

moon goddess course outline

Your menstrual cycle is an intricate weaving of physical, spiritual and emotional energy. The moon goddess series is designed to help you learn about these subtle shifts and provide you with tools for self exploration and healing. Your new found awareness will enable you to make conscious, soul fulfilling choices in your daily life.

Experience your body as a gift to explore and contemplate. Heal PMS, mood swings, painful periods, menstrual irregularities and infertility. Allow your natural rhythms to reveal the inner goddess with the moon goddess series.

Week 1: Menstruation basics – physical, spiritual and energetic changes

Week 2: Healing menstruation – reframing how you think about your cycle

Week 3: Virgin Energy – rebirth, new energy and enthusiasm

Week 4: Mother Energy – fertility, creativity and nurturing

Week 5: Enchantress Energy I – release fear and anger to ease PMS and cramps

Week 6: Enchantress Energy II –channel strong emotions into positive expression

Week 7: Wise Woman Energy – tap into the wisdom of your body and intuition

Week 8: Navigating the flow –harmonize all your goddess energies and bring balance to your moon cycle

Class summary:

5 minutes to tune-in and open the class

40 minutes of physical movement (appropriate for all levels)

15 minutes of guided visualization and relaxation

15 minutes of pranayam (breath work) and meditation

15 minutes of moon time reflection and sharing

Total class time: 90 minutes

Length of series: 8 weeks