



# Le Tao de la Femme Lune

Allow your  
feminine sexual  
creative energy  
to awaken and  
blossom!

with Fabienne Flamand  
A TRIMURTI — from August 20th to 24th 2019

*Women* have a hidden secret inside. Exactly as men do! Men and women are very complementary but still very different: they have totally opposite ways of being in touch with their inner strength. The secret is to be in touch with our sexual « Yang » or « Yin » oriented polarity. How does our society deal with those polarities? To what extent Yang and Yin polarities are respected? How much space for the Yang energy? How much space for the Yin energy? How does our society consider feminine pleasure? Do modern, overactive and multitasking women have any opportunity to be in touch with what they feel « inside », to create their lives according to the quality of pleasure they get? Many of us are totally exhausted and have no time to relax and recharge, to be in touch with what it means to really be ourselves. It's time to come back to our real life force. Our sexual and sensual beautiful bodies are the mirrors of our physical, emotional and spiritual wellbeing ...

*The Femme Lune* is the woman who dares to come back to the source of her deep self, of what belongs to her from time immemorial. She is the one who dares to let her fluid nature emerge, who fully embodies her creative sexual energy, her delicious feminine hormonal polarity, her divine connection to the nourishing Earth, the source of all aliveness. This is all she needs: just give a chance to the radiant source inside to get revealed from the depths, just to be in touch with the core of her vital force, to be reconnected to it. Relaxing her mind into her beautiful body, she will find the path to her true « home » within her waist, become receptive again to the vibrant soul of her cells.

*Le Tao de la Femme Lune* forms a set of deep feminine practices, inherited from extraordinary Taoist Internal Alchemy. Based on softness and fluidity, the aim of those very grounding and the most of the time dancing, very freeing exercises, is to rebirth women's sensual and sexual Essence, as a delicious, divine source of feminine wellbeing : a source of vital force and spiritual enlightenment for women. Practicing those exercises on a regular basis can give birth to a real Tao, a path, a real way of living femininity in our own being but also our relationships, our family, our profession as a pacifying and creative lifestyle, a profound reconnection to the refreshing and life — giving juiciness of the Goddess in us!

*« Our primordial sensual and sexual Essence can become an infinite source of light and guide us safely on our way to transformation. »*

This 2019 *Tao de la Femme Lune* ® Summer Retreat is absolutely dedicated to beginners on the Path, every woman wishing to deepen her connection to her own center, towards the vibration of what feels vital inside. It is open to every woman wishing to open up like a flower in the sun of her vibrant, inspired embodied soul!

This retreat is specifically made for beginners this year. It will be a slow and progressive descent, a compassionate and delicate guidance to bring each of us back to the deep peace of her balanced body, to the secret temple of her deep « coming home » inside.



# Our program!

From August 20th 6.45 am to 24th at 5.00pm 2019

- 6.45 – 7.45 am: Come back to your feminine center as a woman, your pelvis, and breathe ... Awaken, warm up and stimulate your feminine blood flow, the « home » of your delicious sexual Yin Essence – Nourish your bones feeling, lengthen your muscles and tendons during our morning gentle exercises stretching session on the floor.

*8.00 – 9.30 am: Breakfast and resource yourself!*

- 9.45 – 11.00 am: The happiness of being a woman: physiology, energy and creativity - Theory and practice – Discover and deepen the Feminine Tao from Puberty to Menopause – *Opening of the Waterpath and Activation of the Youthful Yang* in the feminine sacred intimate body

- 11.15 – 12.15 am : Discover the dancing and tonifying movement of your pelvis and sacrum in Polynesian dance ! Activate your blood flow in the ovarian and uterine region!

*12.30 pm – 3.30 pm: Lunch and resource yourself!*

- 4.00 pm – 4.45 pm : Train your feminine perineum to become a vibrant, connected root again! – Expand your Dan tien (your feminine « chaldron ») in relation with the soft and deep source of wellness of your Kidneys – Get your Jing Essence even stronger!

*4.45 pm – 5.00 pm: Tea break*

- 5.15 – 6.45: The Awakening of the Jade Princess – Basic Jade Egg practices to recover our Kidneys and sexual energy, contact our feminine center again

*7.30 - 9.00 pm : Dinner and resource yourself!*



# Fabienne Flamand



Fabienne is a Master Chia's *Universal Healing Tao System* Senior Teacher.

