

VIBRANT HEALTHY WOMAN™





Welcome to your **Vibrant Healthy Woman** Syllabus

Each month you have access to 3 program curriculum modules, designed to expand your awareness, offer health & wellbeing education, mind-body-spirit resources, and bring you into even greater alignment with increased health, vitality and radiance.

The program is designed to also give you 1 week for rest, rejuvenation, and integration.

Simply click the monthly tab in the “Monthly Modules” section of your Vibrant Healthy Woman website to access each month’s curriculum recordings and the program materials provided to support your growth and transformation.





How to get the most out of your program modules:

Schedule your module study the same day and time each week, and pencil in one rest week on your calendar NOW at the beginning of your program, just like you would schedule something into your calendar that is important to you.

“GET MOVING” and BONUS Resources

Here is how to get the most out of your movement and bonus resources:

“GET MOVING” 5 Minute Videos:

<https://vibranthealthyliving.com/vhl-members/get-moving/>

De-stress, loosen-up, feel happier, and reboot in 5 minutes or less! TO GET MOVING 5 minutes a day, choose any one of the Mind-Body-Spirit Movement Videos I have created for you in the “Get Moving” video library.

TRANSCENDANCE™ LIVE VIRTUAL CLASSES

We have a LIVE Transcendance™ class twice a month (typically the first Saturday at 10am Pacific and the third Wednesday at 5pm Pacific), which are recorded and archived. You can join us live, and use these archived videos as an ongoing resource to move at least once a week.

I suggest you carve out 90 minutes on your next day off to do your first full Transcendance™ experience.

To get Transcendancing™, click here:

<https://vibranthealthyliving.com/vhl-members/transcendance/>

Bonus Movement Videos:

The movement videos in the “Bonuses” sections on the VHW site are designed to be a resource you can use as fitness modules, with a positive message you can use as needed. I recommend doing the VHW Yoga program (or another yoga or stretching program of your choice) at least once or twice a week, and the VHW Sexy Strength program (or another strength training program of your choice) at least once or twice a week. There’s also a Hooping program in the Bonuses section to help you connect with your inner girl and for creative self-expression!





FINO (Feel Invited, Not Obligated) to explore the following:

- **Do at least ONE guided meditation ideally each day:**
<https://vibranthealthyliving.com/vhl-members/bonuses/meditation/>
- **Do TranscenDance™ ideally once a week:**
<https://vibranthealthyliving.com/vhl-members/transcendance/>
- **Do a 5-Minute “Get Moving” video ideally daily:**
<https://vibranthealthyliving.com/vhl-members/get-moving/>
- **Do a Strength Training using the VHW portal at least 1-2 times a week ideally, or at the gym:**
<https://vibranthealthyliving.com/vhl-members/bonuses/sexy-strength/>
- **Do Yoga 1-2 times a week, using the VHW portal ideally or elsewhere:**
<https://vibranthealthyliving.com/vhl-members/bonuses/yoga/>
- **Do Hooping for FUN, as often as you’d like to incorporate more play:**
<https://vibranthealthyliving.com/vhl-members/bonuses/hooping/>

Bonus Master Workshops:

For the other **MASTER WORKSHOPS** about Beauty, Feng Shui and Graceful Aging, there is a once- a-month email that will be sent to you as a reminder to go and watch these anytime you like. Please know that all of these workshops are unlocked for you, so you can watch them at any time.





What to Eat During Your Program

I recommend you simply focus on what you are **ADDING** to your life versus what you are taking away. Usually, women crave unhealthy food because they aren't getting enough of the soul-food they are truly craving.

Some women come into the program already with a solid food plan and others desperately want to make a change. Either way, begin this program focusing on adding fun, play, movement, pleasure, and rest and rejuvenation into your daily routine. Focus on **ADDING** healthier foods, like more fresh fruits and vegetables, and more water, before taking things out.

If you desire a food and nutrition reboot, [click this link HERE](#) to read the VHW Food Action Guide which provides immediate resources regarding healing and upgrading your relationship with food. You can begin to eat healthier and feel better immediately.

