

Marya Stark - Vocal Practices to Reclaim Your Womb's Wisdom 2025

In this 7-week live video course, you'll:

- Use your voice each week as an **ally and powerful healing tool**, or *first medicine*, to connect you to your body and spirit — with Marya's guided vocal meditations
- Experience the womb as the **center for creativity and the gateway** to life's mysteries — and harness its power to generate more health and well-being in your daily life
- Regulate your nervous system to generate homeostasis and inner stability with **singing and vocal practices**
- Honor the **cycles and the phases of the Rose** so you can bloom in all cycles and seasons of your life
- Explore **The Bud Season**, where you connect with the silenced parts of yourself to build greater trust in your creativity
- Discover **The Blossom Season**, in which you deepen your relationship to your voice, power, and potential
- Learn about **The Bloom Season**, a time to honor what you've experienced so you can clear the way for the woman you are becoming
- Delve into **The Thorn Season**, where you let go of pain and build new life energy
- Integrate all the seasons so you can **bloom into the next phase of your life** with hope and confidence and bring your greatest gifts to the world

This course offers a transformative journey into vocal practices designed to help you reconnect with the innate wisdom of your womb. Through guided sound healing, breathwork, and embodiment techniques, you will learn to unlock creative expression, release stored emotions, and cultivate a deeper connection to your feminine energy. By tapping into the power of your voice, you can awaken intuition, promote healing, and embrace the sacred intelligence within your body.

Module 1: Open the Rose Petalled Path for Self-Realization & Accessing Your Creative Potential (January 29)



The Rose Petalled Path is a mystical path of self-realization belonging to every woman and womb bearer.

As this journey begins, you'll explore **the Rose as a symbol and ally** in the unfurling of your creative potential.

When you honor the cycles and the phases of the Rose, you too learn how to bloom in cycles and seasons. You can become more familiar with the phases you go through in a moon cycle, in a specific season of life, and in longer passages.

You'll focus on learning the **Rose Hoop as a map of womb wisdom**, by which you can navigate the great mysteries unfolding in your life.

You'll access greater creative potential and natural timing from this womb intelligence. You'll **unleash your unique gifts and creativity by honoring these cycles** as you become more intimate with yourself and your vessel.

In this opening module, you'll explore:

- The **gateways of the womb** — the rites of passage all women go through
- **Voice as an ally** in journeying through transformations
- How to create more intimacy with ***your very being as an instrument***
- How to develop a **relationship with your womb** as a friend on the creative path
- The Rose as a symbol of your life
- A **guided vocal meditation** to feel grounded at the beginning of this journey

Module 2: The Bud Season – Connect With Exiled Parts of Yourself to Build Greater Trust in Your Creative Abilities (February 5)



The bud is the beginning season of a life — not yet opening, but gathering and nourishing the petals to come.

You'll explore how your earliest experiences of self, other, and the world impacted your relationship with your own identity.

You'll have the opportunity to honor your relationship with your young self and the ideas you took on about who you were — and discover how they're still informing your process of becoming.

Marya will guide you to **rewrite part of the story** of your relationship to creative power — and move through the world from a renewed and reinvigorated sense of youthful radiance.

In this module, you'll:

- **Explore your birth** and how you came into the world
- Learn the **4 stages** of creative development
- Unpack your **relationship to your creative identity** — and how early childhood imprints impact your relationship with how you share your gifts with the world
- Honor the youthful spirit within you
- Walk with your young self through all 4 stages of creative development during a **guided vocalized meditation**

Module 3: The Blossom Season – Deepen Your Relationship to Your Voice, Power & Potential (February 12)



What imprints do we discover as we move into a blossoming femininity? What did we learn about menstruation and how does this impact our creative identity?

As Marya will explain, when we experience this huge gateway of transformation and initiation into the blood, it marks a significant personal, interpersonal, and transpersonal adjustment and revolution of identity.

You'll explore which aspects of self you discovered, how you adjusted yourself based on external factors, and how the initiation into your menstruation affected your relationship to your voice, your power, and your potential.

You'll have the opportunity to re-educate your maiden self, welcoming her into her many faces and phases. You'll develop a deliberate relationship with the flow of how your energy ebbs and changes through this womb rhythm, and what can be learned in terms of identity development and creating from a deeper place within you.

In this module, you'll explore:

- **The core memories** you developed during this transition into menstruation
- How this transition **influenced your sense of self**
- The **4 phases of the womb rhythm** — and how they impact your creativity
- How you can **honor the blossoming Rose within** to reconnect with that part of your womb's wisdom for your life
- A **guided vocalized meditation** to solidify what you learned about yourself in the blossoming season of your life

Module 4: The Bloom Season – Honor What's Come Before to Make Space for Who You're Becoming (February 19)



Marya will guide you to explore the **Mother, Empress, and Queen Archetype**.

As you mature into your fullest expression, you'll discover how to walk through the thresholds of initiation that prepare you for what's ahead. You'll learn to honor what has come before to make space for who you're becoming now.

You'll discover the archetypal mother within. Whether you're a mother to children, or express your full-bloom energy in other ways, Marya will invite you to look at this phase of life — and what's needed to nourish the soil of your being so you can bloom into the fullest expression of this Rose.

