

In the **FLOW**

Embracing the Cycles of Womanhood

Work and Playshops **DESCRIPTIONS**

September 29

The Red Web Foundation

THEME: Mothers/Daughters & Girls

Workshop: Girtalk-What Girls Should Know about Puberty

Presenter: Mary Arnold

Website: www.girtalk-puberty.com

Abstract

Girtalk Workshops offers a unique opportunity for girls to ask frank questions about their bodies and the physiological changes that occur during puberty and menstruation. Our discussion begins with anatomy and physiology of the female reproductive system, personal hygiene, and how and why menstruation occurs. Age-appropriate media presentations are offered. Mothers are asked to leave and allow the girls to compose questions to present to the adults when they return. The prepubescent girls have an opportunity to discuss any issues that are relevant at this time in their lives...and all mothers are encouraged to participate in offering their wisdom to guide the younger participants on their journey to womanhood.

Workshop: Becoming Peers—Girls and Women in Community

Presenter: DeAnna L'am

Website: www.deannalam.com

Abstract

Women sat together in circles since time immemorial, sharing our lives, our laughs and our triumphs, welcoming Girls into Womanhood and Women into Cronehood. Telling our stories, letting go of societal images and seeing the true beauty of ourselves and each other, we will transcend age compartments to *become peers*.

Workshop: Moontime: Honoring Girls' First Menses (*Film presentation*)

Presenter: Roberta Cantow

Website: www.originaldigital.net

Abstract

"The blood follows us throughout the journey of our life, whether it is with us or no longer there." *Moontime* links women's cycles and the moon with the nurturing and healing Feminine energies, as it emphasizes the importance of honoring a girl's first period: to communicate the meaning and value of stepping into the identity of "womanhood" and to embed the significance of the transition "deep in the psyche."

Moontime is part the trilogy *Bloodtime Moontime Dreamtime*. *Dreamtime* will be shown during lunch. *Dreamtime* does not show up on the schedule, as it requires no registration.

The trilogy is currently a work in progress. Each of the individual parts has a different approach, but each suggests, in its own way how respect for the fecund and nurturing

principle will impact our treatment of women, of each other and of the earth and eco system. This is the first public showing of these films.

THEME: Observing cycles—Yours and Nature's

Workshop: Cycling with nature—How the Cycles of Nature and Women Unite
Presenter: Jennifer Brown

Abstract

In this presentation we will explore how nature's seasons and lunar cycles are mirrored in those of women's menstrual cycles. We will learn how women are not alone when it comes to having cycles and how understanding nature's cycles can illuminate and enrich our own menstrual cycles.

Workshop: Understanding your Hormones: How Tracking Your Cycle can Change your Reality
Presenter: Ashley Ross
Website: www.reddyspads.com

Abstract

The workshop will assist women and girls to reframe what they been told about their female bodies; to get a deep understanding of their cyclic hormonal nature; and to explore ways to get excited about and appreciate their female reality - their flexibility and their variety of experiences.

Workshop: *What your cycles have to Do with Everything: MyMoonCards*
Presenter: Marina Alzugaray
Website: www.mymooncards.com/movie

Abstract

What your cycles have to do with every thing?? is a question that deserves answers... that are relevant to women. The cycle, reproductive health, sexuality and empowerment can be achieved by women who 'get' how their own bodies are working. Women cycle for success when able to use their cycle for themselves and for their health. Women of all races can learn why and how the cycle, reproduction and sexuality are utilized for orgasmic empowerment. This course reviews the menstrual cycle from the first menstruation through the last with a focus on sexuality and empowerment.

THEME: Menopause

Workshop: Sacred Aging: Birthing the Joyful Wise Woman/Crone
[In Addition to Aging Gracefully, Age Joyfully!]
Presenter: Pamela Chubbuck
Website: www.passagesintowomanhood.com

Abstract

In this workshop we will be sitting in circle, sharing our stories, dancing, sounding, singing and chanting our deepest woman power. We will create a ritual to celebrate growing older and finding joy. As we age -- truly we are wiser, and more radiant. We can be more beautiful, desirable, sexier, more alive, more powerful and thankfully-- less afraid of what others think. We become our own version of the 21st century Crone. We peri and

post menopausal women can find and maintain excitement, passion, curiosity, and creativity throughout life. I invite you to plunge wholeheartedly into the full spectrum of the aging experience. Begin to experience living fully at any age by embracing your inner wise woman. In this workshop we will begin to: find and follow our deepest personal truths; learn to embody the qualities that bring us our deepest fulfillment; and support each other to more fully live our hearts wisdom and passion.

