

MENOPAUSE - THE GREAT AWAKENER



MOVEMENT MEDICINE

We will come together to deeply dance with the 5 subtle phases of Menopause, navigating this mystery with honour, respect and acceptance for our newfound rhythms. Your job is no longer to keep all plates spinning but to reorient your being towards a new kind of self-care. I see these gatherings suited to those in Perimenopause, Menopause and Post Menopause, the gold, the harvest or gift you receive and the new Powers you awaken in yourself through, practising the self care that you need, meeting the initiatory challenge and developing alchemical capacities that you will need in each phase of menopause to build new layers of ground, increasing the sense of stability within you which together will allow you to Embody the Wise Power of this New Consciousness.

Movement medicine is a refined integration of Psycho therapeutic dance, Shamanism and Neuroscience.

Fabulous Music guaranteed - Focused & Sensitive Facilitation to Enable Maximum Immersion

6 x Classes
Every 2 weeks
Tues Night
6.30 - 8.30pm

EARLY BIRD - £75

until 26th August

Afterwards - £90

Concessions available

CHARMOUTH VILLAGE HALL

23rd Sept
7th - 21st Oct
4th & 18th Nov
2nd Dec

For more information and to make your booking

Contact Melanie on 0771-5952896

email: becomebalanced@yahoo.com www.bowentherapyindevon.com