In this module, you'll explore:

- The **role of mother** in your life
- How you can **tend to what you've birthed** into the world
- How you can tend to yourself **as you bloom in this season** and prepare for the next
- Factors that have previously inhibited you from **blooming into your fullness**
- **A vocalized meditation** to discern the creative vision you want to give birth to

Module 5: The Thorn Season – Cultivate New Life Force Energy & Let Go of Pain (February 26)



Marya will guide you to explore the thorn.

As she'll explain, every rose comes with a thorn, and to bloom in your full right, you must **befriend the boundaries of your core being.**

What are the boundaries and sharper parts of self that you encounter on the path? How does integrating shadow work into your experience support you in coming into your full expression? How do you alchemize pain, loss, and death as part of your creative unfolding?

This work honors the commitment to allowing all parts of your experience to become part of your unfolding feminine radiance.

In this module, you'll explore:

- The **importance of integration** of the shadow
- **Befriending** the thorn so you can embrace and love every part of who you are
- **Making space** for your greatest challenge to teach you profound lessons
- The **power of boundaries** for the benefit of self, others, and the world
- **A vocalized meditation** to alchemize pain and make it part of your growth

Module 6: The Radiant Stem Remains – Integrate All The Seasons & Live Into the Core Radiance of Who You Are (March 5)



What role does aging play in your life's journey? How do you nourish the roots of your life to bring your exalted gifts into the world?

Marya will guide you in considering these questions and many more as you explore the stages of **The Sage** (a mentor known for profound wisdom) and **The Crone** (a time of giving back to society the cumulative wisdom of the years). In this new phase of your life, you'll integrate the seasons and go deep into the cycles of **Holding the Moon**.

You'll explore how this point in your life impacts your identity when the rhythms of the womb change — influencing your creativity, legacy, and ability to open deeper into the inherent wisdom of the womb in the later phases of life.

In this module, you'll explore how to:

- Harvest the **petals of your life** as you reflect on all you've learned in each season
- Use your **gifts** to their fullest extent
- Harvest the **wisdom of the ages**
- Become the **radiant activated elder**
- Experience a vocalized meditation to **embody the Sage and Crone** — petals falling and stem remaining there

Module 7: A Rose Blooms When She's Ready – Feel Confident & Peaceful About What's Next as You Bloom Into the Next Phase of Your Life (March 12)



As this course comes to a close, you'll bring together the full wheel, the cycles within cycles, and the Rose Hoop — grounding it all as a wheel of intelligence from which to rebirth yourself in each new phase of life.

Marya will discuss how you can take this wheel practically into your life to ground your experience wherever you are. By allowing yourself to live fully in each phase, you can recover exiled parts, honor every new facet of who you become, and make more space to unleash your gifts into the world.

When you create from embodied cyclical wisdom, you break the cycle of overworking and self-denial, allowing more space for your authentic voice and creative power to come through.

In this final module, you'll explore how to:

- **Harvest the cycles** within cycles
- Encode this wheel as a **map of cyclical rebirth, applying this to your creative life** and opening the door to radiance
- Become the **Rose**
- Appreciate and allow **every phase to shine**
- **Embark on a guided journey** to discern the different ways you embody each phase to fully encapsulate your life

[Register Now](#)

The Vocal Practices to Reclaim Your Womb's Wisdom **Bonus Offering**

In addition to Marya's transformative 7-week online course, you'll receive this special bonus offering to complement the course and take your understanding and practice to an even deeper level.

Vocal Alchemy Sanctuary: Rose Deva Session

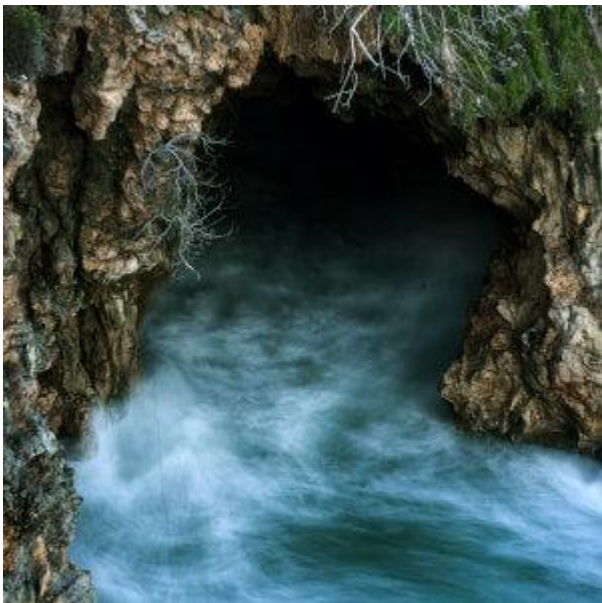
Audio Practice With Marya Stark



Follow along with **Marya's audio vocal alchemy meditation** in this 65-minute video to meet with the Deva of the Rose. In this session, Marya guides you into working with your voice as a way to come deeper into your body, embracing the wisdom that the Rose has for healing the heart, the womb, and your relationship to self. You'll soften with the petals of the rose and your voice as your core ally.

Vocal Alchemy Sanctuary: Underground River Session

Audio Practice With Marya Stark



In this vocal alchemy 115-minute video session, **Marya guides you to encounter the Water Deva**. With your voice, you'll soften into the element of water as a guide to deepening. You'll begin igniting your creative spark, viewing grief as a door to creative vitality.