



*Body  
Love  
Women's  
Circle  
and  
Body  
Love Card  
Deck*

**Penelope Rose**

# **Body Love Women's Circle Session Outline and Body Love Card Deck**

The Body Love Women's Circle Session Outline will assist you in providing group sessions for women who would like to learn to love their bodies, and the Body Love Card Deck will assist you with showing love to your body.

Due to much societal conditioning, many of us are still learning to love our bodies and accept all aspects of them as they are.

Loving our bodies involves showing love to our bodies. There are many ways of showing love to our bodies. The card deck provides many suggestions for increasing familiarity, acceptance and love for our bodies. The card deck can be printed and laminated for use at home.

These are ideas to inspire your body love journey. Choose only those that are aligned for you. Research each idea for understanding and safety considerations. Ensure you are responsible for the safety and wellbeing of your body when exploring these practices.

Affirmations have been included on each card to assist with clarifying intentions and internalising body love.

I hope you enjoy the Body Love Women's Circle Session Outline and Body Love Card Deck,

Penelope Rose

# Body Love Women's Circle



## Intention

Body acceptance - cultivating positive associations and feelings towards the body.

## Opening Circle

Welcome and briefing.

Ask participants to reflect on their expectations and intentions for the session.

## Closing Circle

Sound meditation on the floor to relax and integrate the experience.

Join circle and share thoughts.

## Session Outline

Participants sit in a circle.

Each participant shares a story about why she hasn't fully accepted her body.

Each participant shares a positive story about her body.

Each participant shares four things she appreciates about her body .

## Disclaimer

Personal stories might trigger unhealed trauma. Ensure self-care before and after the session.

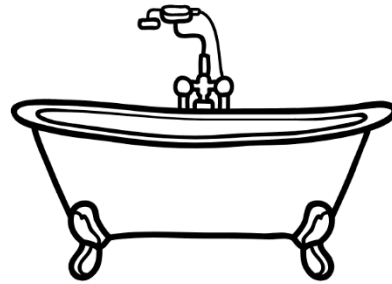
## To Love Your Body

Mirror work  
Journaling  
Photography  
Pampering  
Self-pleasure  
Kibbe Body System  
Dressing Your Truth

# SALT BATH

To show love to my  
body

Soaking my body in an Epsom  
salts bath feels soothing, and  
relieves tension in the body.



*I love my body*

# HOT SHOWER

To show love to my  
body

Experiencing a hot shower  
feels relaxing, and clears  
energies and tensions from  
the day.



*I love my body*

# SPA

To show love to my  
body

Relaxing in a spa allows me to  
feel calm and peaceful, and  
moistens my skin.



*I love my body*

# SAUNA

To show love to my  
body

Relaxing in a sauna heats and  
soothes my body, enabling it  
to release toxins and promote  
healing.



*I love my body*

# LOVING TOUCH

To show love to my body

Lovingly touching my body allows me to show love to my body and experience pleasurable touch.



*I love my body*

# FOOT MASSAGE

To show love to my feet

Massaging my feet feels pleasurable, and relieves tension and soreness.



*I love my feet*

# FOOT BATH

To show love to my  
feet

Soaking my feet in  
magnesium or Epsom salts  
feels soothing and softens  
the skin.



*I love my feet*

# LEG MASSAGE

To show love to my  
legs

Massaging my legs, or  
experiencing a leg massage,  
allows for relaxation and  
pleasure.



*I love my legs*

# FACE STEAMING

To show love to my  
skin

Steaming my face feels  
pleasurable and moistens the  
skin.

*I love my skin*



# FACE MASQUE

To show love to my  
skin

Face masques cleanse and  
moisten the skin, showing love  
to my face.

*I love my skin*





# FACE MESSAGE

To show love to my  
face

Caressing my face with  
tenderness and love, while  
massaging it, allows me to show  
love to my face.



*I love my face*

# FACE ROLLING

To show love to my  
face

Rolling the face feels  
pleasurable, and massages the  
skin, increasing circulation.

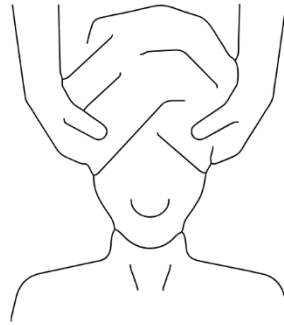


*I love my face*

# HEAD MESSAGE

To show love to my  
head

Massaging my head, or  
experiencing a head  
massage, allows for relaxation  
and pleasure.



*I love my head*

# HAIR TREATMENT

To show love to my  
hair

Treating my hair with oil or a  
hair treatment nourishes and  
strengthens the hair.



