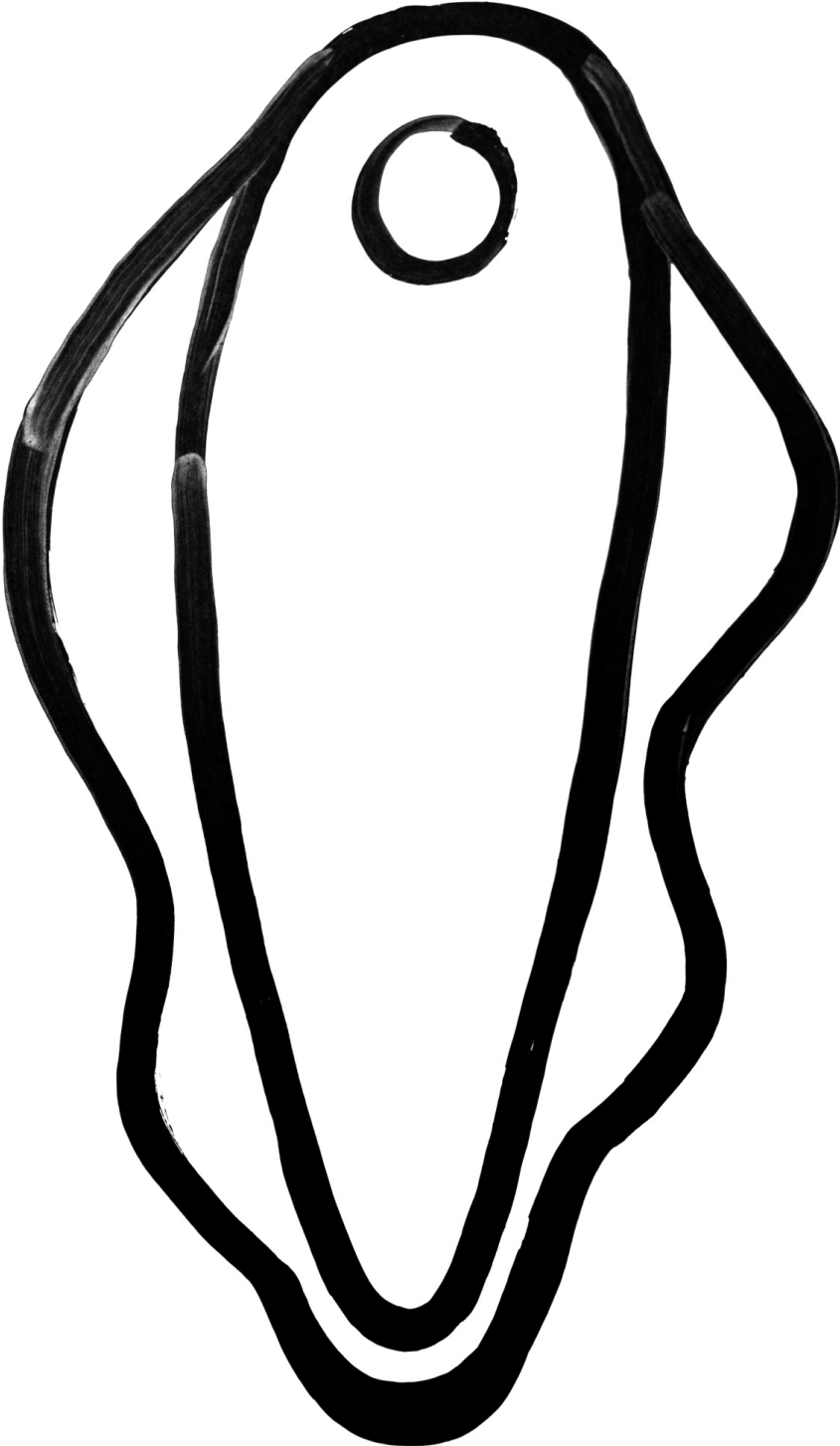
## Day #1

# MEET YOUR YONI

Your yoni is the Divine Feminine expressed and experienced through you.

What does yoni mean to you?

