



A WOMAN'S WORKSHOP



ELEVATE YOUR WELLNESS JOURNEY AND RECLAIM YOUR FEMININE POWER

In this workshop we invite you to understand and appreciate what your bodies do for us, as this is empowering. We are going to break down an average menstrual cycle, week by week.

When women pay attention to their cycle, they reclaim their right to tend their requests of their body, from week to week.

When women understand their shifts in mood, wants and

needs, they are more in control of their own life.

An empowered woman's journey involves leaning to love her cycle rather than denying its power. If you wish to elevate your wellness

journey and reclaim your feminine power, then this workshop is for you.

Join this event at **Woman's Rodney Centre on the 16th of September, from 12.30pm to 1.30pm.** Happy Moon Cycle!