To learn about the 21-Day Nutrition Reset Plan provided as one of the keys to resetting your weight, hormones, and health you will learn more about that on the next page.

However, I suggest waiting until month 2 or 3 to do the 21-Day nutrition reset plan. Once you have done some of the deeper emotional work needed to sustain the food changes you would like to make long term, then it becomes much easier to do the 21-day Nutrition Reset protocol. Remember, we're looking for life-long wellness!

Many Vibrant Healthy Women have easily released 10, 15, 30 and even 70+ pounds successfully. They reset their hormones, and overall health following the monthly modules and food action guidelines.



Get Cleansed & Release the Unwanted Weight... Your 21-Day Nutrition Reset Program

Ideally, you will choose to complete your 21-day detox, nutrition reset plan during month 3 of your VHW program. As stated above, I suggest waiting until then so you will have completed enough of the inner work so the results will be lasting and long term.

Click below to get ALL the resources needed:

<https://vibranthealthyliving.com/vhl-members/bonuses/nutrition-reset/>

- **Before you begin, READ “The Virgin Diet: Drop 7 Foods, Lose 7 Pounds, Just 7 Days,”** by JJ Virgin. This book explains why the 7 foods are highly inflammatory and SELLS you on the idea.
- **If you are on medications,** get your doctor’s permission before you begin.
- **Next, select either JJ’s plan or the Akasha Cleanse** found on the VHW program website here. <https://vibranthealthyliving.com/vhl-members/bonuses/nutrition-reset/>
- **Do a prep week to clean out your fridge and pantry** from any trigger items and do your grocery shopping to prep your own food, or sign up for a done-for-you food delivery service.

Here’s to your best and most amazing BODY ever!
With our support, you’ve got this!!!

**Yes! You Own All the Modules, Bonuses,
and Resources for Life!**





MONTH 1 – Your Foundation as a Vibrant Healthy Woman

MODULE 1

Our focus of this class module is how to work with our mental, emotional, and physical state to increase vitality and well-being.

- Use of full body breathing
- Use of positive mental imagery
- Use of inspiring music
- Use of self-guided healing movement, and unwinding & releasing mental, emotional and physical stress and tension



- **Your Guided Meditation** is for releasing doubt and embracing empowerment.
- **Your Mind-Body Movement Video** is: Dance of Release to “shake it off”

Life Integration:

1. **Begin reading Chapters 1 and 2** of *Women’s Bodies, Women’s Wisdom*
2. Notice any stress, physical pain, tightness, anxiousness, or low-vibration feelings symptomizing in your mind, emotions or body throughout the day.
3. Use the powerful VHL stress dissolver mind-body-spirit tool taught in this module at least once a day to help you create optimal health and minimize negative symptoms.



MODULE 2

Here's what we'll explore in this module:

- The 6 Spiritual Principles of Vibrant Health
- The anatomy of a paradigm and how to shift your limiting paradigms
- The TOP 3 new empowering beliefs from Chapter 1 of *Women's Bodies, Women's Wisdom*
- The Vibrant Healthy Woman Weekly Intention Setting Process

- **Your Guided Meditation and Mind-Body Movement Video** are to help you to live into your vision.

Life Integration:

1. **Continue reading Chapters 1 and 2** of *Women's Bodies, Women's Wisdom*.
2. Read the 6 Spiritual Principles of Vibrant Health once more this week.
3. Read the 3 Empowering Beliefs once more this week.
4. Practice the Vibrant Healthy Woman Weekly Intention Setting Process once a week each Sunday.
5. Please write your Full Spectrum Success vision no later than the end of month 1.
More instructions are found under the Charting Your Course document in the "Start Here" section of your program portal (under "Creating My Vision").



MODULE 3

In this class module we learn about:

- Living at a higher emotional frequency from a place of a deep mind-body-spirit connection, and how our emotions affect our internal organs.
- We also learn about your body's 7 chakras and the torus energy field.