Fill in the yoni with some thoughts and feelings about your yoni.



What is your yoni origin story?

Get to know your yoni! Look at her in the mirror. Touch her and notice her temperature and texture. Feel her and notice her mood and character. What do you notice when you connect with your yoni?



Journal and sketch about what came up during the “Meet Your Yoni” guided ritual...

Create some Yoni Art to express your yoni! Draw, paint, sketch, or scribble something that expresses your yoni...

## Day #2

# RECLAIM YOUR ROOT

For centuries women's roots have been tangled up in the patriarchal system that exploits and devalues the true nature of the feminine.

Reclaiming your root is about calling the power back to your truth and healing the wounds that have disconnected you from your power.

How do you feel about your feminine root?

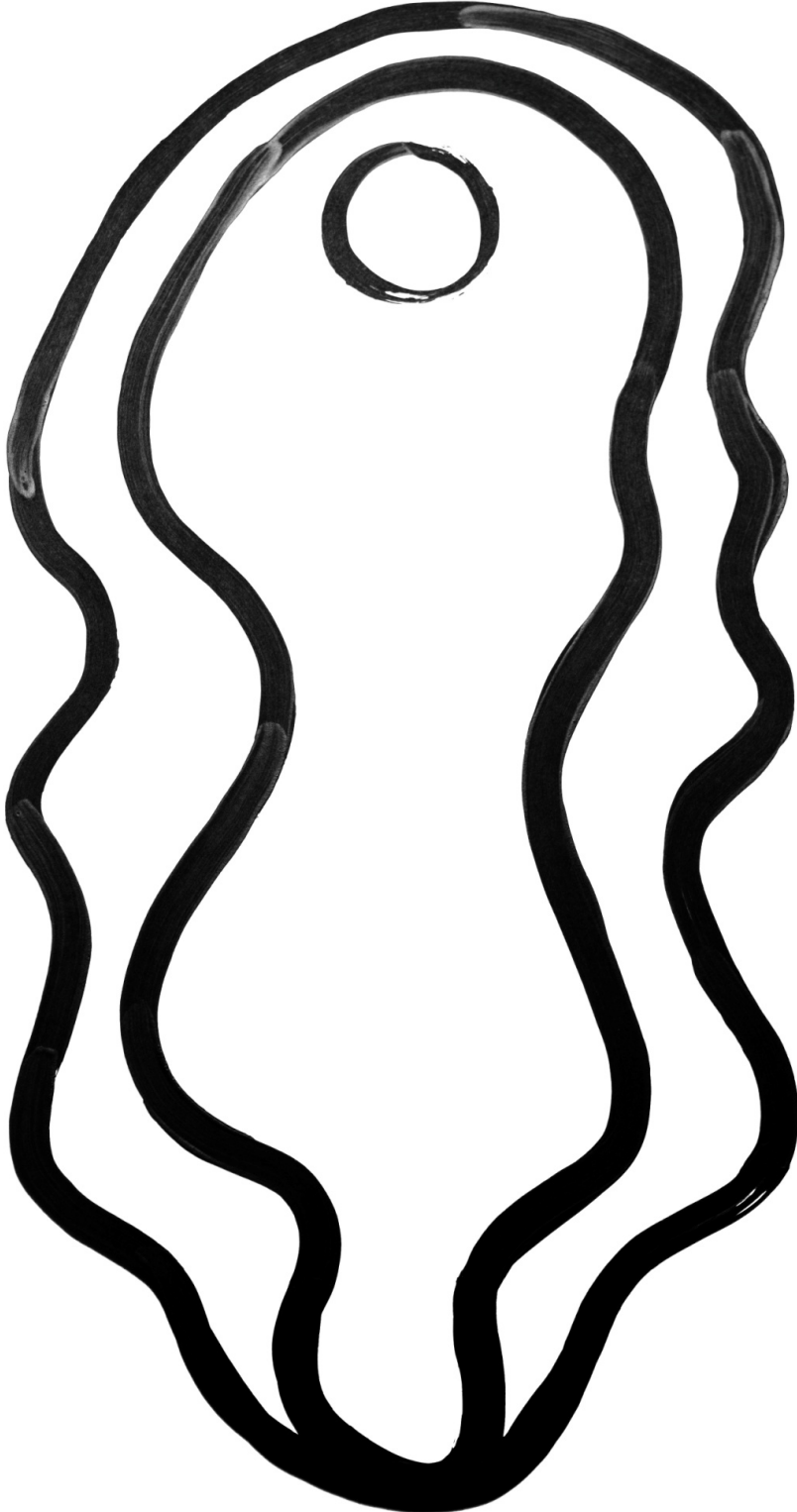
How did your family express and experience the feminine?

