

WHAT YOU
NEED TO KNOW
ABOUT

Yoni Shakti: The Movement

@yonishaktithemovement

A STARTER GUIDE



What is

#YONISHAKTITHEMOVEMENT?

A public awareness and education campaign to eradicate abuse of women in yoga, and reclaim yoga as a tool for planetary healing and justice.

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Uma Dinsmore-Tuli

FOUNDER OF YONI SHAKTI: THE MOVEMENT

Uma Dinsmore-Tuli is a yogini, author, visionary, intersectional eco-feminist, yoga nidra trainer and mother of three.

She is a yoga therapist with special expertise in yoga therapy for women's health, and has written four books on the subject, including Yoni Shakti - the "Big Red Book" of empowering yoga and cyclical wisdom, which is where this begins...

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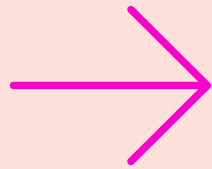
How did it start?

The movement was born as the new uncensored edition of Yoni Shakti was published, revealing the extent of abuse in yoga.

Uma knew in her heart that this was going to take a global village - that every woman and girl needed access to information for their safety and protection, that we must come together NOW to dismantle the systemic inequalities and injustices that cause harm.

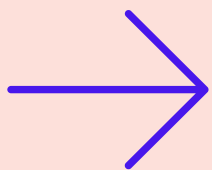
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With Your Help



A crowd-funding campaign was launched in April 2020, successfully raising £33,000 for this shared mission.

And Your Care



492 generous backers were moved to support awareness and education for this cause- we thank you!

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What Happens Now?

We aim to reach 1008 signed supporters who are committed to compassionate action towards the following goals:

Eradicating the Abuse of Women in Yoga

Share, repost and discuss the campaign toolkit resources within your various communities.

Reclaiming Yoga as a Tool for Planetary Healing and Justice

Be open to learning, unlearning and uplifting the collective through practices which foster deep inner knowing and offer liberation for all.

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What is a Signed Supporter?

Someone who wants to show solidarity with the aims of the movement...



...Someone ready to take flight and create change through personal and collective action.

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How can you act?

ENGAGE - YOUR VOICE COUNTS

Sign Your Support at
www.yonishaktithemovement.com

EDUCATE - SHARE THE KNOWLEDGE

Repost this Starter Guide
#yonishaktithemovement

EMPOWER - STAND FOR HEALING

Start a Conversation
On Insta, in our FB community group, or even offline!

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In the spirit of collaborative
community support, we grow and
learn together.

With great respect and love, and
with deep appreciation.

-Team Shakti-



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