

Find your Balance



Harmony through Perimenopause

W O R K S H O P

Bring our empowering Perimenopause Workshop to **your town**.

Let's help women navigate midlife with knowledge, confidence,
and community

Embark on a transformative journey of self-discovery and well-being!

This workshop includes a **Pilates & Yoga** class.

WHAT TO EXPECT

- Insightful discussions on the menopausal journey and its impact on physical and emotional well-being.
 - Practical tips and tools to manage symptoms and embrace positive lifestyle changes.
 - Exercise sequences tailored to support menopausal health and foster inner harmony.
 - Connection with like-minded individuals in a supportive and inclusive community.
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**Contact us for more
information**