

Yoni Connection.

1) WHO TAUGHT YOU WHAT IT MEANT TO BE A WOMAN?

HOW DO YOU DEFINE WOMANHOOD FOR YOURSELF?

2) WHEN YOU THINK ABOUT YOUR VAGINA, WHAT EMOTIONS COME TO MIND?

WRITE A PARAGRAPH DESCRIBING HOW YOU FEEL ABOUT HER. HERE IS A LINK TO THE [FEELINGS WHEEL](#) IF YOU NEED HELP PROCESSING YOUR EMOTIONS TOWARD HER.

3) HAVE YOU EVER BEEN PUNISHED OR SHAMED FOR EXPRESSING YOUR SEXUALITY?

DO YOU STILL CARRY THAT SHAME WITH YOU? IF SO, WRITE A LETTER TO YOURSELF, TO RELEASE THAT EMOTION.

ACTION PROMPT: WE HAVE 5 MAJOR SENSES. TASTE, TOUCH, SMELL SIGHT AND HEARING. LIST TWO THINGS THAT PLEASE EACH OF THE SENSES. MAKE A PRACTICE OF INCORPORATING THINGS THAT PLEASE YOU INTO YOUR HOME ENVIRONMENT AND LIFESTYLE.