

An Introductory Workshop for Women

# THE WHOLE OF THE MOON

## Illuminating Your Menstrual Cycle

Would you like:

- ❖ A new understanding of female hormones and why they act as they do
- ❖ A clear model that makes sense of our changeability, emotions and physical experiences around the month
- ❖ Some tools and methods to minimise difficulties and help us align our daily life to our cycle energies
- ❖ An exploration of our cycle's special resonance with Nature
- ❖ An invitation to experience the Spiritual and Developmental dimensions of living our Menstrual Cycle consciously



**Sunday 23rd November, 9.30 - 4.30**

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

**Jane Catherine Severn of Luna House**

Psychotherapist, Pascha Therapist, Menstruality Educator

Limited Places - Register by 16th November.

**To enquire or register:**

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