



Moving Through the Menopause (Moonpause) Transition

A Journey Within and an Emergence Outward

Do you find yourself in the midst of the changes of perimenopause, experiencing the arrival of menopause/moonpause, or emerging in post menopause? If so, this group will support you in exploring the psychospiritual unfolding of this transition. It will help you in developing stronger inner guidance. It will support your emotional inquiry into what is ending and what is emerging. You will also learn new ways to honor your existing moontime or inner rhythms.

In this 6-week group, we will utilize mindfulness practices, guided journey work, hypnotherapy, expressive arts, ritual, and group sharing.

When: Thursdays, September 8-October 13, 2022, 6:30-8:30 pm

Location: On-line through Zoom

Cost: \$390 for the 6 week series (a list of materials needed for the group will be provided)

Facilitator: Michelle Baumgartner, LCSW

Pre-registration and a brief phone interview required. Group is limited to 8 participants

Michelle Baumgartner is a psychotherapist, and has training in mindfulness practices, guided imagery, hypnotherapy, applied shamanic healing, and the expressive arts. Michelle benefitted from psychospiritual support as she traveled through her own moonpause journey. She continues her ongoing studies of women's mental health as they transition from their "reproductive years" to a new expression of creativity and power in their lives. She finds deep transformation to occur through somatic, imaginal, creative, spiritual, and earth based connection.