- **Your Guided Meditation** is to reveal your true self.
- **Your Mind-Body Movement video** is to help you deepen your mind-body-spirit connection.

Life Integration:

1. **Continue reading Chapters 1 and 2** of *Women's Bodies, Women's Wisdom*.
2. Do the body mapping activity on pages 17 and 18 of your Action Guide to connect possible causes, or emotional/energetic connections, using the resource pages and the chakra chart in the guide.
3. Use your VHW Affirmations, Meditations, Mind-Body Movement Practices, and Empowering Actions to create even more vibrant health every day.





MONTH 2: Developing Your Feminine Body Intelligence

MODULE 4

The focus of this class module is to:

- Further deepen your understanding of feminine intelligence as a new form of healing, and the VHW 4-step healing process.
- We also review the difference between healing versus curing, and further explore your feminine super-power, multi-modal thinking
- Lastly, you are guided to discover a powerful Mind-Body-Spirit healing movement practice.



- **Your Guided Meditation** is to deepen your connection to your feminine intelligence.
- **Your Mind-Body Movement video** is a powerful Mind-Body-Spirit movement medicine practice.

Life Integration:

1. **Read Chapter 3** of *Women's Bodies, Women's Wisdom*.
2. Read your Vibrant Healthy Woman Affirmations from this module each day.
3. Practice the Meditation and Proven Mind-Body-Spirit Movement video from this module at least once more this week.
4. Notice when you are practicing "multi-modal" embodied thinking and journal or write about the benefits of this feminine super-power.
5. Practice The 4-Step Feminine Intelligence Process, as needed, to continue to re-pattern disempowering beliefs / paradigms.
6. Notice your vocabulary this week and replace all the negative vocabulary with the Vibrant Healthy Woman Empowered vocabulary.



MODULE 5

In this class module we'll tune into what Spirit is telling us.

- Inner Guidance, Listening to Your Body and your Intuition
- Emotional Cleansing: Healing from the Past
- Knowing What You Want, and Claiming It
- The Power of Pleasure/Joy as an Inner Compass

- **Your Guided Meditation** is to help you amplify your connection to the power breathing us and the connection to the earth, and energy of our body being sourced by all the elements. We are safe, resourced, abundant, and held.
- **Mind-Body Movement:**
Purpose: To generate an emotional resonance of increased Joy, Safety, and Fun!
Modality: TranscenDance™
 - **Stage 6 – The Dance of Surrender** (Celine Dione, “I’m Alive”)
 - **Stage 9 - Soothe Healing Energy Wash** (Alex Theory & Shiva Rea, “Anahata”)

Life Integration:

1. **Continue to Read Chapter 3** of *Women’s Bodies, Women’s Wisdom*.
2. Follow the 6-step process below - “Know what you want and claim it”.
3. Explore using “the script” at least once a day for 7 days.
4. Repeat the joyful movement video for this week – as needed, at least once more.

MODULE 6

This week you'll learn about your two secret Super-Powers of Wellness!

1. **Telomeres:** the end caps that protect our chromosomes.
2. **Nitric Oxide:** resets your power grid and reboots your body

You'll also discover:

- 5 Foods to Protect & Lengthen Your Telomeres
- Top Ways to BOOST Nitric Oxide
- And a guided embodiment wellness pleasure exercise

Start by creating a sacred space. Light a candle, ideally white or lighter color. For this class you will need to bring the following items:

- A body brush (if you have one)
- Body lotion (ideally something that smells nice)
- A feather (or a makeup brush can also work)
- A shawl (or light blanket)
- A piece of sliced juicy fruit
- Something yummy to sip (maybe some tea or a mocktail)
- Paper, crayons, colored pencils or colored pens, or a simple pen or pencil is fine

- **Your Guided Meditation** is to help you express your gifts while living in balance and harmony.
- **Your Mind-Body Movement** is to lengthen your telomeres and activate nitric oxide, for increased radiance and vitality through pleasurable movement. Modality is Transcendental™, Stage 4 – The Dance of Self (“Feelin’ Alright” by Joe Cocker)

Life Integration:

1. **Continue to Read Chapter 3** of *Women's Bodies, Women's Wisdom*.
2. Follow the 6-step process below - “Know what you want and claim it”.
3. Explore using “the script” at least once a day for 7 days.
4. Repeat the joyful movement video for this week – as needed, at least once more.



