



MOONRISE
RITUAL



THE ART OF FLOW

Overview

Many women are feeling the call to return to the cycles of nature, a place where all flows to support our bodies energy, to support the earth's energy. Some of us may have experienced episodes of burnout and exhaustion that leave us feeling depleted to our core. And others may feel that their current lifestyle does not support their wholeness of Self nor their brand.

The Art of Flow is designed for Women in business to align with their moon cycles and specifically how to schedule around the powerhouse energy of ovulation and when to rest during menstruation. Along with anatomy, physiology and understanding the bodies unique rhythms, women walk away feeling confident in their ability to not overextend themselves.

Rest is a huge component of the Art of Flow, as this is part of the regenerative cycle. Notice how there isn't room for burnout in that sentence. When the cycle is honored, so too is the mind, body and spirit, which allows women to show up fully for their businesses.

This is a lifestyle change to honor the moon cycle, rather than override the biological rhythms of the body. To come into this work, a woman needs to feel ready to make the changes in herself, her environment and her business so the flow runs smoothly and in harmony.



This is for You If...

- you desire to lead from an embodied, cyclical approach, one that fully aligns with the natural world
- you're ready to create lifestyle changes in order for flow to happen naturally
- the hustle, grind, over extend and burnout cultures of the toxic masculine stress you out and don't feel in alignment
- want to cultivate Moon Cycle Scheduling as a lifestyle for a harmonic flow of energy
- you understand the power that is held in your moon cycle and you want your life to revolve around the internal and external phases, instead of pushing beyond your natural energy reserves
- you are ready to set clear boundaries around your precious energy
- you're interested in how to (or further your capacities) to hold ritual and ceremony for yourself and your business, knowing the Divine energies are always assisting in your growth
- the cycles of the seasons and menstruation light you up, or you're curious how to build an easier relationship with the cycles
- you're seeking a community of women to support each other along the way (let's be honest, being a business owner can feel hard and lonely at times)
- you have space in your timeline in April and May to commit to six weeks of absorbing information regarding the moon cycle, physiology and anatomy, leaning into the "woo" energy and exploring new edges within your story of growth, expansion and cultivation