Workshop: *The Heart of Menopause: honoring our Midlife Passage*

Presenter: Barbara Hannelore

Website: www.womensway.ws

Abstract

Menopause is a turning point, at the beginning of another stage of life. Taking time to re-connect with things that fulfill and balance you, will help you move forward with renewed vision and energy. Menopause invites you to take your time. You have already accomplished so much. Come share an informative and creative hour, with a brief splash into creative activities you can easily use again on your own.

Menopause Panel

Menopause is a time of significant change in a woman's life, whether she has few or many body symptoms. The panel of experts will answer your questions and give relevant information to this life transition. Each panelist will present information about women's total health during peri-menopause from their respective area of expertise: Sharon Meyer, nutrition; Dr. Judith Boice, naturopathic medicine; and (TBA) Chinese medicine. This will be followed by a Q&A time with the audience. The Panel will be moderated by long time women's health advocate Vicki Noble.

Topic: Nutrition

Panelist: Sharon Meyer

Website: <http://www.cpmc.org/services/ihh/experts/sharonmeyer.html>

Nutrition is defined as the taking in and use of food and other nourishing material by the body. Nutrition is a 3-part process. First, food or drink is consumed. Second, the body breaks down the food or drink into nutrients. Third, the nutrients travel through the bloodstream to different parts of the body where they are used as "fuel" and for many other purposes. To give the body proper nutrition, a person has to eat and drink enough of the foods that contain key nutrients. <http://www.stjude.org/glossary>

Thus, nutrition is more than just what you eat, it is what your body does with the food once it comes into the stomach. How does body function change during peri-menopause? What is a balanced diet during peri-menopause? Learn what to eat that supports your well being while going through the menopausal process.

Topic: Naturopathic Medicine

Panelist: Judith Boice

Website: www.drjudithboice.com

Naturopathic medicine relies on the oldest, most clinically researched medicines available natural therapeutics that have been effectively applied for tens of thousands of years. Today's practice of naturopathic medicine combines the best of contemporary technology with time-honored, effective remedies from the past.

A naturopathic physician, however, has a vast array of potential treatments from which to choose. Naturopathic medical students study all of the medical sciences, including clinical and physical diagnosis, pathology, anatomy (with dissection lab), biochemistry, physiology, pharmacology, and specialty areas such as pediatrics, gynecology, and cardiology, in short, all of the courses taught at any medical school.

In addition naturopathic physicians spend several hundred hours studying courses that have disappeared from most medical school curricula, including counseling, nutrition, exercise therapeutics, homeopathy, botanical medicine, hydrotherapy, and physical therapies. By Dr. Judith Boice

Topic: Chinese Medicine
Panelist: Naomi Caspe

Traditional Chinese Medicine, or TCM, is an ancient system of health care which dates back at least three thousand years in China. TCM utilizes a combination of techniques: acupuncture, moxabustion, acupressure, qigong (energy work), Chinese herbs, tui na (massage), and tai chi (therapeutic exercise). TCM does not focus on treating an illness or disease-states as does Western medicine, but instead observes the underlying causes of imbalances and patterns of disharmony in the body. Treatment is based on how the illness energetically manifests in a particular individual.

Chinese healing modalities focus on the principle of movement. When energy is stuck in the body it is due to blockages of Qi in the meridians, resulting in patterns of dysfunction. The three main factors that lead to imbalance are emotions, climate, and life-style. Once the conditions disappear, so do the causes of the illness. However, the best cure is always prevention.

A TCM practitioner obtains a detailed clinical observation of a client to discern the overall patterns of disharmony or imbalance in the individual. She must discern the effect of a person's social, environmental, and seasonal factors.

Source:

Medicine Buddha Healing Center, Berkeley CA website www.Ayurveda-Berkeley.com

THEME: Taking Care of Yourself

Workshop: *Food Cravings: Symbolic Meaning and Purpose throughout the Menstrual Cycle*
Presenter: Barbara Birsinger

ABSTRACT

Participants will explore a fun and innovative process to decode the symbolic meaning and purpose of food cravings as they relate to menstrual health throughout the lifecycle, and how foods craved can reveal what is needed to honor and care for the health of body, mind, spirit and soul of girls and women in every stage.

