



The end is here...

...or is it the beginning

Congratulations!

Closing

As we come to the end of our five weeks together in this way hopefully it is the start of something new and magical!

You have begun your journey in tapping into the hidden power of your menstrual cycle and changing the way you live your life - to come home to yourself.

Pause for a moment and celebrate finishing the 5 weeks, honouring the commitment you made to yourself, how far you've come and all that is shifting within you. Celebrate you!



As you create harmony and balance on the inside, it has a ripple effect on your experience in the world around you.

Being grounded and centred in your experience is what this is all about. Trust in your experience, the learning, growth and evolution of each step. Trust that each step will build upon the next.

I hope some of the ideas, meditations and journalling practices I've shared will offer you some idea as to how to come home to yourself and slow down the pace of life and live in-flow.

Thank you so much for being part of this journey and allowing me to be part of yours.

Much love and deep gratitude,

Noeleenxx



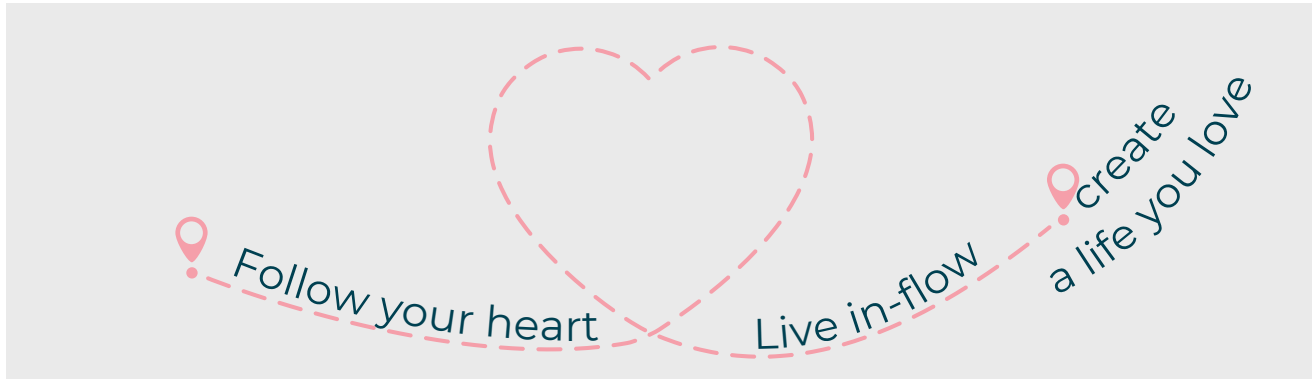


Remember:
Your body changes from day to day -
and so do the ways to care for it.
Treat yourself as if you are your own
favourite person

You are in the driving seat



As you move beyond the five weeks continue to follow the innate patterns and rhythms of nature, your body, your cyclical intelligence and uncover the richness of your very being.



Move at your own pace

You don't have to figure it all out at once. Be gentle on yourself, be loving, kind and compassionate and take it at your own pace as you meet yourself where you are in this moment.

Stay connected

Continue to connect through the Facebook group and embrace this community of like-minded people who have come together to share this journey and practice.

Listen to the videos and practices

You also have access to the full programme for 5 more months. Come back to them as often as you like. Each time you may focus on something different and uncover another hidden gem. Download the meditations to use regularly.

Further support

If you are feeling ready to delve a little deeper and would like further support whether that be one-to-one or through another programme, know I am here to support and guide you as best as I can. Reach out at any time.

Share your experience

I love to hear feedback from you all. In the coming days I will share a feedback form inviting you to share your experience of the programme. All feedback is welcome as my growth comes from learning. Let those around you know about this programme and the practices after all - sharing is caring.

Toolkit- Reflections

Closing

What was the most powerful part of the last five week's practice for you?

I just learned....

I feel...





“

“When women
take care of their health,
they become
their best friend.”

- Maya Angelou





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