*You’ve done the tending. Now be the one who is tended to***...**

🌸***The Second Bloom*: An Autumnal 8-Week Descent into Rest, Reclamation, and Rooted Becoming**🌸

*This is for you, the woman standing in the in-between. Your time has come.*

You’ve raised, released, and become the ground others have grown upon. Now, the tectonic shift begins—children grow, old identities dissolve, and something deep within begins to stir.

In all of this, you are navigating hormonal and physical shifts. *What we’ve been told is not true* **Peri/menopause is not a problem to fix.** This is not the body betraying you...**It’s your wake-up call.** She is breaking you open.

🔥***Your body’s deep wisdom – her sacred fire –is here to initiate you.*** 🔥

Peri/menopause burns away what no longer serves – people-pleasing, perfectionism, making yourself small. This is a potent time, a reclamation of your personal power. **Learn to use this power to forge a new path forward.** A path that honors the raw and restored feminine. Radical, yet able to choose ease over effort.

**This is your call to become the woman who can receive the gifts of the dark while still illuminating her own truth. This fall, Sep. 28 – Nov. 18th,** reclaim, restore and root into the person you’ve dreamed of becoming.

With ***The Second Bloom***, change becomes ceremony—**an initiation into deeper selfhood, a devotion to what is real, a dismantling of inherited programs, and a communion with your own radiant becoming.** Body, mind, and spirit, held by practices ancient and modern. Science + soul.

This intimate **8-week experience** offers **guided ceremony** and **soul-rooted practices** that gently walk you through the autumnal descent. **Rest** as you lay down old roles. **Reclaim your true self** by shedding inherited masks. **Root** into the sacred truths that have been patiently waiting for your attention.

Along the way you’ll **find new ways of rest and embodiment** and **encounter joy**. Build new and deep friendships. Savor meaningful practices that align and integrate with who you are becoming.

**Why this, and why now?**

As women in today’s world, we’ve mastered the hard work. We’ve tilled the soil, planted the garden, and fed others from the harvest of our devotion.

We know how to give. How to strive. How to show up, again and again. But do we know how to receive?

Do we know how to sink in and allow ourselves to be nourished—to be tended to with the same care we offer so freely? Do we know how to find joy in the quiet... or how to create the quiet at all?

Do we know how to listen for the whispers of the deep self—and let her rise, be seen, and be heard? Do we have the capacity to tend to the shadow-self, to see, receive and alchemize her secrets?

**Do we know how to become the woman we’ve always longed to be?** Let the woman who’s been waiting inside you...Bloom.

*The Second Bloom* program includes:

* Eight live 90-minute weekly **Zoom Circle calls for attunement, restoration, tending and balance**
* Guided home-based psilocybin microdosing instruction and support to **reduce stress, anxiety and depression, clear brain fog**, and **enhance a sense of well-being.** (Participation is optional.)
* Eight, weekly 60 -minute live, private **yoga class**es **to regulate and reset the nervous system,** guided by yoga/Ayurveda teacher Brandy Berlin.
* A luscious **spa-style, weekend Bend retreat,** anchored with **deeply nourishing meals** and including:
	+ **Medicinal and restorative plant experiences**, including a **r**estorative **Cacao activation**
	+ **Ayurvedic practices** for pleasure, health and well-being, led by Brandy Berlin
	o Wood-fire sauna, hot tub and hang out
* Practices to **ignite pleasure, sensuality and creativity**
* Tools and activities **to liberate** from stagnation, numbness, blockages, and powerlessness
* **Reclaim ancestral and feminine wisdom to support health, well-being, and thriving**
* **Integrate seasonal body wisdom practices & health support**
* **Gain shadow wisdom**, where the dark, monsters, and masks become sacred teachers
* **Optional meditation and writing invitations to deepen self-inquiry**
* Explore sacred **ceremony and ritual**

**Details:** Over 30 hours of direct contact includes eight (8) 90-minute weekly Zoom calls, Sundays, 6:30 – 8pm, Sep. 28 – Nov. 16; Eight (8) weekly Centered Yoga via Zoom Tuesdays from 7-8pm, Sep. 30 – Nov. 18; a restorative weekend retreat, Oct. 25-26th, 9 am Saturday til noon Sunday (Overnight optional at no charge), PLUS curated take-home sound, writing, and meditation offerings. Space is limited to 8 women. Exchange $2,500

**SPECIAL LOVE DISCOUNT: Use code BLOOM20 for 20% off**

🌸 [**Reserve your place now**](https://app.acuityscheduling.com/schedule/e7eb178a/category/THE%2520SECOND%2520BLOOM/appointment/81949640/calendar/7049604) **at YourWiseWoman.com** 🌸

Or reach out with your questions. (541)-603-8485. I’m happy to connect. Love, Michelle