



“Mining for Diamonds” Workshop

International speaker and expert in Women’s Health, Hilary Lewin, will be visiting the NYC area from the UK and has accepted an invitation to speak at Ixchel Center. Her topic “Mining for Diamonds” has been attended by many women throughout the world.

Here is what you can expect:

As we approach menopause our wombs contract to an almost prepubescent size. Compare this to ‘matter’ being compressed and the creation of diamonds comes to mind. How can we create our own internal, shining diamond? What is our role as a menopausal woman?

‘Mining for Diamonds’ is the journey towards, through and beyond Menopause.

Women who want to know more about Perimenopause and the menopausal journey will benefit from this workshop including any woman in her late 30’s onwards. Peri or Post Menopausal women or those of any age who have been “medically menopausal” for health reasons are welcome.

We will cover the history of menopause, symptoms and how to work with them; How diet and lifestyle may affect us; the physiological and the spiritual process of traveling this road; relaxation, meditation and intention setting. And most importantly, self care.

Date: October 1, 2017 Time: 10:30 AM – 5:30 PM

Place: Ixchel Center 23 Wilson St. Hartsdale, NY 10503

Price: \$95

About Hilary: Hilary is a 53 year old woman fascinated and excited about the new revolution called Menopause. Therapist, Body Worker and Teacher she loves to facilitate workshops and has a profound respect for all things womb related.

For Registration: Call Cathy Lipsky 914-912-2351 or email: Cathy@holisticnp.com

Handouts, snacks and beverages will be included. There will be a one hour lunch break with local places to eat or bring your own.