How did your family view female sexuality?

What messages did you get growing up about your yoni?

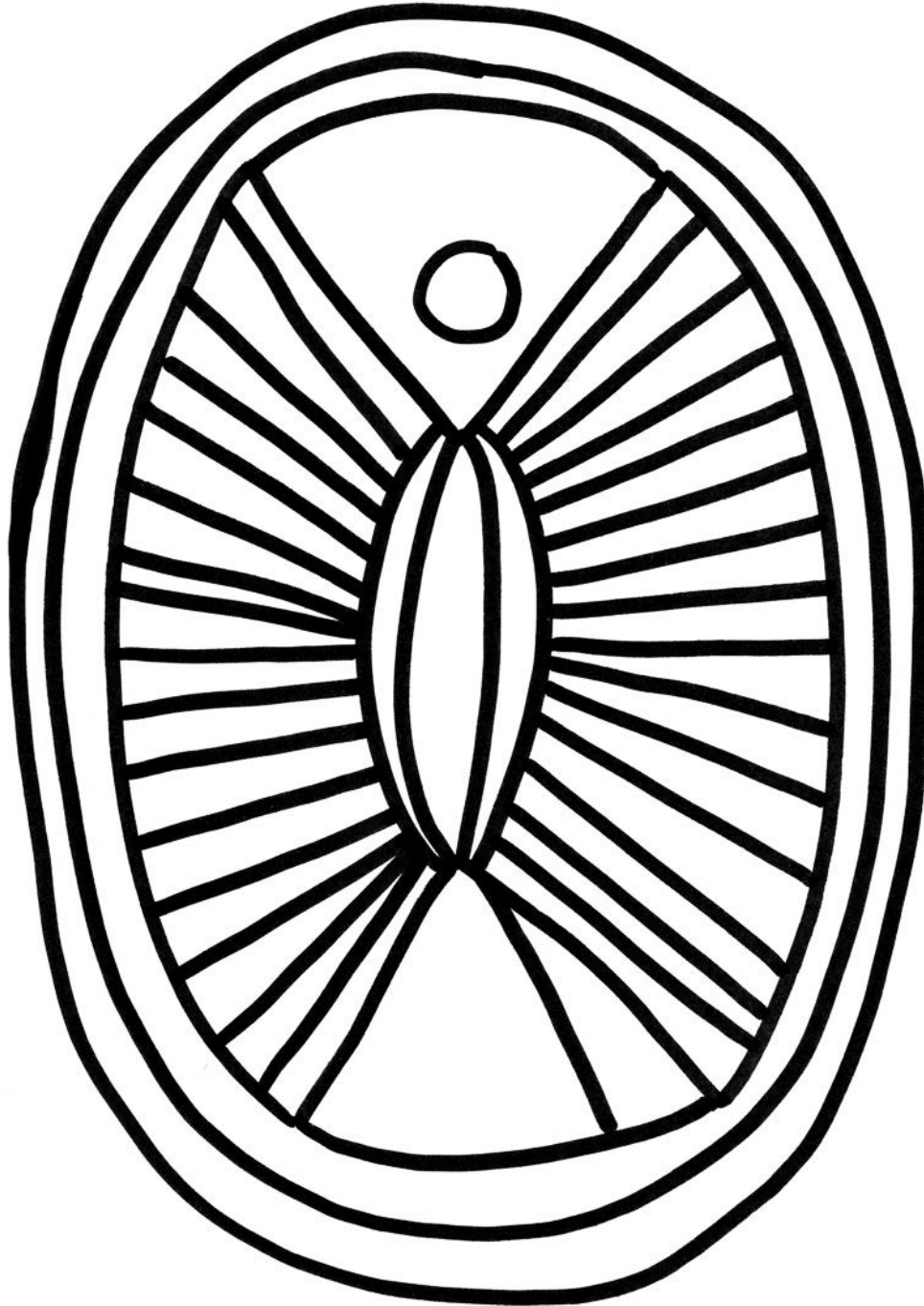
Is there anything that wants to be healed or released from your yoni?