As she begins to receive from this authentic taoist Grand Master the secrets of internal feminine sexual Alchemy in 1991-1992, it's like love at first sight! Something in herself happens like a revelation and re – connection. She dedicates body and soul to a very diligent practice. The practice itself will lift for her the veil on the buried treasures of a real methodology, a soft intention to let the secret powers of embodied Fertility emerge from the depth.. It's then obvious to her that she will concentrate on this path and transmit this pure gold to other women. She begins to realise that some women in modern society have lost their own link to their deep wilderness and freedom: they seem to suffer from a « split » between their psyche and their sexual body. As if both of them would just need to be re-connected. Fabienne teaches to many, many women in different places of the world and keeps on exploring, deepening her own training, her own experience of feeling the marvels of what she calls « her re-connection ». And she creates *Le Tao de la Femme Lune* ® method in years 2000. Becoming a mother of two between 2007 and 2013, she has plenty of opportunities to experiment the strength of her own method to overcome the difficulties of her own woman's life ! "This Tao is a little miracle !" as she will repeat so many times, laughing in herself... It's a simple invitation for every woman feeling the call inside, to look in softness towards the inner self, find the fine flower of the creative force there and get awakened to it. This will simply guide her to self-realisation. Everything seems to be there, deep inside the feminine body.

A book is today in preparation ...

# For our good practical organisation!

**Le Tao de la Femme Lune ® from August 20th to 24th 2019**



The place and how to access to it **LE DOMAINE DU TAILLE – 07200 VESSEUX FRANCE**

<https://www.domainedutaille.com/>

TEL: (+33) 04 75 8710 38

E-mail : [domainedutaille@wanadoo.fr](mailto:domainedutaille@wanadoo.fr)

Facebook:<https://www.facebook.com/domainedutaille>



## Expected time of arrival

Your arrival is expected around 18.00 pm on August 19th to allow you to have dinner at 19.30 pm.



Beginning of the seminar on the 20th at 6.45 am in the Grand Dojo

End of the seminar on August 24th at 5.00 pm..

## Teaching fees (do not include accomodation):

550 Euros – 300 Euros deposit will be requested at reservation

**Accomodation fees :** <https://www.domainedutaille.com/contact/>

Please directly contact Le Domaine du Taillé to book your room and board

<https://www.domainedutaille.com/formations-et-stages/recherche/>

Reservations open on February 15th 2019 . If you reserve early enough you will have a large choice of rooms, cabans and tents.



## To take with you to the seminar:

- Comfortable clothes you love to wear for your beautiful practice and a pareo for dancing
  - Your bamboo hitter if you have one (to tonify your bone marrow)
  - Your nice Femme Lune journal
  - Your Jade Egg if you have one ( Jade Eggs will be sold during the workshop)
- and your divine smelling massage oil for your breast
- A bottle of water for the practice
  - Your swimming costume for the bathes under the stars!



# To reserve and register

To *Le Tao de la Femme Lune*® from August 20th – 24th 2019



A 300 Euros deposit is requested at reservation and will validate your registration. ★

★ Refund in case of cancellation:

Before June 20th 2019 : the full amount – from 06 / 20th to 07 / 20th: 150 Euros

From July 20th to the beginning of the seminar: no refund

Please send your deposit to the following account:

Owner of the account: Mme Fabienne FLAMAND

Bank adress : LCL Crédit lyonnais - 47, rue République - 73200 Albertville – France

Account's number : 30002 02132 0000191651Q 92

IBAN : FR34 3000 2021 3200 0019 1651 Q92 BIC: CRLYFRPP

Please send Fabienne an e.mail as soon as your deposit is sent  
with your deposit name and the date you did it, to [fabienne@taovivant.com](mailto:fabienne@taovivant.com)  
Please add a copy of your deposit receipt. Your registration will be validated.

Contact Fabienne [fabienne@taovivant.com](mailto:fabienne@taovivant.com) et [www.taovivant.com](http://www.taovivant.com)

Special page on Facebook:

<https://www.facebook.com/groups/405585026540734/about/>

*“Welcome to all of you! It's an immense joy in my  
heart to meet you or see you again !”* ♥ Fabienne

