



Use Femininity as Your Strength!

Dr. Kaouthar Darmoni's Introduction to the Art of Being Feminine - Online Course

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Become a Power Woman!

Do you feel out of touch with your femininity?

You are not alone! Thousands of other women around the world struggle with these issues. But there is a way to manage and get rid of this. We need to dive into our *body* to start self-healing and self-empowerment!

My online course Divine9 Dance®: An Introduction is your doorway to the world of the Art of Being Feminine. It is an excellent way to empower yourself through your body and **use your feminine qualities to excel.**

During this course I will introduce you to the foundation of my method Divine9 Dance®: Art of Being Feminine. You will learn movements from the ancient Arabic goddesses dance *Raqsat Al Ilahat* which is over 4000 years old (Mesopotamia). With these movements you will **learn how to tap into your femininity and body wisdom.** And use this to grow as a woman!

What You Will Learn

- ▣ Become self-confident and get rid of body-shame
- ▣ Deal with fear, guilt, anxiety and shame
- ▣ How to dance feminine qualities such as vulnerability as a strength
- ▣ Become self-assertive without being aggressive
- ▣ *And so much more..*

What This Course Includes

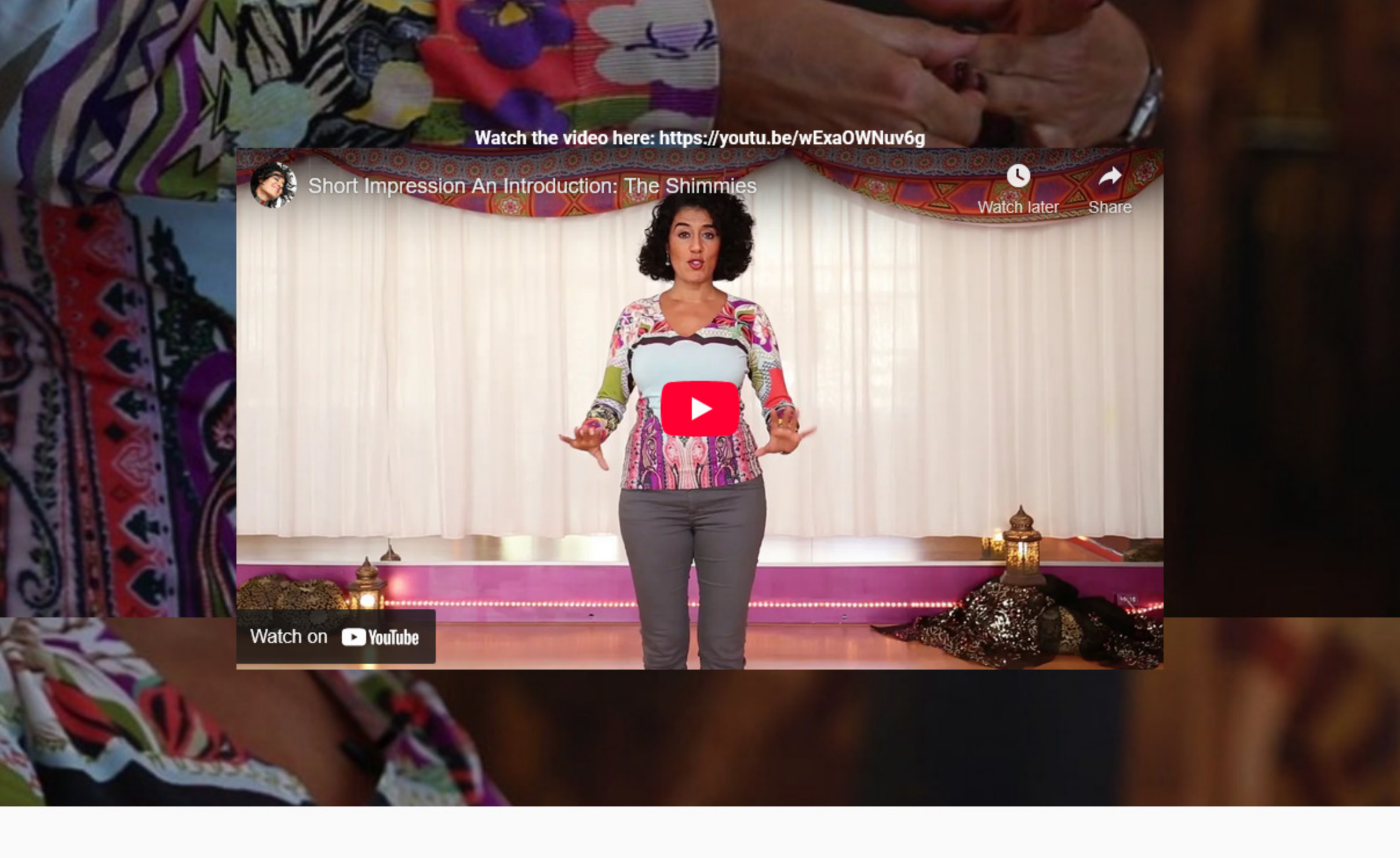
- ▣ Easy to follow step-by-step classes
- ▣ A full and detailed Feminine Self-empowerment Guidebook
- ▣ Personal online support during and after the course
- ▣ Lifetime access to the course
- ▣ High-quality professionally filmed video classes
- ▣ Inspiring lectures, meditations with practical tips, tools and tricks

The curriculum of my online courses and in-person work has inspired thousands of women around the world!