Fill in the yoni with something that wants healing or release from your yoni.





State a healing prayer for your yoni and color this yoni as an active prayer to call in healing love to reclaim your root.



Journal and sketch about what came up in the “Reclaim Your Root” guided ritual....

Create some Yoni Art to express your reclaimed root!

## Day #3

# YOUR SEXUAL AWAKENING

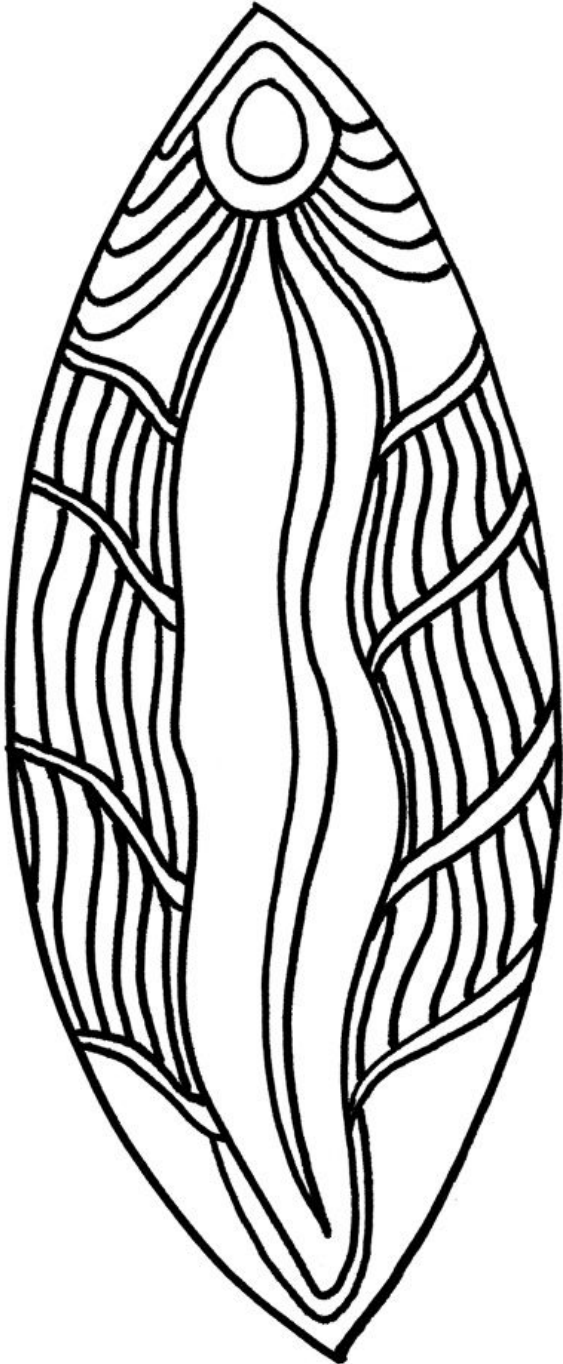
Your yoni connects you with the primal pulse of your sexuality. Awakening your sexuality is a sacred rite of passage that deepens and elevates your body and your life.

How do you currently experience your sexuality?

