

Goddesses welcome!

I'm incredibly excited to share this special session with you. I'm assuming that you've all had a good read of the workshop information before booking. If not, I recommend doing so to ensure that you know what to expect. Here's a quick link:

<https://www.holistichealthderbyshire.com/feminine-awakening-9th-september>

Please find attached the registration form to be returned (preferably) at least a week prior to the workshop.

A few pointers to help you transition smoothly through and enjoy your day:

- If you are still menstruating, it would be good if you can know roughly which day of your cycle you are on.
- Wear comfy clothes and warm socks (warm feet = warm womb). I recommend wearing something which won't cause you too much upset if you were to get oil on. I will provide some lovely essential oils for you to use for your self-massage.
- You may wish to bring a blanket and a cushion to sit on. There will be some spares at the studio for anyone that doesn't have.
- I'd be so grateful if we could get a prompt 10am start– there's so much I'd like to share with you on this short half day session.

If you have any questions or if there's anything that you'd like to discuss with me in advance of the workshop (i.e. anything that comes up when going over the form), then please don't hesitate to get in touch (contact details below). I'm always happy to talk!

I cannot wait to meet all you wonderful women and welcome in your shakti!

Warm heart and hands x

Liz Bortoli

**Holistic Health Derbyshire -**

*Yoga, Mizan Therapy & Nutrition*

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