

• OUR FEMININE RHYTHMS •

EAGLE

Pre-ovulation/Follicular phase

 8-13 • INNER SPRING



GO FOR IT!

You're emerging & growing. Good mood. High energy and brain power. Take action. Problem-solve. Try new things, start a project or routine, or take on a challenge.

Exercise: Intense workout, weights, functional training

Food: Fresh, vibrant, light

Chakras: solar plexus, heart, and throat

You can do anything but not everything.

OTTER

Ovulation Phase

 14-21 • INNER SUMMER



TIME TO SHINE.

You're confident & radiant. You look and feel more attractive. Peak sex drive. Meet people, talk about ideas. Have those difficult conversations. You're more sociable - enjoy plans with others!

Exercise: High impact training and group classes

Food: Go easy on the carbs

Chakras: the sacral, solar plexus, heart, throat

FULL MOON 

WHALE

Pre-menstruation/Luteal Phase

 21-28 • INNER AUTUMN



FINISH THINGS OFF.

Your attention turns inward. Don't focus on the needs of others, start to focus on yours. Emotions are magnified. Sensitivity is high. Finish things off your to-do list. Spend more time at home.

Exercise: Stretching, tai-chi, restorative yoga

Food: Rich in Vitamin B, magnesium & fiber

Chakras: solar plexus, sacral, brow

Let go or get stuck.

BEAR

Menstrual Phase

 1-7 • INNER WINTER



REST AND REFLECT.

Slow down & look inward. Really rest, reflect & process. Let go of burden, expectation or pressure. Increased capacity to make sense of how you feel. Low energy but heightened intuition and creativity. Journal, meditate, & nap.

Exercise: Gentle yoga or pilates and walking

Food: Low GI, a lot of fruits and veggies

Chakras: root, brow, crown

 NEW MOON