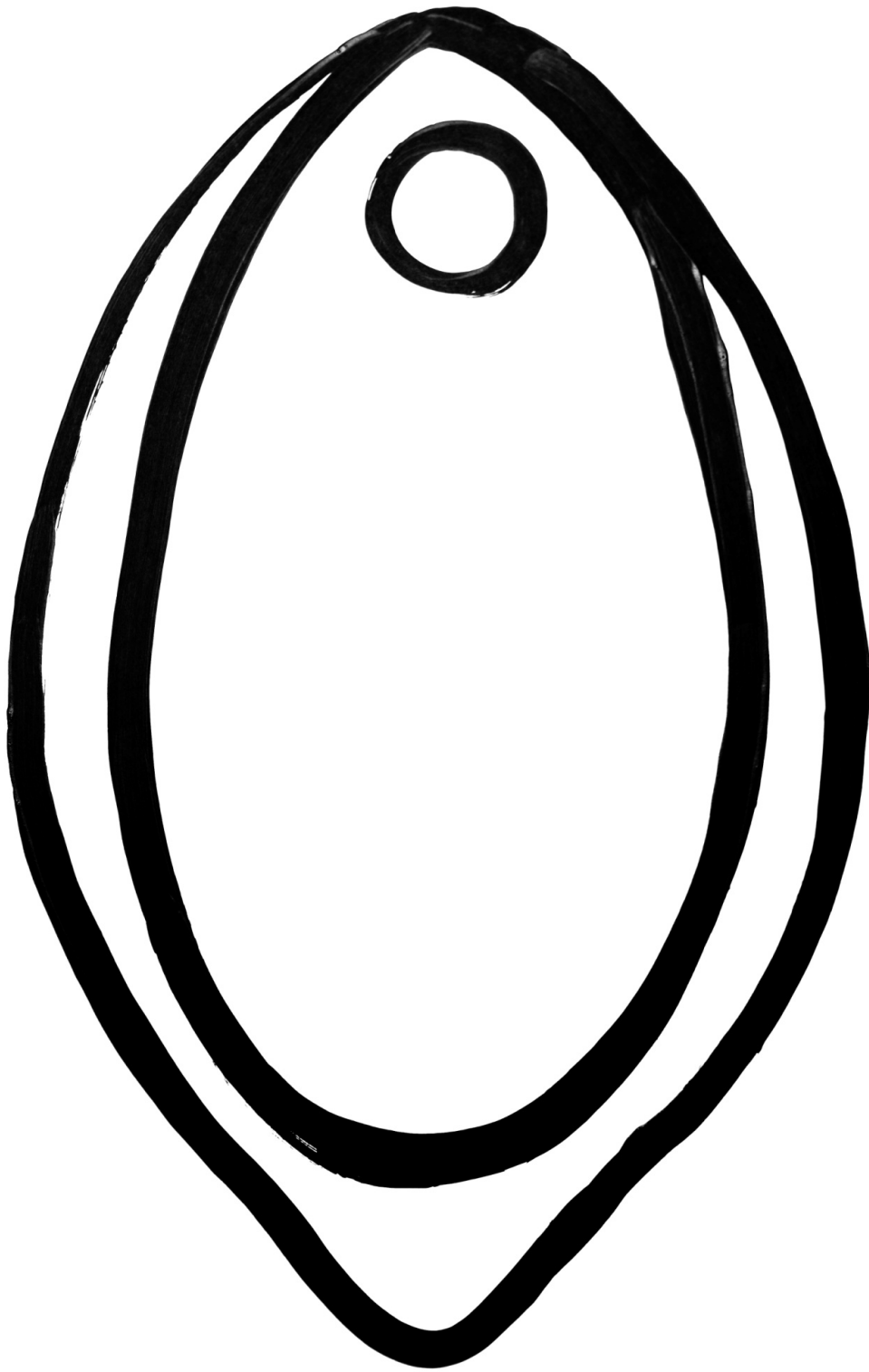
What makes you feel safe to open and surrender into your natural sexual expression?

What closes you up and makes you feel tense and anxious in your body?

Use this yoni as a coloring meditation to allow any tense energy in your body to respectfully process through.



Connect with your yoni and ask her what she would like to experience sexually.  
Fill in the yoni with whatever comes up.





Journal and sketch about “Your Sexual Awakening” guided ritual....

Create some Yoni Art to express Your Sexual Awakening!

