

**CELEBRATING WORLD
MENOPAUSE DAY 2021**



Menopause - Going Through it Together

**On Monday, 18th October 2021,
from 11 am - 7.30 pm CEST (Barcelona Time),**
we are holding an amazing online event in celebration of
World Menopause Day 2021

**A FREE ONLINE EVENT WITH A LINEUP OF
7 AWESOME WOMEN TO SHARE THEIR
PERSPECTIVES, EXPERTISE, INFORMATION,
PERSONAL EXPERIENCES AND TIPS FOR
GOING THROUGH MENOPAUSE AS EASILY
AND GRACEFULLY AS POSSIBLE.**

Each session will be 45 minutes with a 15 min break in between.
Register for this free event and attend one or as many of the
sessions as you want..

Click on this link to register: <https://bit.ly/3iB669b>

The Event



11:00h Welcome and Introduction

11.30h Lesya Starr: Holistic Belly Dance Workshop

**12.30h Sandra Cloostermans: The Benefits of
Tantric Massage during Menopause**

**13:30h Catherine Bettens and Mariana Pérez
Giarizzo: Materpause - Motherhood &
Menopause**

14:15h -15:15h Break for lunch

**15:15h Sharlene Halbert - Creating Greater
Connection in your Relationship during
the Climacteric**

**16:15h Emma Reynolds: Navigating Menopause at
Work Mindfully**

**17:15h Sally Bolinger: Busting some Menopause
Myths and how to find your meno-balance
through diet & lifestyle**

**18:15h Menopause Cafe - grab a tea and join us for a
chat about all things Menopause**

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The Sessions

11:30h - Holistic Belly Dance Workshop

A fun 45 min Holistic Belly Dance workshop to get our juices flowing and connect with our womb space. Holistic Belly Dance for the Body and Soul is the holistic method used by Lesya for the instruction of Belly Dancing.

This session is designed to reach a state of relaxation, freedom, joy and well-being within us while learning the beautiful language of this dance.

The art of Oriental Dance, Middle Eastern Dance or Belly Dance is a gift for all women from women of ancient times.

Wear comfortable clothes for this session with Lesya!

The Sessions

12.30h - An Interview with Sandra Cloostermans, Tantric Massage and Gestalt Therapist

Sandra will answer questions about the amazing benefits of tantric massage during the menopausal period for yourself as a woman, and in your relationship

13.30h - An armchair discussion between Catherine Bettens and Mariana Pérez Giarizzo

The creators of Materpause, Catherine and Mariana will share their experiences as mothers and yoga teachers of going through the menopausal period with young children.

The Sessions

15:15h - Workshop on Creating greater Connection in your Relationship during the Climacteric

Sharlene's workshop will delve into what can impact your relationship during this period (some of the things might surprise you!) and how you can create greater connection rather than separation from your relationship

16:15h - Navigating Menopause at Work Mindfully

A 45 minute session with Emma Reynolds on Mindfulness at work to help women deal with the symptoms of peri menopause - including stress, anxiety and hot flushes.

The Sessions

17:15h - Busting some Menopause Myths and how to find your meno-balance through diet & lifestyle

Sally's session will answer some of the important questions and bust some of the many myths around the Menopausal period, with practical tips for managing this time in a woman's life.

18:15h - Menopause Cafe

Grab a drink and join us for an informal chat about menopause and it's impact on our lives as women

About the Speakers

Lesya Starr is a Holistic Dance Facilitator and her mission is to offer guidelines and techniques for women to connect consciously with feminine expression. Her intention is to create dance spaces that help unite women in happy, creative, cathartic and transformative experiences. For her, dance is medicine. Lesya has more than 30 years of experience as a dancer and dance teacher.

Sandra Cloostermans is a Gestalt & Tantric Massage therapist, specializing in sexuality and menopause

Catherine Bettens and Mariana Pérez Giarizzo are mothers, yoga teachers and the creators of Materpause *motherhood and menopause. They have both gone through menopause during their motherhood years and have experienced its extraordinary transformative power.

Sharlene Halbert is a Strategic intervention Relationship and Life Coach, who empowers women in the Climacteric to create the kind of relationship they crave without necessarily leaving the one they have.

Emma Reynolds is an accredited Mindfulness teacher who loves to share practical tools that can help women deal with the stress, anxiety and physical discomfort that perimenopause can bring. Through teacher training with Macmillan Education, she has shared Mindfulness practices with thousands of people worldwide. Every Sunday morning she offers a drop-in session via Zoom for people looking for ways to lower stress and anxiety - you're very welcome to join her!

Sally Bolinger is a Women's Health Coach and (Peri)Menopause Guide, who inspires and empowers women to become the CEO of their own healthcare and find their path to health and wellbeing through menopause and beyond. Sally takes a functional medicine approach to health and wellness. She focuses on the investigation of the root cause of symptoms so that women can experience greater vitality and welcome the transition with ease, grace and less anxiety.

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