



Women's Hormone Balance Workshop- Stillness Through Movement

Are you feeling exhausted, depleted, overwhelmed or stressed? Do you suffer from hormonal imbalances?

Sat 2nd March 2019

I invite you to join me and experience the nourishing, rejuvenating power of **Stillness through Movement**. This blissfully relaxing 'Nourish and Nurture' practice can help reset your natural rhythms, balance your nervous system, sleep cycle, hormone & energy levels.

1.30-4.30 pm

Limited spaces available

This speciality session is for you if you:

- Suffer from peri-menopause and menopause symptoms including hot flushes, gaining weight, brain fog, low libido and dryness
- Infertility, recovery from miscarriage and/or irregular or difficult menstruation,
- Experience headaches, anxiety, stress, food cravings
- Have difficulty sleeping, finding downtime, or time to relax

**Early bird special:
\$135**

Regular price: \$165

What to expect:

- Replenish and nourish your adrenal glands, reproductive hormones and endocrine system to feel more energised
- Relief from body tension, aches and pains particularly around your abdominal and pelvic region
- Release lethargy, emotional and nervous energy, mood and eating disturbances particularly associated with your monthly cycle i.e. PMS, PMS and PMD.

This practice is suitable for women at any stage of her cyclical years from puberty, right through to menopause and beyond.

For more details, please message
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STACEY MANN
Restore your Balance

