Wise Ways of Menopause: A Six Month Collective (January-June 2024)

The time (sometimes years) when our bodies(emotional, mental, physical, spiritual) go through the massive change of Menopause is a time of deep and personal meaning. I believe menopause to be a time where our bodies ask some things of us. I think they ask for a change, a different way of doing things and in many cases a different way of being.

Through this time I have noticed the bandwidth changes and the days of powering through feel more like an insult than an option.

I have also noticed that our life and the experiences we have had are ripe for integration like threads we pull forward to weave as the fabric of the life we want to live. I believe this integrated weave to be Wisdom.

But how do we get there and what are some tools that can help to weave mind, body & spirit during this highly transformational time?

Join me for a small and intimate group experience where we will consider all of this through the arc of the sacred, the beautiful, the wise and the importance of ritual as strong guides along the way. We will also talk some science to ground into what the modern world is just beginning to understand but ancient wisdom traditions have known for thousands of years. My experiences as a practitioner of Ayurveda, Yoga and Energy Medicine have been serving this conversation and the places where mind, body & spirit join together for over a decade now and there is a lot to share.

Details:

**What**: a six month collective formed to explore Living in the wisdom of Menopause. We will work in the frame of Ayurveda, Yoga and the Energy body to honor this sacred work during this powerful time of life. And, examine with curiosity and mystery our lives through the lens of the life we want to cultivate and of the innate wisdom that menopause makes space for. We will meet monthly, 1x for theory and understanding as well as discussion (Saturdays) and 1x for experiential and exploration through doing and being (Wednesdays).

We will sit together and thread the experiences of our life and the wise requests of menopause to find a greater sense of balance and connection from within and without.

**Who**: You! If you are interested in exploring the transitions of perimenopause and menopause. In preparation or smack in the middle of it, these 6 months will lay some ground that reaches into the physical, emotional, mental and spiritual body of this time.

**When**: Two Monthly Meetings**:**

One Saturday (10am-2:30pm)

One Wednesday (6:45 pm-8pm)

**Saturday Dates:**

**January 27, 2024**

**February 17**

**March 16**

**April 13**

**May 18**

**June 8**

**Each month from 10-2:30pm on Saturday (a tentative plan):**

\*Begin with a grounding and presencing meditation

\*Discussion on the Monthly Wisdom

\*Lunch break

\*Continuation on Monthly Wisdom

\*Time for Integration through a quiet practice embodying the monthly topic (gentle movement, sound bath or guided practice)

**Wednesday Dates**

**January 31, 2024**

**February 28**

**March 27**

**April 24**

**May 29**

**June 12**

**Where**: In Rose, my lovely healing space in NE Portland (111 NE 70th Ave) EXCEPT in May when we will meet in nature for our theme of The Wisdom of Nature (location TBD). **This Collective gathering is 100% in person**. Rose does not have internet but if you have to miss, I am happy to voice record the class. Masking will be decided each session by an anonymous vote of the group. If one person requests or requires it, we will honor that. I will also have air filtration running and windows open. This is the art of experience through the power of community.

Monthly themes of wisdom, informed by the seasons to better assimilate the information:

January-The Wisdom of the Senses-Our senses inform our perception which create our reality. They also help to regulate hormones. Learn about and why daily self care practices of the senses support the frame of each day and our living. Also, contexting Ayurveda as the wise life science that she is and the frame of our program. (January 27/31)

February-The Wisdom of Rest- Rest is essential for creating bandwidth, nourishment and recovery. We will discuss and practice some of the science of rest and practices that cultivate it. (February 17/28)

March-The Wisdom of Food and Other Understandings Beyond Eating- Food Is Medicine but there is so much more to consider. Time of day, time of life, time of year as well as other key underpinnings to support your strongest digestion. (March 16/27)

April-The Wisdom of the Material- intimacy wellness, beauty within us and beauty around us, and practices of the physical. We will look to practices beyond the usual that support health of the mind, body & spirit. (April 13/24)

May-The Wisdom of Nature-Nature is a guiding force towards the regulation of our deepest self. We will explore forest bathing and other practices as well as some of the science and art within the Wisdom of Nature. (location TBD). (May 18/29)

June-The Wisdom of Craft, Creativity & Community-Expanding the ways we express ourselves can do wonders for our mind, body & spirit. Special hands on project led by guest artist (June 8/12)

Fees and What is Included:

 $2,100

\*All Saturday and midweek meetings

\*Some supplies and swag to support you along the way

\*Resource list full of books, podcasts and other mixed media after each month’s session

\*Seasonal Tea at each session

\*A portion of what you are paying after taxes, fees and products will be donated to <https://chinooknation.org/>. Thank you!

There are 3 options for payment. Receipt of payment and confirmation email reserves your place.

\*1x payment for $2100 paid at the time of registering

\*2x payments: 1st amount due at time of registering: $1400 and second payment, $700 due by the start of March session

\*1x payment due at time of registering: $500 and 1x a month for 5 months payments (Feb-June) of $320 at each of the monthly Saturday sessions

Forms of payment: cash, check, Venmo (Danielle-Hanna) are preferred. I can also accept Square payment (come into my office to run it) or paypal (daniellelynnhanna@gmail.com). The fees for credit cards are enormous and are difficult to absorb. If you need to use a credit card, and if possible, I ask for a $75 fee towards the processing fees which is in addition to the cost of the program. Thank you!

If this is preventing you from signing up or it would be helpful to do a different payment plan, please reach out danielle@livingartsayurveda.com .

Registration Deadline is: Friday, January 12, 2024

If you would need to drop the class after signing up but **before** the sessions start **and** up until January 12th, a full refund will be given. After the Collective begins, this small group space is reserved for you and so I ask for no refunds please as I will not be able to fill your space. If needed, consider gifting it to a friend or I can send a voice recording for the classes you will miss. Thank you for considering these requests and for double checking the dates. I honor your time, care, commitment and resources as I honor mine too. Please email me with any questions.

Next steps?

Email me so we can set up a time to talk about your interests and desires from the program and to see if we make a good fit. danielle@livingartsayurveda.com