*I love my hair*

# ARM MASSAGE

To show love to my  
arms

Massaging my arms, or experiencing  
an arm massage, allows for  
relaxation and pleasure.



*I love my arms*

# NAIL TREATMENT

To show love to my  
hands

Massaging my hands and tending to  
my nails shows love for my hands  
and allows for relaxation.



*I love my hands*

# NECK MESSAGE

To show love to my  
neck

Massaging my neck, or experiencing  
a neck massage, allows for pleasure  
and relaxation.



*I love my neck*

# BACK MESSAGE

To show love to my  
back

Massaging my back, or experiencing  
a back massage, allows for  
pleasure and relaxation.



*I love my back*

# TUMMY MASSAGE

To show love to my  
tummy

Massaging my tummy  
increases familiarity with, and  
appreciation for my tummy.



*I love my tummy*

# BREAST MASSAGE

To show love to my  
breasts

Massaging my breasts is  
pleasurable, and increases  
lymph flow and familiarity with  
the breasts.

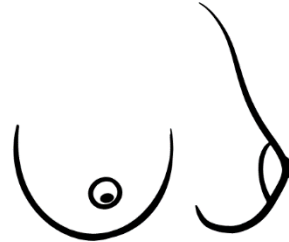


*I love my breasts*

# FREE BREASTS

To show love to my  
breasts

Going without a bra increases  
lymph flow and allows familiarity  
with, and appreciation for the  
natural shape of the breasts.



*I love my breasts*

# YONI GAZING

To connect with my  
vulva

Looking at my vulva in the  
mirror increases familiarity  
with, and appreciation of my  
vulva.



*I love my vulva*

# VULVA MASSAGE

To show love to my  
vulva

Massaging my vulva allows me  
to become familiar with my  
vulva and show love to it.



*I love my vulva*

# YONI STEAMING

To show love to my  
yoni

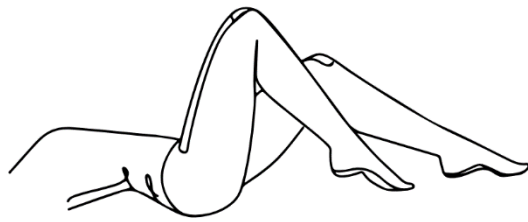
Yoni steaming feels relaxing  
and increases sensation in the  
vagina.



*I love my vulva*

# YONI SUNNING

To show love to my  
yoni



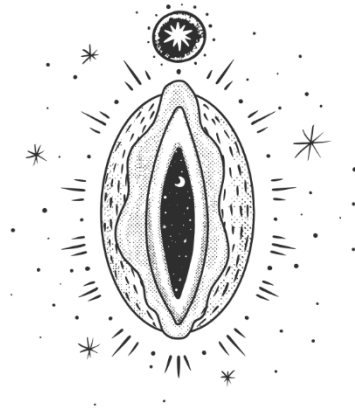
*I love my vulva*

Yoni sunning  
stimulates  
vitamin D  
production and  
nourishes the  
vulva.

# YONI MAPPING

To heal sexual  
trauma

Yoni mapping allows me to  
spend time with my vagina,  
feeling emotions and releasing  
stored trauma and tension.



*I love my vagina*



# SELF- PLEASURE

To experience  
sexual pleasure

Self-pleasure allows me to  
explore my body's capacity for  
pleasure and sensation.

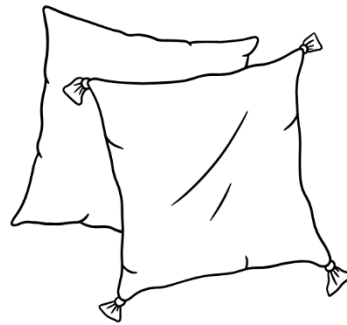


*I love my erotic power*

# WOMB CAVE

To embrace my  
period

Creating a womb cave enables  
me to relax and reflect during  
my period.



*I love my period*

# FREE BLEEDING

To embrace my  
bleed

Using period underwear rather than  
pads and tampons increases  
awareness of flow and allows  
movement of energy.



*I love my bleed*

# ANOINTING

To embrace my  
period

Anointing my third eye with my  
menstrual blood connects me  
with my intuition and inner  
knowing.

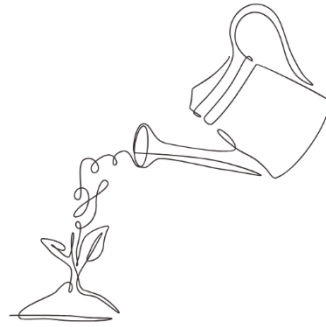


*I love my menstrual blood*

# GIVE BLOOD TO THE EARTH

To embrace my bleed

Collecting my menstrual blood and donating it to the earth allows me to connect with my body and with nature.