MONTH 2: Becoming a Vibrant Healthy *Embodied* Woman

MODULE 7

This week's module is about forgiveness and loving yourself so you can live your best life:

- Allowing Spirit to guide you towards your highest self
- Forgiving yourself and others
- Releasing the past and repatterning what no longer serves you
- Loving and cherishing your body



- **Your Guided Meditation** is to assist you in releasing anything that isn't love.
- **Your Mind-Body Movement video** is a Ho'oponopono Dance of Forgiveness.

Life Integration:

1. **Continue to Read Chapter 3** of *Women's Bodies, Women's Wisdom*.
2. Follow the 6-step process below "Know what you want and claim it."
3. Explore using "the script" at least once a day for 7 days.
4. Repeat the joyful movement video for this week – as needed, at least once more.



MODULE 8

This week's module is about finding the right foods (and portions) for you, so you can live more as a Vibrant Healthy Embodied Woman.:

- The qualities of a Vibrant Healthy *Embodied* Woman, and how to become one.
- The questions to ask yourself before you are eating, or when you are craving a particular kind of food.
- Healthier (and yummy) alternatives for when you are wanting comfort foods, and replacements you can start to use to develop eating habits that support your ideal weight and the wellness you desire.
- How to find the right portion sizes for your body type.

- **Your Guided Meditation** is a chakra grounding meditation.
- **Your Mind-Body Movement video** is to make you feel like a woman!

Life Integration:

1. **Read Chapter 17** of *Women's Bodies, Women's Wisdom*.
2. Every morning, wake up and say: "Hello beautiful, I respect you and I will take loving care of you today."
3. Practice the gratitude exercise at minute 22 in the video about someone who's done something amazing or important for you and express that gratitude to them (if possible).
4. Start replacing foods and beverages with healthier alternatives in the Action Guide.
5. Before you eat, ask: "*How do I want this food to make me feel?*" (What state are you hoping to achieve, move toward or feel?) Then bless your food with love and kindness, Eat slowly, mindfully, joyfully, in gratitude.
6. **Review this module's downloadable PDF Action Guide** (link below the video) with questions to ask yourself when you are craving certain foods.
7. For our cleanse next month (at least 7 days, ideally 21 days), read the Akasha Cleanse document (in the [Nutrition Reset](#) bonus section), and JJ Virgin's The Virgin Diet.

MODULE 9

This module will help you take on the beliefs and habits of a Vibrant Healthy Woman, so you can enjoy life-long health and vitality!

- The dis-empowering, limiting beliefs of a body abuser, and empowering beliefs you can take on to assist in your journey as a body lover – and Vibrant Healthy Woman.
- Negative beliefs, actions and habits that may be draining your energy, and new, empowering beliefs, habits, and practices that can increase your energy and give you life!
- Learn from the amazing, vibrant and healthy women in their 80s, 90s and beyond who show that radiant health isn't only possible; it's your birthright.
- Review – The "Dirty Dozen" endocrine disruptors bonus PDF, so you can identify and remove these disruptors that alter your hormones (especially helpful when doing the 21-Day Nutrition Reset).

- **Your Guided Meditation** is to help you lean into your Soul's purpose.
- **Your Mind-Body Movement video** is to "unkink the kinks in the hose!"

Life Integration:

1. Review the "Dirty Dozen" PDF and this module's Action Guide.



APPLES



BELL PEPPERS



SPINACH



CELERY



PEACHES



BLUEBERRIES



TOMATOES



POTATOES



STRAWBERRIES



LETTUCE



HOT PEPPERS



CUCUMBERS

MONTH 4: Developing Your Mind-Body-Spirit Connection

MODULE 10

In this class, we dive deep into:

- The Vibrant Healthy Living practices that help you create the highest level of vitality.
- Learn to identify the areas where you do really well, and the areas where you have the opportunity to stretch into and do more of.
- Two POWERFUL processes that will help you heal the past and repattern any subconscious beliefs that might be holding you back from shining your light, so you can expand into your fullest potential, stepping into your greatest level of truth in your life right now, and shine your light even brighter than before!