Practice From the Comfort of Your Own Home

All the classes, lectures, guided meditations and case studies are within the online learning platform. So you can take your time and practice from the comfort of your own home.

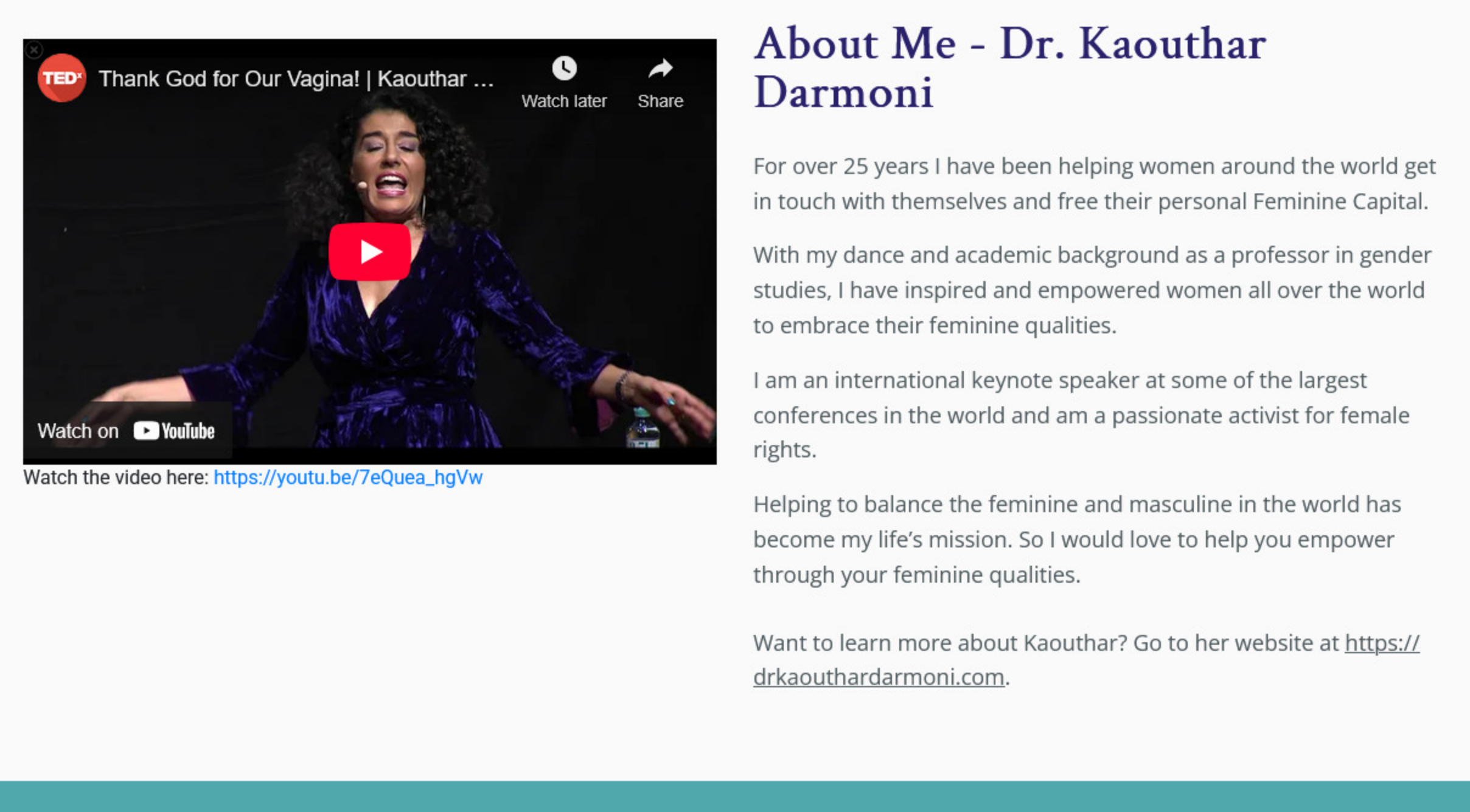
There is no better time than NOW to make the first step to change. For questions, [contact us at info@kaouthar.com](mailto:info@kaouthar.com)



Watch the video here: <https://youtu.be/wExaOWNuv6g>



Watch on YouTube



About Me - Dr. Kaouthar Darmoni

For over 25 years I have been helping women around the world get in touch with themselves and free their personal Feminine Capital.

