

April 24th & 25th 2010



Creating Menstrual Health



New Oriel Hall, Brookleaze Buildings, Larkhall, Bath. BA1 6RA

Creating Menstrual Health

with Alexandra Pope and Hilary Lewin



- ☾ Do you suffer from menstrual problems such as pain, pms or heavy bleeding?
- ☾ Have you been diagnosed with endometriosis, PCOS, fibroids or other menstrual problems?
- ☾ Would you like to learn some natural, self-care techniques to heal and transform your experience of menstruation?

Knowledge of the menstrual cycle—mentally, emotionally and physically—is the template for a woman's wellbeing, fertility and empowerment. This workshop is an opportunity for you to restore your connection to the intelligence and healing power of your cycle.

Day 1 you will discover how to work with the healing powers of the menstrual cycle, and other vital self-care practices

Day 2 you will learn Maya abdominal massage—a highly effective treatment for any menstrual condition. Learn the history of this powerful work and how to perform a simple self-care massage.

What you will get out of the weekend:

- ☾ Increased confidence in yourself to create a healthy menstrual cycle
- ☾ An ability to work with your cycle as an ally for creating health and fertility
- ☾ Many tools and tips for easing and healing your symptoms

Cost: £120 (conc £60). One day £75 (conc £40)

10% off price for payments received by March 31st or if you bring a friend

Dates: 24th & 25th April 2010

Venue: New Oriel Hall, Brookleaze Buildings, Larkhall, Bath. BA1 6RA

Contact: Carla Estevez c.estevez@live.co.uk , 07946364898

Please bring lunch to share

For further information about Alexandra and Hilary go to:

www.wildgenie.com www.sulistherapies.com