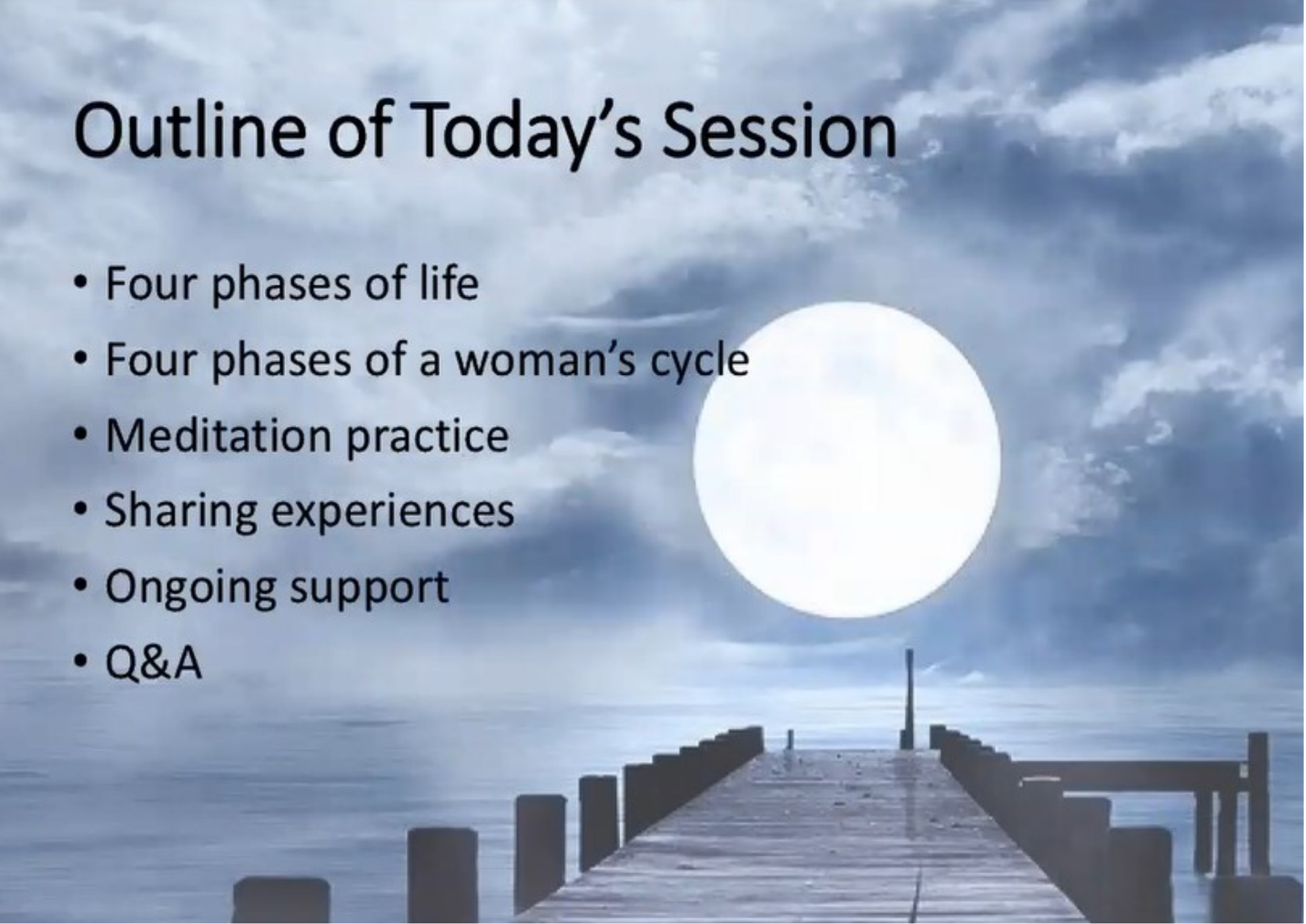


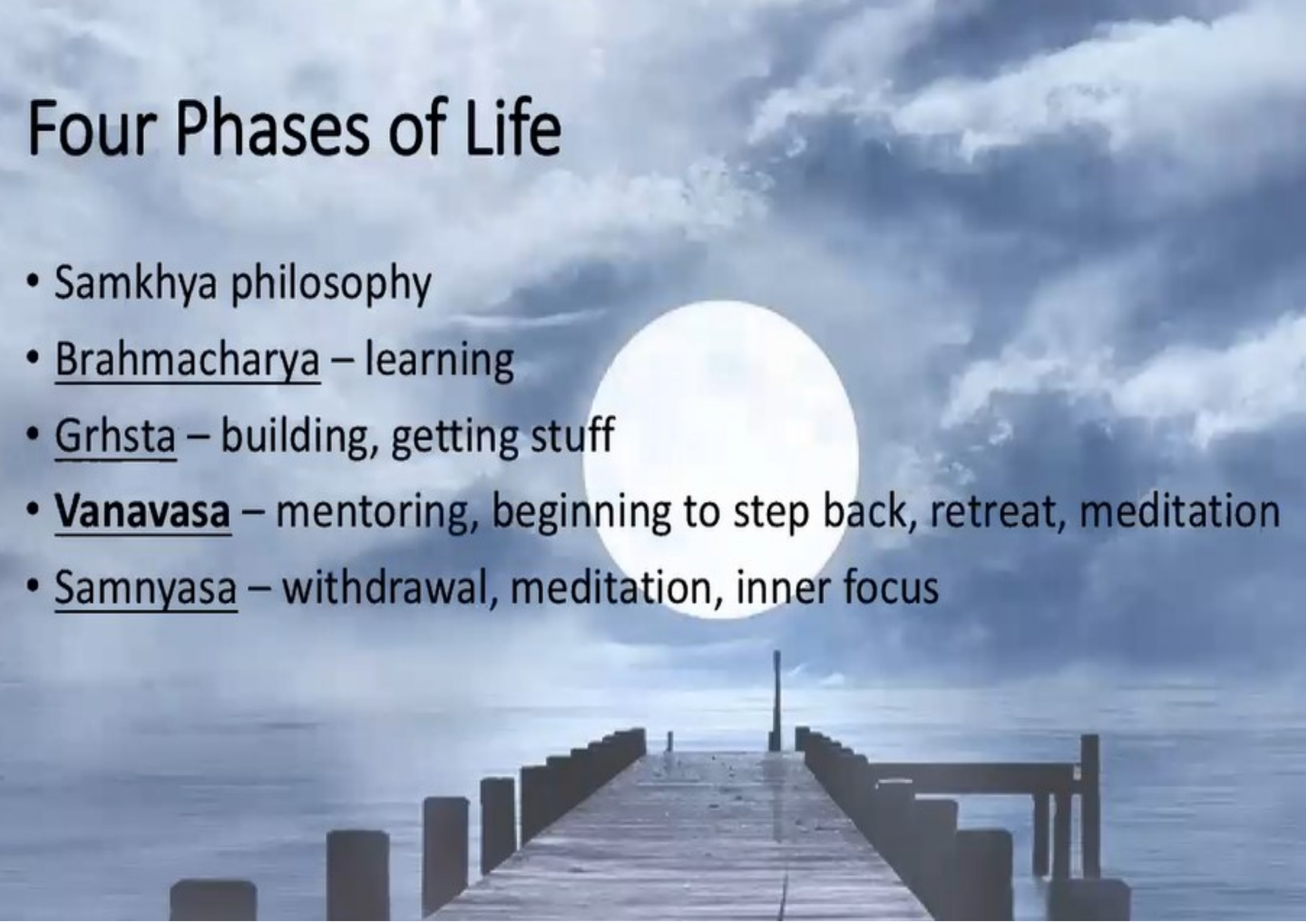
Outline of Today's Session

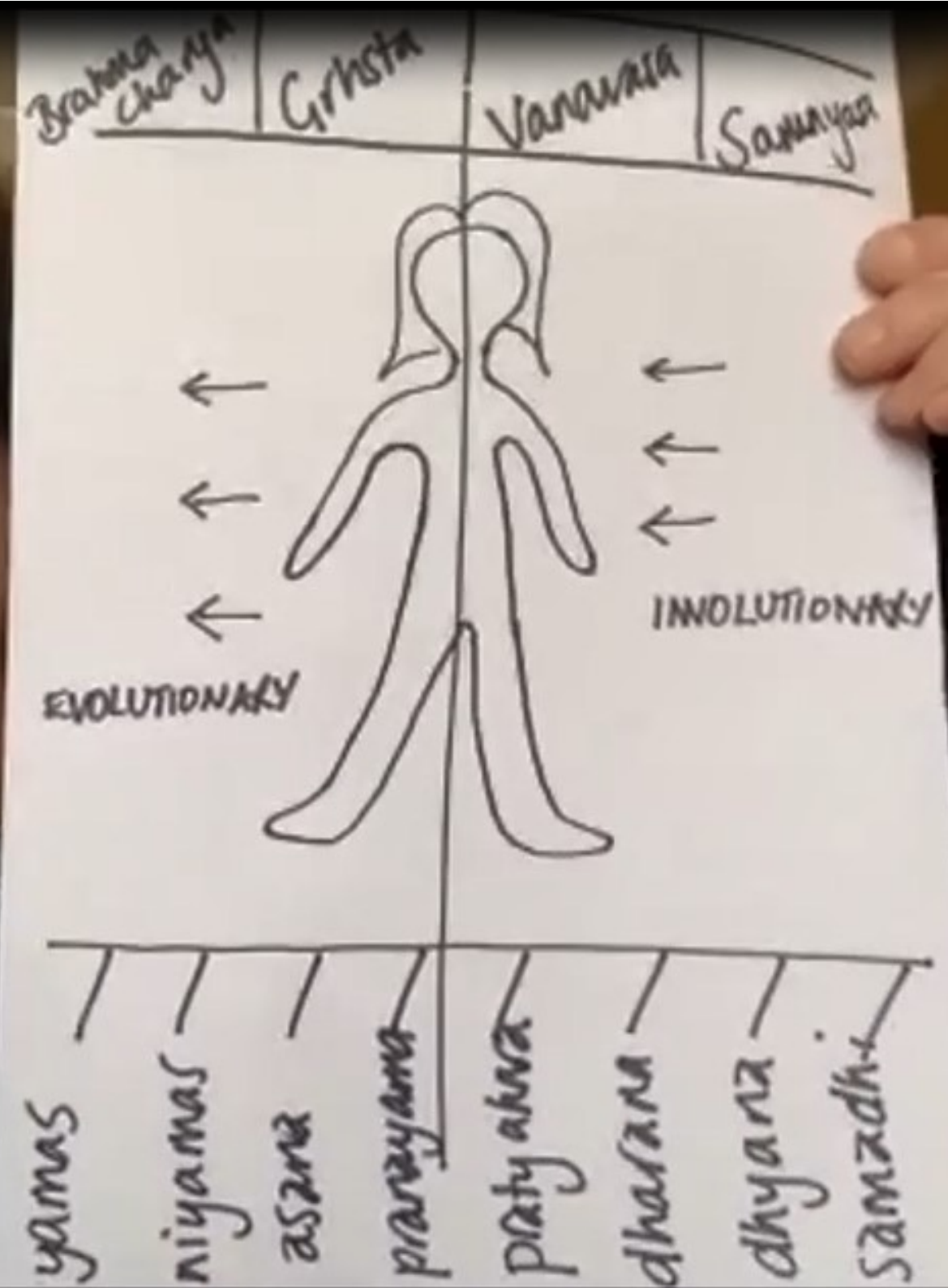
- Four phases of life
- Four phases of a woman's cycle
- Meditation practice
- Sharing experiences
- Ongoing support
- Q&A



Four Phases of Life

- Samkhya philosophy
- Brahmacharya – learning
- Grhsta – building, getting stuff
- Vanavasa – mentoring, beginning to step back, retreat, meditation
- Samnyasa – withdrawal, meditation, inner focus





Four Phases of a Woman's Cycle

- Spring – week 2, gently emerging, energy returning, may want to spring back
- Summer – week 3, ovulation, strong, good energy, active, focussed
- Autumn – week 4, beginning to withdraw, slowing down, nesting/organising ready for winter, may be crabby!
- Winter – week 1, bleed, slow, quiet, hibernation, time to rest