With my dance and academic background as a professor in gender studies, I have inspired and empowered women all over the world to embrace their feminine qualities.

I am an international keynote speaker at some of the largest conferences in the world and am a passionate activist for female rights.

Helping to balance the feminine and masculine in the world has become my life's mission. So I would love to help you empower through your feminine qualities.

Want to learn more about Kaouthar? Go to her website at <https://drkaouthardarmoni.com>.

Since 2000, these organisations and 100s of SMEs have trusted me to inspire, empower and develop their people and female leaders.



Judith Lebègue
Switzerland

"It was so good to shake out all that pain and free my heart, to release and clean the pain in the womb/matrix. It's so strong and effective!"

I could really see the effectiveness of your Divine9Dance movements! Your teaching is worth gold and is the best investment one can make in oneself, to love oneself!



Barbara Benet
The Netherlands

"I find it fun, dynamic, solid and terrific; hard work and with a lot of pleasure."

I signed up for the new online training The Art of Being Feminine, of Kaouthar Darmoni. In one word fantastic! The movements in her lessons are inspired on her years long experience with Tunisian ancient dance rites, combined with knowledge on emotions and themes like self-confidence, boundaries, decisiveness, taking up space, and that shaped in a feminine way and especially through the body.



Maria Schippers
The Netherlands

"Kaouthar gave me the tools to manage the emotions, not drown, but keep on moving and keep it light!"

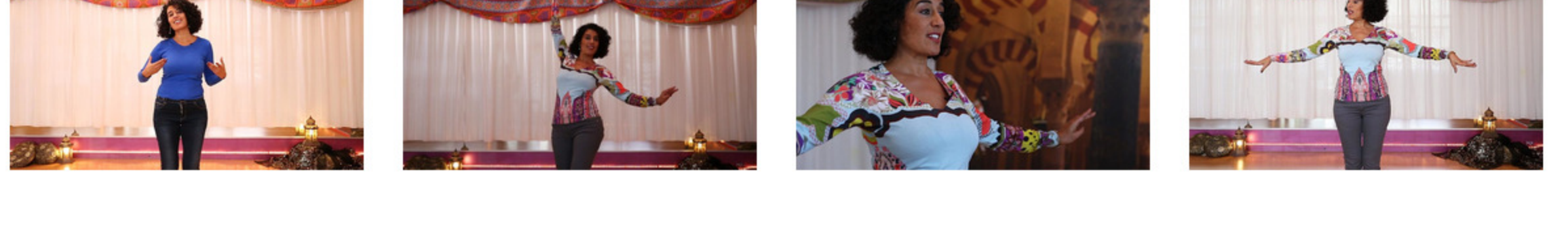
Divine9Dance with Kaouthar showed me a part of myself I hadn't discovered yet. A whole level that could not have been discovered only with the quality of the analytic brain. In this Western society we are used to put our emotions away and keep on going. Through dancing the Divine9Dance you give yourself and your body the space to feel again.



Every Woman Should Feel Empowered

By making this course more accessible, I believe we can start creating the feminine change we want to see in the world.

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The course content

Welcome | How to be Beautiful, Graceful & Brave!

- ▶ A Word of Welcome | The Divine9Dance (1:08)
- ▶ Dr. Kaouthar Darmoni's TEDxTalk: Dare to be Feminine (21:00)
- ▣ Your Feminine Guide Book
- ▶ 1. Hands, Arms & Shoulders | Express with Beauty & Grace (5:20)
- ▶ 2. Shimmies | Relax, let go of Stress (8:14)
- ▶ 3. Body Kicks | Be Self-Assertive (5:03)

How to be Self Confident & Shine!

- ▶ 4. Hip Drops | I'm on Top of the World (3:56)
- ▶ Dr. Kaouthar Darmoni | Motivational Speaker FeMale Leadership (40:52)
- ▶ 5. Circles | Expand Your Consciousness (4:11)
- ▶ 6. Twists | Stop Pleasing (3:13)

How to Awaken your Inner Strength, Vulnerability & Sexuality

- ▶ 7. Lemniscate | Inner Growth & Erotic Flow (10:05)
- ▶ 8. Snake | Self Acceptance & Vulnerability (9:52)
- ▶ Case Study : How to use the Snake & Shimmies to get rid of Mother Guilt (9:01)

How to Awaken your Erotic Power with the Dances of Ecstasy

- ▶ 8. Snake & Cabasa Vulva Dance | Erotic Power & Inner Strength (19:36)
- ▣ Cabasa Vulva Dance | Ocean Cleansing Meditation
- ▣ Cabasa Vulva Dance | Golden Light Meditation
- ▶ 9. Dances of Ecstasy | Trance Hadra (7:56)
- ▶ Case study: How to use the Trance Hadra to get rid of Fear of Failure/Success (19:07)
- ▣ How to Master The Art of Being Feminine
- ▶ Receive your 15% reduction on the Art of Being Feminine Education! (3:36)

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