

— Byron Bay Book Launch Event —

‘MOVING WITH THE MOON’

BY ANA DAVIS

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

6PM-8PM, FRIDAY 1ST MARCH, 2019



‘*Moving with the Moon*’ is the complete guide to yoga for your menstrual cycle and menopause offering an in-depth understanding of the fluctuations of your hormonal cycle and how to adapt your yoga practice for maximum health, energy and vitality – no matter what age or stage you are.

Stressing the Feminine: Lisa Fitzpatrick in conversation with Ana Davis discussing women and burnout.

Plus: live music, poetry, Ayurvedic nibbles & chai, and book signing.

This is a free event but RSVP appreciated for catering purposes: ana@anadavis.com // 0449 656 744

Event Venue: Yummy Studios
1/67 Centennial Circuit
Byron Bay Arts & Industry Estate

“Ana Davis successfully integrates insights from the growing fields of menstrual awareness and women’s yoga with her own deep experience as a yoga practitioner and teacher.”

—Lara Owen, author of ‘*Her Blood Is Gold: Awakening to the Wisdom of Menstruation*’

www.blissbabyyoga.com/book-launch-events/

