



# ★ MoonSong

A 2 day workshop for women with Jane Hardwicke Collings

Midwife, Mother, Grandmother and author of "Thirteen Moons & Spinning Wheels" - the how-to chart your menstrual cycle handbook and journal and guide to the cycles, and "Becoming - a Woman, a guide for girls approaching menstruation"

## RECLAIMING FEMININE POWER THROUGH RECONNECTION WITH THE WOMEN'S MYSTERIES

Do you wonder why you feel the way you do?  
Are your fluctuating moods and energy levels a mystery to you?  
ACTUALLY, its your feminine nature calling to you...

Long lost to our culture is the trust in life, deep knowing and connection to all things inherent in the wisdom of the seasons and cycles of a Woman's life. Every Woman has direct access to this and can find a sense of balance and harmony missing from the sanitised, disinfected and censored modern life. Our blood cycles connect us to each other, to the Earth, and to the Moon, yet we perpetuate a mythology that disregards this. Hearing the stories and using ritual and ceremony, we can heal our past wounds, create new attitudes to our bodies and new ways forward for ourselves, our daughters and their daughters.

"MoonSong was inspirational. It really helped me to make sense of my life and where I'm going . It showed me how powerful I really am, and how to live my life to the fullest. I think MoonSong helps women understand the flow of their cycles and how empowering they actually are. It gets us in touch with our essence." Sylvie

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East Kangaloon, Bowral area, Southern Highlands, March 31, April 1, 2012, 930am - 5pm

\$350 or \$300 per person for two family members

Non-residential, fully catered  
bookings@moonsong.com.au  
phone Jane 0408035808