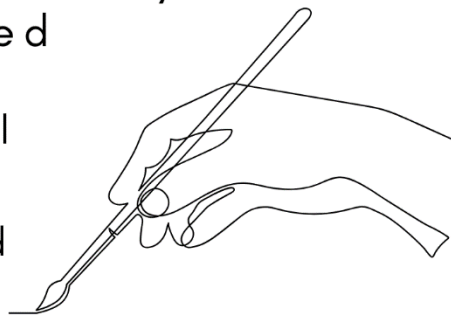


*I love my bleed*

# YONI PAINTING

To embrace my  
bleed

Painting with my menstrual blood increases positive feelings towards my blood and my bleed.

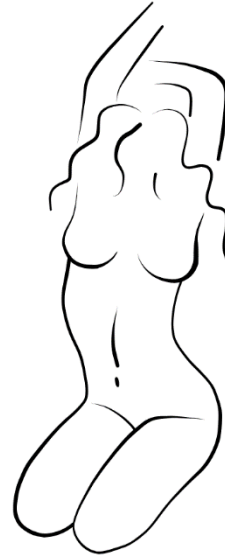


*I love my blood*

# EMBODIMENT

To connect with my  
sensuality

Embodiment practices allow me to  
feel sensual in my body, increasing  
appreciation of my body as well as  
presence in my body.



*I feel sensual in my body*

# GROWING BODY HAIR

To embrace body  
hair

Growing the hair on my legs,  
arms and underarms allows for  
familiarity with my body hair,  
enabling me to embrace it.



*I love my body hair*

# ALLOWING GREY HAIR

To embrace my  
natural hair

Allowing grey hair enables me  
to embrace the natural process  
of change and present my  
authentic self.



*I love my grey hair*

# STRETCHING

To show love to my  
muscles

Stretching my body increases  
flexibility and comfort in my  
body, and shows appreciation  
of, and love for my body.



*I love my muscles*

# YOGA

To show love to my  
body

Practicing yoga enables me to feel  
increased flexibility and comfort in  
my body, as well as to increase  
relaxation and improve posture.

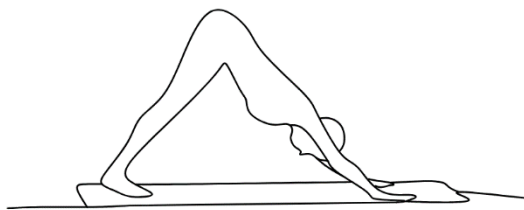


*I love my body*

# PILATES

To show love to my  
body

Pilates  
enables me to  
increase  
muscle  
strength in my  
body.

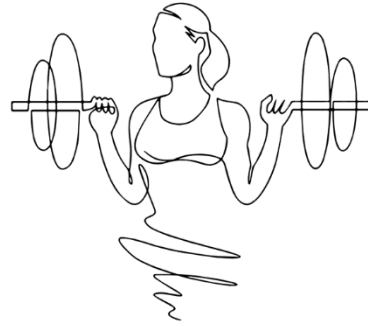


*I love my body*

# WEIGHT TRAINING

To show love to my  
body

Weight training allows me to  
increase bone and muscle  
strength and improve posture.



*I love my body*

# BALLET

To express with my  
body

Ballet enables me to explore  
and express my feminine  
energy through movement.



*I love my body*

# CONSCIOUS DANCE

To show love to my  
body

Conscious dance allows me to express  
myself through movement,  
experiencing relaxation and reaching  
a meditative state.



*I love my body*

# SWIMMING

To experience  
freedom in my body



Swimming allows  
me to experience  
flow and  
weightlessness in  
my body, relaxing  
my body and  
strengthening my  
muscles.

*I feel free in my body*



# NUDE SWIMMING

To feel sensual in  
my body

Nude swimming connects  
me with my sensuality, and  
allows me to feel free in my  
body.



*I feel sensual in my body*

# MINDFUL WALKING

To show love to my  
body

Mindful walking relaxes my  
body and increases blood and  
oxygen flow, strengthening my  
heart and lungs.

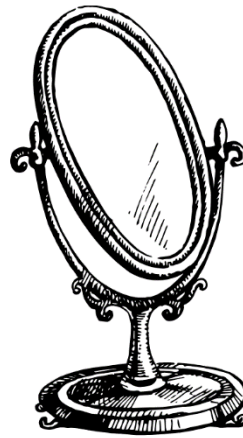


*I love my body*

# MIRROR WORK

To feel love for my  
body

Mirror work enables me to  
increase familiarity with, and  
appreciation for my body and  
face.

