

Acquista eBook The Yoni Egg: Reveal and Release the Sacred Feminine Within

By Lilou Mace

The Yoni Egg

Reveal and Release
the Sacred Feminine Within



Lilou Mace

Foreword by Mantak Chia

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Books Details

Author : Lilou Mace Pages : 192 pages Publisher : Destiny Books Language :
ISBN-10 : 1620558653 ISBN-13 : 9781620558652

Books Descriptions

Reveals the practices and rituals of the yoni egg for physical, emotional, sexual, and spiritual growth and healing ? Explains how to use a yoni egg at different stages of life to access inner beauty and wisdom, improve your sex life, prevent urinary incontinence and other women's concerns, prepare for and recover from childbirth, release emotional trauma, boost confidence, and enhance vital energies ? Reveals the properties and benefits of 12 different stone eggs along with guidelines for choosing the egg that will work best for you ? Includes contributions from Taoist and tantric master teachers, including Mantak Chia, Minke de Vos, Aisha Sieburth, Jutta Kellen-Shepherd, Sarina Stone, Shashi Solluna, and Jose Toir?n, as well as testimonials from women of all ages Used for thousands of years throughout Asia, including by the royal concubines of the Chinese emperors, yoni eggs are egg-shaped stones used internally to help tone the pelvic floor and vaginal muscles as well as increase

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