

In the **FLOW**

Embracing the Cycles of Womanhood

Work and Playshops

## SCHEDULES

September 29

The Red Web Foundation

### Over View

**8:15 am** Registration, morning refreshments and shopping  
in Atrium Bazaar for jewelry, books, clothing and more

**9:00 am** Welcome and Opening with Vicki Noble,  
Author Carol Lee Flinders Keynote Talk

**10:30 am** First (A) work and playshops\*

**11:30 am or 12:00 pm** Lunch

Lunch time Movie: **Dreamtime**

open seating no registration required

*Dreamtime* embraces the many alternative and creative ways that women are celebrating a variety of transition points in their lives using art making and ritual. *Dreamtime* is part the trilogy *Bloodtime Moontime Dreamtime* by filmmaker Roberta Cantow.

**12:30 pm or 1:00pm** Second (B) work and playshops

**2:15 pm or 2:30 pm** Third(C) work and playshops

**3:30 pm** Final Atrium Bazaar shopping

**4:00 pm** Closing of the day

### Work and Playshop Schedules

18 workshops in 6 tracks- follow one track for the day  
or choose from different tracks. To cross tracks, choose an A,B, & C workshop.  
Beginning and ending times are staggered, be sure your choices don't overlap

#### 1. Mother/Daughter & Girls

**A 10:30am - 11:30 am DeAnna Lam**, Founder Red Moon Rites of Passage  
Becoming Peers—Girls and Women in Community

**B 12:45 pm - 1:45 pm Roberta Cantow**, Filmmaker  
Movie *Moontime: Honoring Girls First Menses*

**C 2:00- 3:30 pm Mary Arnold**, RNP  
*Girltalk: What Girls Should Know about Puberty*  
(girls and moms)

#### 2. Observing Cycles—Yours & Nature's

**A 10:30 am – 11:30 am Jennifer Brown**,  
*Cycling with Nature: How the Cycles of Nature and Women Unite*

**B 12:30 pm – 2:00 pm Marina Alzugaray**, MS, CNM  
*What Your Cycles Have to Do with Everything:*  
*MyMoonCards*

**C 2:15 pm – 3:30 pm Ashley Ross**, co-founder Cycles of Life and Reddy's Pads  
*Keeping Track of Your Cycles and Emotions*

### **3. Menopause**

**A 10:30 am - 12:00 pm Menopause Panel:** Sharon Meyer, CNC Nutritionist;  
Judith Boice, Naturopath TBA, Chinese Medicine

**B 1:00 pm – 2:00 pm Pamela Chubbuck**, PhD

*Sacred Aging: Birthing the Joyful Wise Woman/Crone*

**C 2:30 pm – 3:30 pm Barbara Hanelore**, Certified Womankind Instructor

*The Heart of Menopause: Honoring our Midlife Passage*

### **4. Taking Care of Yourself**

**A 10:30 am – 12:00 pm Fe A. Murray**, RN, MSN

*A Time for Gentleness the Week before My Period*

**B 1:00 pm – 2:15 pm JS Nahani**, Artist, MSW, PPSC

*Bleeding through the Page: Writing about Menstrual Experiences*

**C 2:30 pm – 3:30 pm Barbara Birsinger**, MPH, RD

*Food Cravings: Symbolic Meaning and Purpose throughout the Menstrual Cycle*

### **5. Cultural Experiences**

**A 10:30 am – 12:00 pm Dianne Jenett**, PhD; **Judy Grahn**, PhD; **Annie Lapham**,

*Menstruation: Creating Culture & Sacred Power in India*

**B 1:00 pm – 2:00 pm Lauren G. Roberts**

*Moon Lodge: A Native American Tradition*

(Bring clothing, jewelry, or flowers that supports your beautiful self)

**C 2:15 pm – 3:30 pm Chandra Alexandre**, PhD; **Laura Amazzone**,

*The Spiritual Power of Menstrual Blood in India and Nepal*

### **6. Celebrate Your Body**

**A 10:30 am – 11:30 am Lisa Saunders** *Moving Those Hips: Hula*

**B 12:30 pm – 1:45 pm Dominique Millette**

*Proud To Bleed: Creating Menstrual Pride through Games and Art (girls only)*

**C 2:30 pm – 3:30 pm KK Ledford**, certified yoga instructor

*Yoga for Wild Women (Bring large towel)*

Note: Workshop times are staggered, make sure your choices don't overlap  
Workshops are subject to change without notice