Workshop: Taking Time for Gentleness the Week before My Period
Presenter: Fe A. Murray

Abstract

This is a workshop based on the revolutionary philosophy that a woman does not have to work hard and stay the course every day. What if we were nice to ourselves for one

week? Learn practical techniques that make the premenstrual time of the month more tolerable. We will describe in simple terms what the body does before a period begins and explain hormonal changes and why they occur. We will discuss the pros and cons for slowing down and being less busy during this time of the month and create guidelines for changing priorities during this time. Body techniques for managing premenstrual symptoms will be demonstrated.

THEME: Cultural Experiences

Workshop: "Yoni Puja: A Lecture and Ceremony Honoring the Gateway to Self, Earth and Cosmos"

Presenters: Chandra Alexandre, PhD

Abstract

In the female-centered Shakta tradition of India and Nepal a woman's yoni (vagina) has been understood as a source of spiritual power for millennia. In fact, menstrual blood is regarded as the most sacred and potent of substances. This presentation addresses the historical and religious significance of menstrual blood in South Asia.

Workshop: Menstruation: Creating Culture and Sacred Power in India

Presenters: Dianne Jenette, PhD, Judy Grahn, PhD & Annie Lapham

Website: www.newcollege.edu/womenspirituality

Abstract

In this workshop Dianne Jenette and Judy Grahn will examine the connection between menstruation and divinity in the menarche rituals in Kerala, India and show their video from a contemporary menarche ritual in Kerala. In doing so, we present the idea that sacred power is contained in, and can be accessed, through women's bodies and suggest how this provides an alternative positive approach to menstruation. Informed by this material, Annie Lapham worked with a group of women to collaboratively build a menstrual "temple" and create a rite of passage ritual, and she will present on their experience.

Workshop: Moon Lodge: A Native American Tradition *

Presenter: Lauren G. Roberts

Abstract

A personal journey through family teachings and experiences and through genetic memory will show the process of getting to know myself as a woman. Then a history of connections through work with women in our moon lodges. Participants can then be a part of a puberty ceremony, not a traditional Native American rite but based in traditional beliefs. * Please bring a special thing, clothing, jewelry, flowers that supports your beautiful self.

THEME: Celebrate Your Body

Workshop: Wild Moon Wisdom – Yoga for Wild Women *

Presenter: KK Ledford www.wildmoonwisdom.com

Abstract

Women of all ages, celebrate your unique female experience through yoga! Yoga practiced with intention and awareness can be transformational for the body and heart. We will gather together as wild and wise women and take delight in our embodied experience. With movement and breath we will enjoy making art with our bodies.

* Please bring a yoga mat or large towel to lie on.

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

Presenter: Dominique Millette

Abstract

Through creating safe space, relationship building exercises, youth participation, community involvement, and skill building, this workshop gives girls ownership over their menstrual education and their bodies. By encouraging menstrual pride through games, self-reflections, and art, the workshop will help to alleviate and deconstruct menstrual shame.

Workshop: Hula Kahiko: Ancient Dance of Hawai'i

Presenter: Lisa Saunders

Website: www.ethnicartsinstitute.org

Abstract

The HULA KAHIKO Workshop promises to be a unique movement experience in the culture and traditions of old Hawai'i. Ancient lore tells of the first hula danced on the shores at Puna by young Hopoe. To the delight of her friend Hi'iaka and volcano goddess Pele, Hopoe sings and chants while imitating gestures and movements of nature that surround them -- swaying trees, swirling breezes and the ebb and flow of the ocean. Since then, hula chants have evolved into specific classifications which are reflective of every aspect of Hawai'ian culture and daily life. There are hula chants categorized to embody the sacred, recount historical events, and express the full range of human condition, need, experience and emotion. In this hour, after a gentle warm-up and stretch session, participants will learn basic steps, hand gesture and hip movement. The focus of the workshop will be a hula ma'i entitled "Hamakua" to honor Queen Emma. Hula in this particular class are genital chants to stress the importance of and support healthy attitudes toward the sexual aspects of life.