

# *Media Kit*

## **ABOUT SHOSHANA SADIA/FEMININE FLOW**

Shoshana Sadia is an Empowerment Mentor, Menstrual cycle educator, Certified Consciousness Coach, and Holistic Health Coach that guides women back home to the wisdom of their sacred bodies, cycles, and wombs.

Shoshana is dedicated to helping women discover their fullest potential and live an abundant and vibrant life. She believes that every woman has the power to dive deep into her body, sexuality, and pleasure and work towards self-healing and greater spiritual knowledge.

Through intimate one on one guided mentorship, workshops, courses, and practices, Shoshi helps women embark on a journey of self-discovery, love, and compassion. Her practices remind us of the important role self-discovery and self-understanding hold in our spiritual awakening.

## **CORE VALUES**

I am a mixed-race, cisgender, healthy, neurotypical, woman and, therefore, I acknowledge my privileges.

We value and prioritize creating a safe and inclusive space for people of all gender identities, sexual orientations, ethnicities, national origins, neurodiversity, financial means and education. I cherish the diversity of humanity and strive to create an environment where all can feel safe, valued & cared for. I am committed to harnessing an inclusive environment that honours and represents diversity for the LGBTQI community, black people, indigenous people & people of colour.

I want to acknowledge that my work takes place on the stolen and occupied lands of the Wurrundjeri people of the Kulin Nation. I pay my

respects to their ancestors' past, present, and emerging, and to all Aboriginal and Torres Strait Islander People of these lands.

## **EXPERIENCE AND CREDENTIALS**

With a background in health, nutrition, movement & detox, and holistic work, I am determined to help women embrace feminine wisdom & live a life in alignment with their native essence.

My journey to becoming a Women's Empowerment Mentor was not an easy one but it transformed into the most rewarding and freeing experience. I faced my fears and my trauma head-on and I let my body be my greatest teacher. I became familiar with parts of myself I didn't know existed. With the help of Inner work and emotional mastery, I was able to find my way back to myself and the feminine essence we all carry within ourselves.

### **Shoshana Sadia:**

- Women's Empowerment Mentor
- Menstrual cycle educator
- Certified Consciousness Coach
- Certified Holistic Health Coach

## **MISSION AND VISION**

I am devoted to creating a safe and nurturing space for women to fall back in love with themselves and uncover the truth of who they are.

My work is centred around breaking the stigma and taboo around everything feminine- menstruation, sexuality, pleasure, and womb health. I want to help women set themselves free of society's damaging expectations and beliefs and live freely and openly without shame or fear. I want to help women find their way back home- to their womb, to reconnect and embody their inherent feminine nature through nourishing feminine devotional practices.

In a society ruled by old paradigm approaches to life, I want to help women free themselves of external expectations and beliefs. These approaches the world has adopted are ultra-masculine in their energy and are ultimately harming people and the planet.

The ripple of impact of these sacred teachings will shift women and ancestral lines, impacting society and the planet by releasing the old narratives and paradigm approaches to life.

## **Speciality/Areas of expertise**

- Feminine Rites of passage e
- Reconnecting to our bodies & pleasure
- Healing the sisterhood wound
- Body confidence & self-love
- Sexuality & sensuality
- Embodiment & movement
- Masculine & feminine dynamics/energies
- Understanding our behaviour, patterns, imprints and triggers on a deeper level
- Breaking the stigma around menstruation, sexuality, pleasure & womb health.
- Being free of cultural and family expectations and beliefs that limit our lives
- Self-compassion through understanding one's patterns, energy & triggers
- Embodiment, mindset & inner beliefs

## **The Process And Framework**

1. Getting to know you
2. Understanding your emotional blockages and imprints/ challenges, and concerns

3. Working together on overcoming and clearing them through mindset shifting, rewiring limiting beliefs, clearing resistance, somatic movement, daily habits, and embodiment practices
4. Exploring topics of rituals, nutrition, pleasure practices, and cycle-based self-care

## **Services & Products**

- Mentoring
- Workshops
- Womb Reclamation
- Courses
- Digital products- Workbooks, Guides, Recipes & more

I promise to help you find your way back home to your body, intuition, sexuality, emotions, and womb wisdom. I promise to listen without judgment or prejudice. To nurture the feminine essence and inspire positive changes.

## *My Work*

### **BLOG POSTS**

**My blog or “soul journal”, as I like to call it, is where I share more of my thoughts and teachings about all things feminine and spiritual. Here are some of the topics I explore:**

**OUR BODIES ARE ALWAYS  
WORKING FOR US**

**THE MEDICINE OF THE  
MAIDEN ARCHETYPE**

**FEMININE LEADERSHIP**

**EMOTIONS ARE ALWAYS IN A  
STATE OF FLOW**

**CREATING FROM THE  
MYSTERY AND RITUAL**

## PODCASTS

Tune in to the “I BLEED” podcast where I talk about how we can optimise our life by connecting more to our cycle.

[Click Here](#)

## WORKSHOPS:

### Online:

- The Blood Mysteries (a 6-week live immersion)
- Love Your Cycle (a 5-week self-study course)
- Menstrual literacy (masterclass)

### In-Person:

- Love Your Cycle
- Womb Wisdom
- Know Your Flow

## INTERVIEWS AND GUEST SPEAKING

Take a look at my interview with Valeria where we discuss Holistic Menstrual Cycle Wellness. We dive into topics like:

- The strengths and gifts of being a cyclical being
- Moontime rituals
- The power of syncing our lifestyle with our cycle
- High-vibration foods that support our hormones
- Tips for supporting our body and hormones

[https://www.youtube.com/watch?v=gGvMnuY\\_hCM&ab\\_channel=FemineFlow](https://www.youtube.com/watch?v=gGvMnuY_hCM&ab_channel=FemineFlow)

In my interview with Allie Mcfee, we talk about herbs and potions that support us during our cycle.

## *Ways to work with me*

If you feel like something is missing from your life and you are just not sure what that is, or how to change it. Let's get in touch and heal together!

Visit [www.shoshanasadia.com](http://www.shoshanasadia.com) for more information about Shoshi and her mentoring, workshops, and courses. On her blog, you will learn more about her teachings and practices, her favourite recipes, and natural remedies.

For special inquiries write to: [shoshi@shoshanasadia.com](mailto:shoshi@shoshanasadia.com)