



## A Return to Rhythm

This offering will be a year-long trauma informed, therapeutic women's circle that gathers once a month, aligned with the moon and seasonal rhythms.

Each gathering will include a gentle meditation, reflection, journaling, and a sharing circle, with a focus on nervous system regulation, rest, and living in greater rhythm with ourselves and nature.

We'll meet in my office during the colder months, and outdoors by the fire when it is warm enough.

The intention is to create a safe space where we can slow down and deeply attune to ourselves.

### Who This Circle Is For

This circle is for women who:

- \*Feel called to commit to a year-long container, showing up in person each month, with presence and intention
- \*Are able to prioritize regular attendance, aside from illness or last-minute emergencies
- \*Are interested in slowing down and exploring life through rhythm, rest, and nervous system awareness
- \*Are resourced enough to engage in group sharing without needing crisis-level support



\*Value depth, continuity, and relationship, and are open to letting trust  
build over time

\*Are drawn to gentle practices like meditation, reflection, journaling, and  
shared listening

\*This is a space for women who want to tend their inner lives  
proactively, not urgently.

**2026–2027 Circle Dates**

Saturdays | 6:00–9:00 PM

March 21 — Spring Equinox Opening

April 18

May 23

June 20

July 18

August 15

September 26

October 24

November 21

December 19

January 16

February 27

March 20 — Spring Equinox Closing

## Creating a Safe Space

\*\*Care, safety, and nervous system awareness will be woven throughout  
the circle.

I'll offer clear guidelines for sharing, pacing, and responding when we feel  
activated.

At the same time, this space is designed to support women who already  
have some capacity for self-regulation and external support, so the circle  
itself can remain steady and resourced.



## Who This Circle Is Not For

This circle may not be the right fit for women who:

- \*Are currently in acute crisis or needing active stabilization support
- \*Are in the midst of severe PTSD symptoms that require one-to-one therapeutic containment
- \*Are looking for a trauma processing or trauma recovery group
- \*Need a space where the primary focus is crisis intervention or emotional regulation support in the moment
- \*Are unable to commit to regular in-person attendance
- \*While the circle will be trauma-informed and safety-oriented, it is not a trauma processing or stabilization group.

## Support Outside the Circle

If you're currently needing more support than this circle is designed to offer, I do provide individual sessions focused on trauma stabilization and nervous system support.

For some women, beginning with one-to-one work, or continuing individual support alongside the circle, is a more appropriate place to start.

I'm always happy to help explore what level of support would feel most helpful at this time.



## Circle Investment

The investment is \$144 per month.

This includes a 3-hour monthly circle and access to a peer-support WhatsApp group for gentle connection and support between gatherings. The intention is to create continuity and community over the year, while still moving at a slow, nervous-system-honouring pace.

There will also be a bonus Zoom teaching with a colleague who is an integrative wellness and cellular health educator.

Her session will be more informational and educational, offering a deeper understanding of cellular health, membrane medicine, and emotional–physical coherence.

This session will be held outside of the circle space, so the monthly gatherings can remain slow, spacious, and experiential.

**\*This group may be covered under insurance if you are covered to see me!\***

## Next Steps

\*If you feel drawn to this circle, you're welcome to complete the intake form so we can explore whether it feels like a supportive fit.

<https://forms.gle/JG7sSiM3FwdQFa746>

