

NEWSLETTER

*Sunlight,
water, and a
seed are the
perfect recipe
for growth.
Here's how
we've grown.*



THE TIME FOR GROWTH IS HERE.

Welcome Queens,
We are thrilled to present the inaugural edition of our Queens Crowing Queens (QCQ) Newsletter! Our aim is to deliver a monthly newsletter by the 5th of each month.

Exciting updates, events, and promotions await you in support of your holistic health and wellness journey. As Kitty Queen, we are eager to showcase you, your achievements, and businesses in the newsletter. Additionally, an advice column will be featured. If you wish to submit an anonymous question or suggest a topic, please reach out to us via email or text message.

WELCOME OUR NEW TRIBE MEMBER

We are delighted to introduce Princess Amilia, our newest addition to the Yoni Spa and Wellness Space tribe! With her passion for holistic wellness and dedication to customer service, Princess Amilia is here to ensure your experience with us is nothing short of extraordinary.

Not only is Amilia new to the team but we'll also be open from 11:30-6:30 Tuesday- Friday will provide us many new opportunities at the shop. Like constant open walk-in hours. Drop by the shop and introduce yourself!



*Filling
our cups
enables
us to
pour into
others!*

WHATS NEW AT THE PALACE

We are thrilled to announce the expansion of our services designed to nurture your mind, body, and spirit. Our new offerings cater to all aspects of holistic wellness, including:

Coaching Services:

Whether you're a youth seeking guidance or an adult navigating life's challenges, our coaching services provide personalized support to help you thrive.



Your Shooting Coach Rikki:

Boost confidence in Adults, Children, Special Education,

Basketball fundamentals:

shooting
dribbling
footwork

Your Shooting Coach

Benefits:
Confidence
Work Ethic
Skill

Coach Rikki

Sessions
1-on-1
Groups



Hard work beats talent, when talent doesn't work hard!

Kids 9 & Up Adults Too Athletic Mentorship From Retired Athlete Text Shoot For Rates! (301)433-5234

Holistic Nutrition Consultations:

Achieve balance and vitality with expert guidance on nourishing your body with whole foods and mindful eating practices.

Wellness Workshops:

Dive deeper into wellness topics through interactive workshops led by industry experts.

Monthly Women's Meetings:

Join us for empowering discussions, sisterhood, and support as we navigate the journey of womanhood together.

Extended Steady Shop Hours:

We've extended our shop hours to better accommodate your needs, ensuring you have access to our curated selection of wellness products whenever you need them.

Stay tuned as we unveil more details about these exciting additions to our offerings!

Special Offers

Wet Kitty Wednesdays:

Indulge in self-care with a %10 discount on yoni care products every Wednesday.

Sexy Saturdays:

Elevate your Goddess glow with 10% off Goddess Jewelry or natural skincare products.

Steamy Sundays:

Rejuvenate mind and body with \$10 off any Detox or Sauna services paired with a steam every Sunday.

Share a Queen:

Bring a New Friend in and get \$15 off your steam

In weaving new enchantments of services and offerings, we sow the seeds for a sanctuary of flourishing and restoration. Within this sacred space, we beckon forth those in need of solace and aid. As we nurture this realm, the fertile ground of expansion awaits our touch!

WELLNESS TIPS

Your womb is not only a physical space but also a sacred energetic center that holds the wisdom of generations past and the potential for future creation. By nurturing our wombs, we can unlock profound healing and empowerment. Talk to her and hold your womb space.

Treat yourself like the royalty you are with our exclusive weekly promotions:

Queens Crowning Queens

March Goddess Gathering: Feminie Paint Nite

RECAP OF LAST MONTH MEETING

Let's Recap March's Queens, Crowning, Queens, Gathering! It was a beautiful energy. All the Queens came with their nourishment offerings. We had great conversations on relationships, business, personal empowerment, growth, parenthood and femininity.

We also discussed parenthood and its challenges. We also discussed a bath to celebrate feminine energy. Our sister, Queen Reginé, gave us tips on different herbs. You can use them for that bath or even tea to celebrate your womanhood.

We also discussed a bath to celebrate feminine energy.

As a group, we all created affirmations for us to recite to celebrate our femininity and to know that our tribe stands behind us as we celebrate our femininity through each affirmation.

Please see Page 6 for details.



This has been a long-held dream of mine, and I am incredibly grateful to witness it come to fruition. Looking forward to the upcoming sessions, I am excited to see the discussions and the notable guests that will participate.

Our upcoming April meeting is all set, and the RSVP forms have been dispatched for your response. Remember, seating is limited, so we won't require as many tables for activities like painting this time. We will have extra space available, so kindly complete the RSVP form. Once the space is filled, we will notify everyone that it's fully booked!

UPCOMING EVENT: GODDESS MEETING April Goddess Gathering:

Queens Crowning Queens: MIRROR WORK

Mark your calendars for our upcoming Goddess Gathering Meeting! Join us for an enlightening session where we'll delve into empowering topics such as stress management, healthy eating, and mindfulness practices.

learn about the power and manifestations, and the power in mirror work, as well as each attendee, will decorate their own mirror and write their affirmations on the mirror! We will all create an affirmation together as a group to put on our mirror to remind us of the strength we have in our community of sisterhood.

