

Flowing With Your Feminine Through The Autumn Phase Of Life

Four weeks of diving deeper into supporting your dark feminine



This 4-week mentoring journey of intimate self-discovery allows the deep unraveling and reclaiming of your sacred feminine.

Who Is It For?

- * It's for the woman yearning to know and understand herself and her own unique rhythms through her perimenopause stage of life*
- * It's for the woman ready to reclaim ALL of herself and her fluid feminine nature*
- * It's for the woman tired of feeling exhausted, unheard, alone, disconnected and disempowered by this stage of life*
- * It's for the woman ready to claim her space and power back*
- * It's for the woman yearning to understand her feminine season of inner Autumn and how through self-love and self-care she can reclaim her strong feminine nature and flow with this sometimes-tumultuous stage!*



What's Involved?

I created this mentoring program based on my own experiences of perimenopause and the many 1000's of hours I have spent working with other women who I have supported over the past 25 years. I have so often witnessed the journey from disconnection to reconnection, and the return home to the wildly spirited, grounded and free flowing woman. I'm offering you a profound insight into how to kindly and devotedly tend to your own changing needs, whilst reigniting your inner essence of unconditional **love and feminine spirit**.

The journey supports you to embrace and flow with the inner season of Autumn – how to work with the strong emotions and sensations that come up through this stage. Through sadhanas (practices), wisdom and rituals I will share the ancient wisdom passed down from Ayurveda, Vajrayana Tantra and Somatic Mindfulness and Movement.

This will involve us connecting 75mins weekly for 3 weeks and one 2-hour face – to face for body work treatment at my home-based space in Reedy Creek. If you are unable to do face-to-face, we will do a 2 hour zoom call where I will teach you the body work self-care component.

We will be covering the following topics

Week 1: Where am I in My Feminine Journey?

~ What is my current experience of perimenopause? ~ Going through your symptom chart ~ Do I over give? ~ Am I aware of my feminine cycle and her needs? ~ Do I care for her needs, and how? ~ Do I over give? Do I create space for myself?

Weeks 2: Understanding the Autumn Season

~ My Autumn cycle ~ The Autumn cycle ~ hormonal changes ~ tracking my cycle ~ perimenopausal support, rituals, movement and treatments for this season. establishing my needs ~ my boundaries ~ intentional rest ~ morning rituals, not morning routines.



Week 3: Reclaiming My Value and Releasing Old Patterns

~ embracing the dark feminine ~ taking responsibility and owning my part
~ feminine wounding, being enough ~ releasing old karmic patterns

Week 4: Bodywork Self Care

This 2-hour session will be based on your individual needs. It could involve vaginal and womb steaming, womb and abdominal healing massage, breast and heart healing, somatic movement, nervous system and cranial healing,

Accompanying each session there may be material offered to support you for deeper integration in between sessions, to build connection within yourself and to support a strong home practice.

These may include:

- ~ a summary of points from our session
 - ~ self-enquiry journaling prompts
- ~ rituals relating to that week's content
 - ~ worksheets
- ~ audio meditations and breathing

By the end of our journey together you will:

- ~ know *all* aspects of your feminine more intimately
 - ~ respect your body as sacred
- ~ value your sacred space for feminine connection and self-care
 - ~ feel equipped to support yourself and your feminine needs
- ~ have a deeper understanding of your own inner cycles and seasons
- ~ see the patterns or karma that are not serving your growth as a divine woman
 - ~ approach your femininity with kindness and love
- ~ understand the mechanisms of the nervous system/hormonal system and the importance of reclaiming intentional rest
 - ~ allow yourself to *fully* receive without guilt, shame or feelings of not deserving it
- ~ being able to navigate yourself back into alignment again and again



Your Commitment and Investment

This mentorship offers you 3x private 75min-sessions (via zoom) each week and 1 private 2-hour self-care body work session.

Plus, 2x oil blends to suit your needs, steaming herbs, worksheets, dharma and unlimited email support (priority over all my other emails 😊) throughout the 4 weeks.

Your investment to you is \$770 (or 4 installments of \$195)

Places are limited so that I can provide you with focused and specialised mentoring.

I am delighted and privileged to hold this space for you and your Divine Feminine!

Warmth,
Tracy x

Testimonials

“Since getting my first period as a teen, they have been painful. I would have cramped so intense it would make me feel nauseous and for the first three days of my period I couldn’t go anywhere without a hot water bottle and a decent supply of painkillers. After just six weeks of steaming and esoteric womb care with Tracy, the cramping has reduced dramatically to the point where I no longer need painkillers and there are days when I have no pain at all!! When there is pain, it’s so mild and passes easily, and with a few more treatments I believe it will disappear completely. Thank you, Tracy, from the bottom of my heart, for your exceptional skills in understanding female hormones and for your intuition, guidance and support in helping my body to heal. If you haven’t yet tried steaming, book a session with Tracy, it’s completely private and is such a grounding and nurturing thing to offer yourself in today’s busy world.” ~ Maddy Westbrook

I’ve been experiencing Tracy’s beautiful treatments, feminine mentorship and events for over five years now and there is no other experience that is like it.

In her one-on-one treatments she holds such a magical space for you to really empty out all the noise and tension from everyday life. This isn’t something that we really know how to do, so at first it might feel a bit odd, but in the best way possible. I feel so safe to just sigh or sob or fall asleep and return to my life after renewed.

As a health practitioner I spend so much of my week caring, prioritising the needs and holding space for others (as most women do in some capacity) that is just so wonderful to be able to curl up on the mat at her Feminine flow evenings and feel that space held for me and know that I have full permission to stretch, release and restore.

There is so much inside the nature of being a woman that our modern lives don’t give space to explore. Tracy and her magic skills offer this and so much more.

- Nuwa Natural Health

After following Tracy’s advice, that she shared in our mentoring sessions, I can’t believe the difference! I was suffering with dysmenorrhea (debilitating period pain) and PMT- that was horrendous and nothing helped. So, I stuck to gluten and dairy free, no meat or alcohol for a week leading up to my period and I was super diligent with her nourishing oil blends as well and it has improved significantly! I still had a dull ache on day 1 of my cycle but overall, it was a 9.5/10 for a positive experience of my period!

~ Ruby