## Day #4

# EMBODY YOUR ESSENCE

You are a Spiritual Being having a human experience. Embodying your essence is about merging the natural intelligence of your body with the wisdom of your soul.

How do you currently connect with your body?

How do you currently connect with your soul?

Fill in the circle with a symbol to express your body.



Fill in the circle with a symbol to express your Soul.



Journal and sketch about what came up in the “Embody Your Essence” guided ritual...

Create some Yoni Art to express your embodied essence!



## Day #5

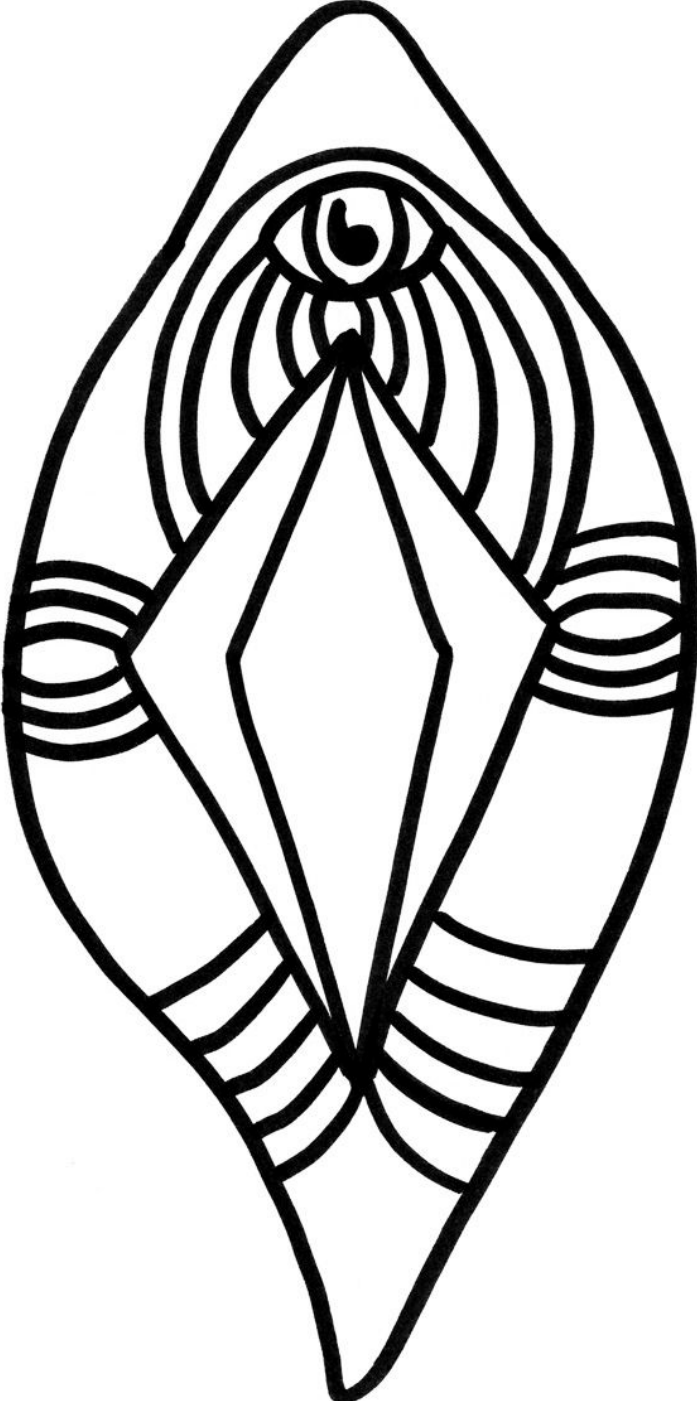
# REBIRTH

We are in a process of a collective rebirth as we move through the birth canal of these transformational times. The collective energy stimulates your personal rebirth, and your personal rebirth stimulates the collective unfolding.

What are you noticing in our global culture that is calling for a rebirth?

What are you noticing in your own life that calls for a rebirth?