- **Your Guided Meditation** is to help you “tap” into your body’s energy.
- **Your Mind-Body Movement video** is to help you lean into the positive.

Life Integration:

1. **Read Chapter 18**, “The Power of Movement,” of *Women’s Bodies, Women’s Wisdom*.
2. Do a deep dive into dusting off any old memories that still create a contractive feeling inside when you think about shining.
3. Forgive these memories, dance, sing, stomp, journal, write a letter and burn it, or “tap it” using the script provided / or follow along with the EFT video.
4. The goal is when you recall this memory you no longer feel constrictive energy – and instead you feel compassion.



MODULE 11

In this module we shift any paradigms you may still have that lead to over-working, under-resting, and not moving as much as you would love!

- You'll discover how movement and exercise help you tap into your intuition, waking up both your mind and your body.
- You'll receive powerful affirmations and a mind-body movement practice that will help you shift any negative paradigms about exercise so you can feel more alive in your body.
- And I'll take you through an interactive experience of some short, fun fitness videos inside your Vibrant Healthy Woman account to use weekly to help you get and stay in great shape!

- **Your Guided Meditation** is for conscious breathing.
- **Your Mind-Body Movement video** is a flowing free-form swan dance.

Life Integration:

1. **Continue reading Chapter 18, "The Power of Movement,"** of *Women's Bodies, Women's Wisdom*.
2. After practicing the meditation, ask your Wise Woman Within what form of movement/fitness you feel called to add this week, how many days and minutes each day you feel called to do it, and then serve that.





MODULE 12

In this module we offer a reminder of the 6 Spiritual Principles of Vibrant Health, and a deep dive into the power of movement for your fascia and psoas, and the healing benefits of Donna Eden's Energy Medicine.

- You'll experience a meditation exercise to experience your life as a Vibrant Healthy Woman 3 years from now.
- You'll be asked 4 Empowered Questions to help you reconnect with your body's wisdom and power.
- You'll discover how to increase the health of your fascia – connective tissue that transmits vibration to every cell of your body – and the psoas muscle, your body's "junk drawer" that might be holding restrictive thoughts and energy at times and how to clear that easily.

- **Your Guided Meditation is:** 3 Year Health Vision / Sitting with Someone at Lunch.
- **Your Mind-Body Movement video is:** Donna Eden's 5 Minute Energy Medicine Daily Routine

Life Integration:

1. **Finish reading or review Chapter 18**, "The Power of Movement," of *Women's Bodies, Women's Wisdom*.
2. Do Donna Eden's 5 Min Energy Routine (1-5 times this week).
<https://www.youtube.com/watch?v=0nKWaJBgJ68>
3. Continue focusing on doing joyful exercise your love.
4. Love and respect your body as though it is your own precious child, best friend, or VIP client – knowing that every part of your anatomy and each process of your female body contains wisdom and power.



MONTH 5: Beauty and Flourishing

MODULE 13

This class is about discovering and embracing your inner beauty.

- Discover real beauty from the inside out, how your current thoughts create your self-image, and how to raise your emotional frequency!
- You'll write a love letter to yourself to help you feel your BEST and most beautiful this week, and feel loved and lovable every day.
- For this module, be sure to have paper (both lined and blank) and something to draw with (pencil, pen, crayons, etc.).



- **Your Guided Meditation is:** Inner Child / Wise Woman Forest of Self Love Guided Meditation
- **Your Mind-Body Movement video is:** Dance of Self-Love

Life Integration:

1. **Read Chapter 15 (Steps for Flourishing), "The Power of Movement," of *Women's Bodies, Women's Wisdom*.**
2. Read your love letter to your body once a day for 7 days.
3. Tell yourself in the mirror that you are loved and lovable every day.
4. Focus on fun ways to feel your BEST and most beautiful this week & month. (Get a massage, mani-pedi, make-over, haircut, buy & wear sexy lingerie, try a new shade of lipstick.)



