



Fertility Awareness and Cyclical Living: An Introduction

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Course Overview:

Deepen your understanding of the monthly cycle that women experience. From biology basics to the biomarkers of identifying ovulation to how to connect with your inner seasons, we'll learn together through lecture, a guided womb/sacral meditation, creative acts, and question-and-answer sessions. You'll leave with the skills you need to chart ovulation and gain a greater sense of connection to your body, the earth, and the cyclical rhythms inherent to both. This class is open to all who have a desire to learn and support, including those who do not menstruate.

Course Outline:

Biology Basics:

- Review of anatomy
- Review of the hormonal aspects of the menstrual cycle
- Cervix Anatomy and cervical mucus

Cyclical living

- Inner seasons
- What does it mean to live cyclically?
- Discussion of cyclical living practices
- Food
- Exercise
- Energy

Biomarkers: What are you tracking

- Ins and outs of getting started with fertility awareness methods
- Confidently identifying peak day/ovulation
- Discussion of cycle variations

Meditation and Journaling

Optional Supplies:

- Notebook
- Pen



Learn more.
Do more.
Become more.