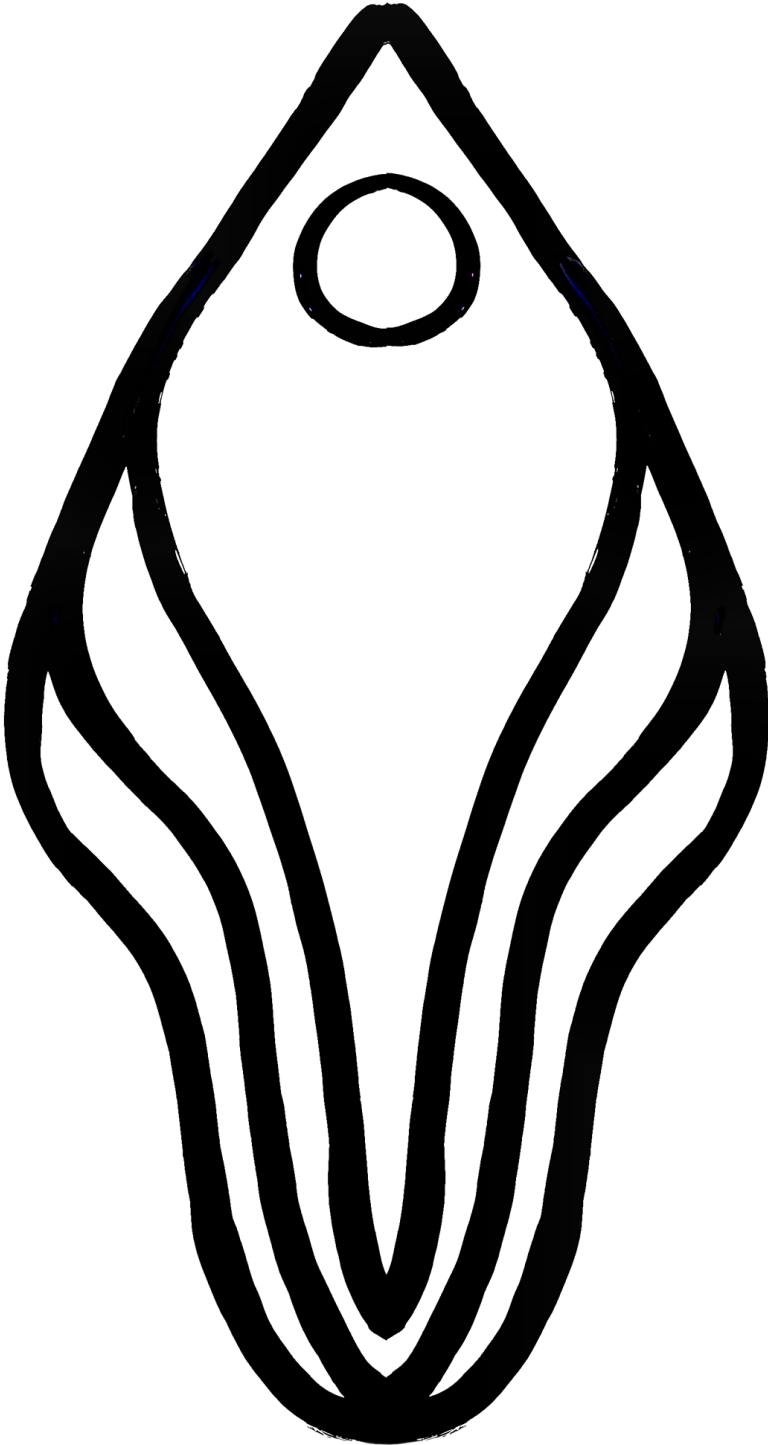
Name something you would like to see happen in your personal life through your rebirth and color its energy into this yoni.



Journal and sketch about what came up in your “Rebirth” guide ritual...

Create some Yoni Art to express your rebirth!

Fill in the yoni with the most extraordinary experience you had during this 5-Day Yoni Art Fest journey.



Ahhhh.....mazing!

Deep bow to you for devoting your energy to your sacred yoni. Want to experience multiple aahhhhs?

Continue the journey:

Sign up for the



<http://yoniartcertification.com>