

An Introductory Workshop

# The Alchemy of Menopause

Would you like

- ❖ An in-depth, empowering and perhaps surprising new perspective to make sense of all the things Menopause can bring us
- ❖ A clear model to help understand what our Menopause is trying to create in us, and why our hormones behave in the mysterious ways they do.
- ❖ Some tools and practical strategies for responding to what we experience and supporting ourselves through the changes. When we understand what is trying to happen we can enjoy and be inspired by our Menopause, instead of struggling or worrying in it.
- ❖ A deep Spiritual and Developmental understanding of Menopause and its purpose in our lifelong journey toward wholeness of Self.



*Come along to be informed, supported and inspired in the company of other women.*

**Sunday 9<sup>th</sup> November, 9.30 - 4.30**

**Cost: \$75, for a day that will transform your life**  
with

**Jane Catherine Severn**

Psychotherapist, Pascha Therapist, Menstruality Educator

Limited Places. Register by 1st November.

**To enquire or register:**

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