MODULE 14

It's time to flourish! And the lessons in this module will help you remove blocks from flourishing, while increasing your appreciation and gratitude for your body.

- Read the first 6 of Christiane Northrup's "Steps for Flourishing" (**Chapter 15** of *Women's Bodies, Women's Wisdom*), which are like taking a health and well-being course by itself!
- You'll discover the secrets to getting more in touch with your body through curiosity, attention, appreciation and gratitude.
- You'll also experience a powerful emotional clearing exercise that will help you remove imprints or paradigms that have been with you, even from childhood.

- **Your Guided Meditation is:** Emotional Clearing Exercise Guided Meditation
- **Your Mind-Body Movement video is:** Mirror Dance for Fun & Playfulness (to Madonna's "Vogue")

Life Integration:

1. **Read Chapter 15** *Women's Bodies, Women's Wisdom* ("Steps for Flourishing," pages 713-761, Steps 1-6)
2. Do the exercises contained in these 6 steps.
3. Create your new family legacy, your vision realized.



MODULE 15

Together we'll tune into our inner wisdom, as we explore:

- **Read Chapter 15 of *Women's Bodies, Women's Wisdom* – Steps 7-12** of Christiane Northrup's "Steps for Flourishing," which will help you strengthen your mind-body-soul connection!
- You'll reclaim the fullness of your mind, and discover proven tools for accessing your body wisdom.
- You'll also learn how to gain guidance from your dreams, and ways to successfully dialogue with your body wisdom.

- **Your Guided Meditation is:** Body Wisdom & Inner Peace
- **Your Mind-Body Movement video is:** "Amazing Grace," Dance of Forgiveness (Artist LeeAnn Rimes)

Life Integration:

1. **During your "rest week" – Read or Finishing Reading Chapter 15, *Women's Bodies, Women's Wisdom*,** in particular "Steps to Flourishing" 7-12 (pages 761-795)
2. **Practice the dance of forgiveness,** for yourself and others, to "Amazing Grace" once more time this week
3. **The Daily "I Desire" Journaling Practice:** Get out a piece of paper and write on the top of it, "I desire..., or I choose..." Then write ten things you really want.
4. **Daily Appreciation:** Every day invest a few minutes appreciating what brings you pleasure and happiness now.

MONTH 6: Beauty and Flourishing

MODULE 16

This week's module has the power to change your life, because it's all about sleep!

- Discover the hidden benefits of sleep, and habits and routines that will help you get a great night's sleep, night after night.
- The 4 Power Questions to ask yourself if you're not currently getting enough sleep, so you can start to get the sleep you would love.
- Learn how to find the best time for you to go to sleep, how to prepare yourself for sleep, and tips on how to set up your bedroom so that falling asleep becomes easier and more restful.



- **Your Guided Meditation and Mind-Body Movement Video** are to help you get better sleep to live the life you were meant to live.

Life Integration Exercise: Do a 7-day Sleep Challenge

Each night before you sleep for 7 days try the following exercises, either all, or some each night. Follow your inner guidance.

- Follow your soothing bedtime checklist
- Do your "brain dump"
- Ask an empowered question of your higher power
- Prayer and/or list your gratitudes
- Dwell on a memory of a time you felt really loved
- Dwell on the things you really like about yourself
- Practice your mind-body-movement for better sleep video
- Practice your guided meditation for better sleep

MODULE 17

In this week's class we dive into hormone mastery for vibrant health, wellbeing and happiness!

- Discover the symptoms of being out of balance with your hormones, and how to optimize your hormone levels.
- The secrets to finding your hormone profile, and the best places to get your profile
- The 10 ways to reset your hormones with your fork!
- Phase 1 of the Hormone Reset Plan

- **Your Guided Meditation is:** Column of Light Guided Meditation
- **Your Mind-Body Movement video is:** Celtic Weave

Your FINO Life Integration this week (Feel Invited, Not Obligated):

1. Order *The Hormone Cure* book (www.thehormonecurebook.com)
2. Take the survey online (<https://hormonereset.com/>) or the complete survey in the book
3. And get a complete physical and get your hormones tested based on your full survey results in the book, or use the self assessment testing labs.