It's an opportunity to connect with like-minded Queens and nurture your well-being.



Monthly Spiritual Tips

☾ LUNAR INSIGHT:

As we welcome the enchanting April skies, we're graced by the presence of the Pink Moon, also known as the Full Sprouting Grass Moon. This luminary heralds the arrival of spring, signaling a time of renewal, growth, and blossoming potential. Embrace the energy of the Pink Moon to nurture your dreams and intentions, planting the seeds of manifestation with unwavering faith and optimism. Take a moment to bask in the moon's gentle glow, allowing its radiance to illuminate your path forward.

APRIL'S PINK MOON



On April 8th, we are graced by the celestial phenomenon of a Solar Eclipse. Eclipses are potent portals of transformation, inviting us to release old patterns, embrace change, and align with our soul's highest path. This Solar Eclipse in Aries ignites a powerful spark of initiation and renewal, inspiring us to boldly step into our authenticity and assert our desires with unwavering courage. It's a time to shed the layers of the past and emerge reborn, infused with the fiery energy of the Ram's pioneering spirit. As the sun momentarily eclipses, let go of what no longer serves you and embrace the radiant light of your inner fire.

♈ ASTROLOGICAL HIGHLIGHT: ARIES SEASON!

Under the fiery influence of Aries season, we're ignited with passion, courage, and determination. Governed by the dynamic energy of Mars, Aries empowers us to boldly pursue our desires and assert our authenticity. It's a time for bold beginnings, fearless self-expression, and embracing the thrill of adventure. Channel the fearless spirit of the Ram as you embark on new endeavors and embrace the exhilarating journey of self-discovery..

CRYSTAL OF THE MONTH

This month, we're drawn to the radiant clarity of Clear Quartz, a stone revered for its purifying and amplifying properties. Clear Quartz serves as a potent catalyst for spiritual growth and transformation, cleansing the mind, body, and spirit of stagnant energies and ushering in a sense of clarity and balance. Allow Quartz to infuse your space with luminous vibrations, amplifying your intentions and guiding you towards greater alignment with your highest self.

As we navigate the cosmic currents together, may these celestial insights illuminate your path and inspire you to embrace the magic within and around you.



🌿 HERB OF THE MONTH

As we honor the healing essence of Lavender and prepare for the transformative energies of the April 8th eclipse, may you find solace, inspiration, and empowerment on your spiritual journey.

AFFIRMATION OF THE MONTH

Repeat after me: "I am worthy of love, abundance, and vibrant health. I embrace my divine femininity and honor my body as a sacred temple."

Wellness Tips

HERE ARE A FEW SIMPLE PRACTICES TO SUPPORT YOUR WOMB WELLNESS JOURNEY:

WOMB MASSAGE:

Take time to gently massage your lower abdomen in circular motions, connecting with the energy of your womb. Use warm oil infused with soothing herbs like lavender or chamomile to enhance relaxation and circulation.

SACRED RITUALS:

Create sacred rituals to honor your womb, such as lighting candles, meditating, or journaling. Set intentions for healing, release, and renewal as you connect with the essence of your femininity.

HERBAL SUPPORT:

Explore herbal remedies that promote womb health, such as raspberry leaf tea, which is known for its toning and nourishing properties. Consult with a holistic practitioner for personalized recommendations.

MOON CONNECTION:

Tune into the rhythms of the lunar cycle and align your womb practices with the phases of the moon. Use the waxing moon for intention setting and the waning moon for releasing old patterns or emotions stored in the womb.

SELF-LOVE AFFIRMATIONS:

Speak loving affirmations to your womb, affirming its sacredness and inherent wisdom. Embrace affirmations such as "My womb is a vessel of creativity and intuition" or "With love and light, honor and cherish my feminine essence."



By nurturing our wombs with love and intention, we cultivate a deeper connection to our bodies and unleash our inherent power as divine beings.

Queens Crowning Queens

March Goddess Gathering: **RECAP OF LAST MONTH MEETING**

Bath to Celebrate Feminine Energy:

Prepare a Relaxing Bath Ritual with Essential Oils and Crystals

Create a soothing bath by blending essential oils such as lavender with sea salt. Enhance the experience by incorporating Epsom salt, clear quartz crystals, and delicate rose petals. This ritual aims to help you reconnect with your femininity. As you stir the water clockwise, consider reciting affirmations or saying prayers to reinforce and celebrate your feminine energy.

**Sister, Queen Reginé's herbs:
To celebrate your womanhood.**

- Nettle
- Red Raspberry
- Motherwort
- Chastry berry (vitech)

Tribe Affirmations:

1. *The happy I am, the healthy I am, the holy I am!*
2. *I am a feminine creature deserving of love & light!*
3. *My head was created perfectly to fit my perfect crown!*
4. *My love is to be respected!*
5. *I am worthy of receiving justice!*
6. *I am committed to receiving!*
7. *I ignite my passion daily!*



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Queens Crowning Queens:

