

MEANT TO PAUSE

A HOLISTIC VIEW OF MENOPAUSE



Take time to honor your body, mind, heart, and spirit. Learn to understand menopause as a transition into a deeper awakening of feminine wisdom. As premenopausal, menopausal, or postmenopausal women, we invite you to join us for an afternoon of information and exploration through playful interactive activities.

The workshop includes a holistic overview of menopause, restorative yoga and guided meditation; including self-reflective and group exercises. Participation in a question & answer period will follow. Bring home practical tools and natural remedies to help you embrace your change of life.

Saturday, May 15th, 2010

Noon to 5:00 PM

Yoga East

163-B Deer Street

Portsmouth, NH

Cost: \$75 (sliding scale based on self-assessed need)

To Register: valeriefagin@comcast.net

603-436-6655

Beth Devlin, ND is a Naturopathic doctor currently practicing as part of the team at Human Nature Natural Health in Portsmouth. She has been involved in women's health for over 20 years, treating women of all ages with holistic medicine. Dr. Devlin views menopause as a natural transition not as an illness, and helps to support women on all levels, body mind and spirit.

Valerie Fagin is an original member of Ballet Hispanico of NY. She has spent the last 20 years balancing dedication to her family, leading restorative yoga and self-care workshops. She also serves as director of Summer Bliss Camp for girls. She is currently in menopause, and is excited to share her journey.

Maddi Wallach, MA is a psychotherapist and arts therapist in private practice for 30 years, who loves working with women in transition, and helping to facilitate their growth. She is also post-menopausal and has learned a great deal from her own transition.

"I want to live it with the kind of attention that one devotes to sacred mysteries. I want menopause to be a soul-changing event, which means letting it be transformative".

Christine Downing