

# W o m e n

would you like to learn something new about something old?

## The Whole of the Moon Illuminating Your Menstrual Cycle



This workshop follows on for women who have already attended an introductory talk on Menstrual Cycles. However, new women are also welcome.  
You will learn to see yourself in a Whole New Light, through:

- \*A new understanding of female hormones and why they act as they do*
- \*A clear model that makes sense of our changeability, moods, emotions and physical experience around the month*
- \*An exploration of our very special resonance with Nature, because of our cycle*
- \*An invitation to experience the Spiritual and Developmental dimensions of our feminine nature through living our Menstrual Cycle consciously*

Saturday 22<sup>nd</sup> March, 12.30-4.30pm and Sunday 23<sup>rd</sup> March, 8-12am

**At:** The Yoga Place, 147 Barrington St, Somerfield

**Cost:** \$85 per person – places are limited so please book in advance.

**Contact:** Rachel Brownie [Rachel\\_brownie@hotmail.com](mailto:Rachel_brownie@hotmail.com) or 0272714185

## *A Luna House Presentation*

**by Jane Catherine Severn**

Psychotherapist, Pascha Therapist, Menstruality Educator

For more information about Luna House go to [www.lunahouse.co.nz](http://www.lunahouse.co.nz)