

Pre-Menopausal Years: Finding Your Power

1. Introduction / Tying in power and pleasure workshop
2. Power of Physiology
 - a. Normal menstrual cycle
 - b. Key players:
 - i. Hormones
 - ii. Ovaries
 - iii. Uterus
3. Meditation: Finding Your Inner Power
4. Movement: Create Power Within Your Body
5. Worksheet Walk Through
6. Closing / Summary