

# The Women's Project: Yoga, Naturopathy and your Menstrual Cycle

Take time to get to know you and your body more deeply.

This workshop is an opportunity to deepen your understanding of your menses and it's natural cycle. Learn ways to view, express and explore your cycle through Yoga and Naturopathy. Come with your questions and curiosity.

Allow yourself an afternoon to inquire, share and discover in our community of women of different ages, stages and experiences.

**Sarah Wyer** is originally from Nova Scotia where she graduated from Acadia University in Wolfville in 2000, with an Honours Bachelor of Science Degree. Following this, Sarah attended the Canadian College of Naturopathic Medicine in Toronto, ON. Through her Naturopathic Medical training and experiences with maternity leaves across Ontario, Sarah's knowledge and experience has led her to have a special interest in family-based medicine, where she believes "health starts at home". This has resulted in her current Practice which provides family-focused Naturopathic care and is located at the Meridian Wellness Centre here in Guelph. Sarah has done extra training in Breast Health, Cranial Sacral Therapy, Doula Training and Homeopathic Lymphatic Drainage. Sarah has been involved in a business networking group here in Guelph for the past two years and has held leadership roles as Treasurer/Secretary and Vice President. In the near future Sarah plans to travel to Thailand to do Naturopathic volunteer work.

**Kristin Honey** has been practicing and teaching Yoga based on the Ashtanga and Iyengar traditions for over 10 years. She has studied worldwide with such teachers as Ramanand Patel, Sharath Rangaswamy, Richard Freeman and Hart Lazer, and is a certified Thai massage therapist. This, combined with her longtime Tibetan Buddhist studies, allows her to skillfully blend asana, meditation and mindfulness-based practices in her on-going exploration of the mind-body relationship. Kristin's approach to teaching is inviting and compassionate yet challenging, and encourages continual self-inquiry and integration at all levels.



**Saturday October 18th, 1:00 - 5:00pm**

Temple Studios at 42 Quebec Street, Guelph  
\$70 gst included

Register with kristin honey *Yoga*

519-826-0620  
info@kristinhoneyYoga.com  
www.kristinhoneyYoga.com

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