MODULE 18

The focus of this week's module is healing our menstrual history, to embrace a new paradigm of aging and menopause. This will help you become a magnet for JOY and help you Transform the World!

- Reclaim your Menstrual & Menopausal Wisdom, and embrace a new, more positive way of thinking and talking about your menstrual & menopause experience, paving a new path of empowerment to last for generations to come.
- Identify old paradigms that may have held you back up until now, and create new paradigms to claim your menstrual & menopausal or post-menopausal cycle as a gift and a superpower.
- Discover the 8 Steps to Increasing Joy and Pleasure
- And celebrate your amazing milestone of 6 months in Vibrant Healthy Woman!

- **Your Guided Meditation is:** Healing Your Pelvic Bowl Meditation
- **Your Mind-Body Movement video is:** Dance of Celebration!

Life Integration:

1. For women still menstruating:

- Track your moon cycle, using an App like Flo to know when you are ovulating, and when you will most likely start your menstruation period.
- Journal and track your thoughts and feelings during the month, based on the cycle.
- Seek to plan more rigorous activities when you are ovulating and during not bleeding weeks.
- When you are bleeding, be kind and gentle with yourself.

2. For women in perimenopause, menopause, or post-menopause:

- Track the moon cycles for 3 months (new moon, full moon)
- Journal and track your thoughts and feelings during the month, based on the moon cycle.
- Know you are still cycling even though you aren't bleeding.
- Be kind and gentle with yourself.



3. For all women:

- Track Give yourself some “cave time,” extra TLC, journal your feelings, track your needs.
- Re-pattern old limiting beliefs to the new empowering beliefs, and seek to “spread the good news” to any women in your life who might need to hear it.

Optional Reading:

- *The Secret Pleasures of Menopause and The Wisdom of Menopause*, by Dr. Christiane Northrup
- *WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source*, by Alisa Vitti





MONTH 1:

- All month: Read chapters 1 and 2 from *Women's Bodies, Women's Wisdom*.

MONTH 2:

- Modules 4-5: Chapter 3, *Women's Bodies, Women's Wisdom*
- Module 6: Begin reading Chapter 17, *Women's Bodies, Women's Wisdom*

MONTH 3:

In this week's class we dive into hormone mastery for vibrant health, wellbeing and happiness!

- Module 7: Continue reading Chapter 17, *Women's Bodies, Women's Wisdom*
- Module 8:
 - Review Chapter 17, *Women's Bodies, Women's Wisdom* for guidelines on macro- and micronutrients
 - Review this module's Action Guide for questions to ask when you're craving certain foods
 - For next month's cleanse: begin reviewing the Akasha cleanse guide (in the "Nutrition Reset" part of your VHW Bonuses section), and JJ Virgin's *The Virgin Diet*
- Module 9: Read the "Dirty Dozen" PDF and the notes and Action Guide from the module

MONTH 4:

- Modules 10-12: Chapter 18, *Women's Bodies, Women's Wisdom*

MONTH 5:

- This month we'll be reading Chapter 15, "Steps for Flourishing," inside *Women's Bodies, Women's Wisdom*:
 - Module 13: Begin reading the chapter, pages 713-718
 - Module 14: "Steps for Flourishing" 1-6, pages 713-761
 - Module 15: "Steps for Flourishing" 7-12, pages 761-795
 - During your rest week: As needed, finish Chapter 15.

MONTH 6:

- Module 17, Optional reading: *The Hormone Cure*, Sarah Gottfried, MD
- Module 18, Optional reading:
 - *The Secret Pleasures of Menopause and The Wisdom of Menopause*, by Dr. Christiane Northrup
 - *WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source*, by Alisa Vitti

