

# Creating Menstrual Health

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*A one-day workshop for women*  
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**Facilitator:** ALEXANDRA POPE

- Do you suffer with menstrual problems or feel at war with your body?
- Would you like a new approach to release stress and take charge of your health?
- Do you want to discover a personal development journey custom made for you?

Understanding your menstrual cycle – physically, psychologically and spiritually – is your key as a woman to experiencing wellbeing, fertility and empowerment. In this experiential and highly informative workshop you will learn how to restore your connection to the intelligence and creative resources of the cycle and use this knowledge to heal symptoms and experience a new feeling of power and possibility.



*“...I shall treasure it as one of the finest days of my life.”*

*“I feel so much more at peace within myself.”*

*“I have been rocked and shaken to the depths of my pelvis in the most creative way.”*

*“...the work you’re doing is brilliant and much needed...”*

*“...Over a year on and I am still raving about it. I have been moved on a deep level.”*

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**To book and for further information contact Kylie Pattnaik:**

Phone: **07742 613563** or email: **swbirthworkers@gmail.com**



## ALEXANDRA POPE

With over 20 years experience as a psychotherapist, Alexandra has pioneered a new approach to women’s psychological and spiritual development based on the power of the menstrual cycle, and the journey from menarche to menopause.

Author of *The Wild Genie: The Healing Power of Menstruation* (Sally Milner Publishing, 2001), *The Woman’s Quest* (a 13-session self-guiding course unfolding the power of the cycle) and coauthor of *The Pill: are you sure it’s for you* (Allen and Unwin, 2008).

She now works as facilitator, coach and healer across the UK and Europe offering programmes for women based on her work.



**Date:**

9.30am to 5.30pm,  
Saturday 9 June 2012

**Place:**

Exeter Steiner School,  
80 Merrivale Road,  
Exeter, EX4 1PT

**Cost:**

£75 – concessions  
available

**Contact:**

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To contact or learn more  
about Alexandra go to:

**www.wildgenie.com**

**www.womensquest.org**