

FEMININE FLOW CYCLES

Follow your inner rhythms

Medicine Woman



Rest & renewal
Nurturance
sub conscious
Intuition
Inward focus for creativity



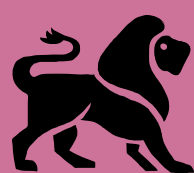
Warm spicy foods
Red and black foods

Winter



Walking
Slow sensual dancing
Journalling
Nesting
Womb massage

PHASE ONE-REFLECTIVE



Maiden

concentration
focus
extrovert
social
endurance



Vitamin E foods
Nuts & seeds
Eggs

Spring



Stamina is up
Try a new routine
Hiit training
Boot camp
Strength training

PHASE TWO-DYNAMIC



Mother

Magnetism
Communication
Teamwork
Dynamism



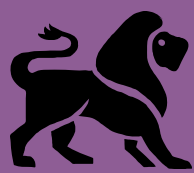
Zinc foods
Vit B & C foods
Gluten free grains

Summer



Running
Endurance
Weight lifting
Group classes
Sex

PHASE THREE-CREATIVE



Priestess

Dreams
Transformation
Intuition
Deeper sensitivity



EFA- Small oily fish
Brassicas
Anti inflammatory

Autumn



Yoga
Pilates
Brisk walking
Breast massage
Self- inquiry

PHASE FOUR-EXPRESSIVE