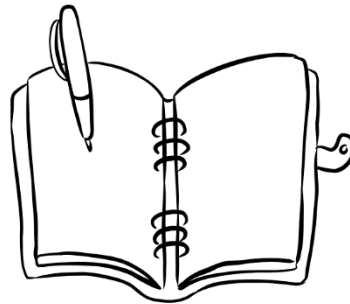


*I love my body*

# JOURNALING

To increase positive  
feelings towards my  
body

Journaling about my body helps  
me to work through challenging  
emotions related to my body and  
to learn to love my body.

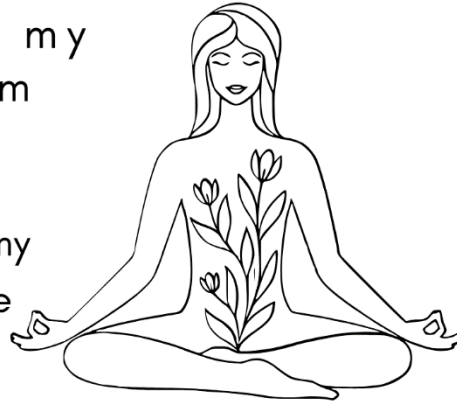


*I love my body*

# MEDITATION

To show love to my  
nervous system

Meditation and meditative  
experiences allow me to calm my  
nervous system and experience  
relaxation in my body.



*I love my nervous system*

# MINDFULNESS

To show love to my  
nervous system

Mindfulness allows me to  
experience relaxation and  
presence in my body, noticing its  
sensations and easing discomfort.



*I love my nervous system*

# PHOTO SHOOT

To increase positive  
feelings towards my  
body

Having a photo shoot enables me to  
increase positive feelings towards  
my body and to learn to love my  
body.

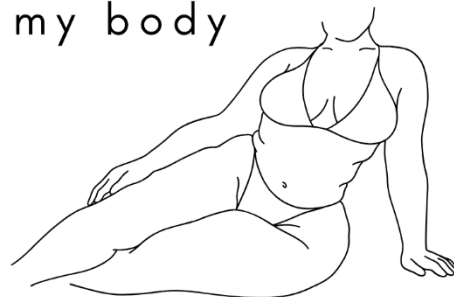


*I love my body*

# BUDOIR PHOTO SHOOT

To increase positive  
feelings towards my body

Having a budoir photo shoot  
enables me to increase  
positive feelings towards my  
body and to learn to love my  
body.



*I love my body*

# NUDE PHOTO SHOOT

To increase positive  
feelings towards my  
body

Having a nude photo shoot  
enables me to increase positive  
feelings towards my body and to  
learn to love my body.



*I love my body*

# SUN BATHING

To show love to my  
body

To increase Vitamin D  
production, and heal and  
relax the body.



*I love my body*

# MOON BATHING

To connect with my  
body's cycles

Moon bathing allows my cycles to  
sync with the moon, balancing my  
hormones and supporting my  
reproductive system.

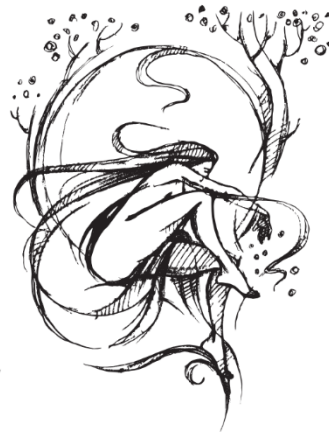


*I love my body's cycles*

# FOREST BATHING

To connect with  
nature in my body

Forest bathing allows me to  
connect with nature and the earth,  
and experience relaxation and  
mindfulness in my body.



*I am connected in my body*

# SOUND HEALING

To heal my body

Sound healing allows my body  
to relax and clear stuck  
emotions and trauma.



*I love my body*

# INTUITIVE EATING

To eat what my  
body needs

Intuitive eating allows me to  
enjoy selecting foods that my  
body desires on a given day.



*I love my body*

# NUTRITION

To nourish and  
strengthen my body

Enjoying nutritious foods  
allows my body to function at  
its best.



*I love my body*

# ESSENTIAL OILS

To enjoy a variety  
of scents

Using essential oils in a diffuser  
or in a carrier oil on my skin  
allows me to explore my sense of  
smell.



*I love my body*



# DRESSING YOUR TRUTH

To feel confident in  
my body

Wearing clothes that align with my  
natural energy allows me to feel  
comfortable and confident in my  
body.



*I feel confident in my body*

# KIBBE BODY TYPES

To feel confident in  
my body

Wearing clothes that mimic my bone  
structure and proportions enables  
me to feel confident in my body.



*I feel confident in my body*