

# Book Launch Event

## ‘MOVING WITH THE MOON’

BY ANA DAVIS

Yoga, Movement and Meditation for Every Phase  
of Your Menstrual Cycle and Beyond

1PM-2PM, FRIDAY 15TH MARCH, 2019



Drawing on her 20 years of teaching yoga and training teachers, Ana Davis has recently published her much-awaited book, ‘Moving with the Moon: Yoga, Movement and Meditation for Every Phase of your Menstrual Cycle and Beyond’ - her new ‘health bible’ for women.

At this special book launch event, Ana will share her ‘Moving with the Womb’ approach — explaining why it’s so important for women to adapt their yoga practice to the different phases and stages of their lives.

This is a free event but please register your attendance: [www.midcoastlibraries.com.au/events](http://www.midcoastlibraries.com.au/events)

Books will be available for purchase at the event.



**Hosted by Taree Library**

242 Victoria Street,

Taree, NSW

*'A beautiful roadmap on how women can all live a life in tune with our natural rhythms, one that leads to fulfilment, creativity and a life of ease.'*

- Eve Grzybowski, author of 'Teach Yourself Yoga' and 'The Art of Adjustment'

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