

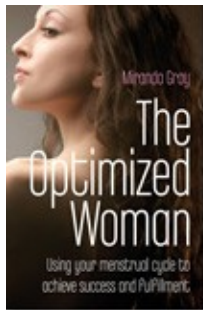
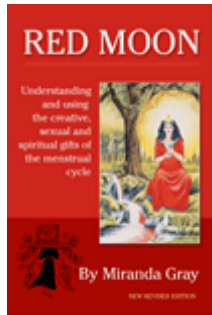
Thursday Night 6pm: Book Launch at
Abraxas: Miranda Gray (UK)
The Optimized Woman

Friday Day 10am-5pm: Miranda Gray (UK)
going further into The Optimized woman
and Red Moon-Using the Gifts
of the Menstrual Cycle.

Friday Night 6pm: Building a HUGE Labyrinth
Free Event for Goddess Lovers,
Women and Men welcome.

Saturday and Sunday; 10am-5pm :
Katherine Cunningham **StarFire;**
transformation for menstrual
experience, tools and initiation into
menstrual sisterhood.

(see other flyer for details)



Our Venue for these three days of
Wisdom, The Serene Earth Sanctuary
266 Kennedy Lane Myocum

Thursday Night 6pm: Book Launch at
Abraxas: Free event, no booking

Friday Day 10am-5pm: Miranda Gray (UK)
Full day workshop, please book

Friday Night 6pm: Building a HUGE Labyrinth
Free Event, Men welcome, no booking

Saturday and Sunday; 10am-5pm :

Two full days of workshop

Katherine Cunningham **StarFire;**



**The Serene Earth Sanctuary
266 Kennedy Lane Myocum**

Thurs & Friday nights FREE
Friday day: \$120 (conc \$100)
Sat& Sun: \$250 (conc \$230)
All 3 days: \$320 (conc \$300)
For bookings call Katherine
Mobile 0409953518
livinggently@gmail.com

For bookings email or call
Katherine Cunningham
livinggently@gmail.com
0409 953 518

Living Gently presents:

Menstrual Education For the 21st Centaury

Three Days of Women's Wisdom
18th to 20th of September



For women that want to ENJOY
every day of the month

Become an Optimized Woman! Understanding and using the gifts of the menstrual cycle

Sadly the taboo of menstruation means that modern women have lost touch with the ancient wisdom of understanding and expressing the most empowering force in women's lives - The four phases of the menstrual cycle.

Each phase in our cycle has its own heightened abilities and skills, ways of thinking and perceiving, motivation, and needs. And each phase impacts on our physical energy and stamina, mental and emotional abilities and focus, our sexuality, intuition and creativity, and how we view our lives, ourselves and the World.

So many of us have difficulty recognising the four phases within ourselves let alone accepting our inner Cyclic Woman because we don't have the framework in modern society to explain our true cyclic nature. Trying to be linear like men we have lost the power of the four wonderful women we are every month, yet when we embrace this nature and express it, we enjoy a uniquely female-empowered life.

This **interactive workshop** will help you to discover these four women for yourself, build a framework of understanding, embrace the Cyclic Woman within and explore how you can use your *Optimum Times* to excel in practical ways in everyday life and create the changes in life you want. Working with other women, you will realise your phases and their wonderful gifts, and take that learning into everyday life to bring well-being and fulfilment into the month ahead.

All Day Workshop with Miranda Gray, Friday 18th of Sept. 10 am till 5pm

Morning session: Discovering the Cyclic Woman

Group work: Re-discovering the cycle's phases
A framework and imagery to understand the cycle
Visualisation: Meeting the cyclic archetypal Energies
Group work: Embodying your phase energy and bringing healing

Being a Cyclic Woman isn't something to reach for; it is something we are right now! Embodying our phases releases stress and builds self-confidence, well-being, fulfilment and a positive self-image.

Afternoon session: Optimizing your life

The cycle of changing perception and abilities
Group work: Identifying the *Optimum Times* for tasks to optimize our lives and meet our needs
A female approach to creating the life and changes we desire
Putting it into action in this cycle.
Group work: Using the wisdom of the group to help empower our goals

Optimizing our lives to live in tune with our cycles helps us to balance our lives, meet our needs, create our desires and live a fully-empowered female life.

Labyrinth Build

The Labyrinth is an ancient tool for access to the centre. The centre of the self, the centre of the earth, the centre of a community. Our intention in having a moment during our three day workshop that is about building a Labyrinth is to leave something behind us, for continued use.

The menstruation part of the cycle that leads us into our inner landscapes that we may tend to wounds, receive vision and indeed attempt to comprehend said vision, and generally release that which we no longer need. Over the eons, the Labyrinth has been used for most of these actions.

By inviting men to work with us to build such a sacred space is to invite men to be with us as we venture within. Personally I feel that there is room within for men to partake of the deeper women's mysteries and by making room helping to translate the female experience for them that they, if questioning may understand what women are going through, in their bodies, in their minds and in their hearts.

If we each bring a rock, about the size of a softball, but no bigger than a soccer ball, we can build this ancient form of sacred space that the community of Byron and Shire may touch those inner realms where we hear the earth best.