

Chrysalis Woman

Seasonal Wisdom & Wellness Packet



How might your life have been different
if there had been a place for you,
a place for you to go to be with your mother,
with your sisters, and the aunts, with your grandmothers,
and great grandmothers,
a place of women, to go, to be,
to return to as women?

How Might Your Life Be Different?

*Farm *)O(* Goddess Sanctuary *)O(* School of Woman Craft*

Celebrating Feminine Wellness & Wisdom

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MISSION

The mission at Chrysalis Woman's Farm and Goddess Sanctuary is to provide holistic and woman centered information, education, ceremonies, programs, products and gifts that honor Sacred Feminine Wisdom & Wellness.

THE PHILOSOPHY

For too long in our culture the ancient knowing of Women's Wisdom has been devalued, denied and forgotten. There was a time when our ways of knowing, healing and living was passed from Grandmother to Mother to Daughter. This wisdom line has been broken.

Women no longer trust themselves. They are disconnected from their own inner knowing, their own intuitive, instinctive responses and instead, look to "experts" or "professionals" that exist outside of themselves for answers. Because of this separation from our Wisdom, women in our society now suffer tremendously from a diverse range of Dis-ease, such as: low self esteem, distorted body image; numerous physical ailments and disconnection, a deep rejection of normal physiological processes and a give away of their own power.

We believe it is a Woman's Rite and Responsibility to reclaim her own Wisdom

Reclaiming Women's Wisdom is a returning to the knowing place within you. At Chrysalis Woman, women are guided to remember and reconnect with their inner knowing, thereby recreating a life of wholeness and wellness.

WOMAN'S WISDOM

Treasures the body's physiological cycles and inner ways of knowing

Holds sacred the ways of living and dying

Understands the connections between body & mind, emotion & spirit

Is an interconnected way of life where one part affects the whole

Understands the value of the void, of non-action, simply being in the face of whatever life presents

Sees challenges as allies or aids for us in our transformational process

Challenges us to care deeply for ourselves in a way that leads us to our truth

Approaches healing with unconditional love and deep nourishment

Nourishes a hunger our current culture cannot quench

Lives in harmony with the Earth's rhythms, the Moon's phases and the Sun's light

Honors the Earth's Gifts - Her creatures, Her food and Her medicine

Understands, accepts and promotes self-love

Brings out the wild and playful inner nature

Heals feelings of unworthiness and sickness that come from ignoring deeper needs

Breaks through fears, self-judgments, habits and perceptions that prevent change and wholeness

Awakens sensual and emotional engagement with the world

Expects personal responsibility for life's decisions

Chooses only what serves wholeness and happiness

Offers the chance to live dreams, satisfy hungers and embrace happiness

Offers the Gift that is You... fulfilling Your most meaningful Purpose

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2010 SEASONAL WISDOM WORKSHOP SCHEDULE

The Seasonal Wellness Workshop Series has been created to guide our community back to the traditional ways of preparing healthy food and medicines that are seasonally available and locally based. In each series you'll learn about the current Earth cycle, what's available when, how to nourish your Self and family medicinally, your local food shed and become familiar with terms like sustainable, organic, pastured and grass fed. You'll learn how to live once again in rhythm with the seasons and promote physical health and emotional wellbeing within your family. Be prepared to get dirty in the kitchen and sample goodies! Each Seasonal Series has three workshops focusing on fermentations, herbal healing and whole foods. Take one or all three in a series, or sign up to take the whole year's offerings and save!

Spring Series

“Spring is a time of renewal and rebirth where we emerge from Winter in preparation for a new year. Aligning with the energy present and available within this season promotes physical health and emotional wellbeing.

Sign-ups are now being taken - deadline is one week before scheduled workshop

Fabulous Fermentations - Kefir, Yogurt, Whey & Cream Cheese	Friday, March 12 th (5-9pm)
Herbal Healing - Herb and Flower Vinegars & Infusions	Friday, March 19 th (5-9pm)
Seasonal Whole Foods- Glorious Grains	Friday, April 16 th (5-9pm)

Summer Series

“Summer is a time of abundance, physical activity and time outdoors. Gardens flourish, more is available from our local foodshed and flowers abound.

Sign-ups are now being taken - deadline is one week before scheduled workshop

Fabulous Fermentations - Kombucha & Herbal Ales	Friday, May 21 st (5-9pm)
Herbal Healing - Salves, Oils & Honeys	Friday, June 18 th (5-9pm)
Seasonal Whole Foods - Sinful Sweets & Fabulous Fats	Friday, July 16 th (5-9pm)

Fall Series

“Fall is a time of abundance, where we reap all that we have sown throughout the year. It also heralds a time of prepare for the coming Winter.

Sign-ups are now being taken - deadline is one week before scheduled workshop

Fabulous Fermentations - Beet Kvass, Ginger Carrots, Sauerkraut	Friday, August 13 th (5-9pm)
Herbal Healing - Tinctures, Root Teas & Elixirs	Friday, September 17 th (5-9pm)
Seasonal Whole Foods - Meats and Bone Broths	Friday, October 15 th (5-9pm)

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2010 WORKSHOP REGISTRATION FORM

Workshop Name _____ Date _____

Workshop Series _____ Spring _____ Summer _____ Fall/Winter
(check only if taking all three workshops in a series)

All 2010 Workshop Series _____ (check only if taking entire year's workshops)

Participant Name _____

Address _____

Phone Home _____ Email _____

Workshop Fees -

\$40.00 / Single Workshop

\$110.00 / Workshop Series (save \$10.00)

\$340.00 / All Seasonal Workshops for 2010 (save \$20.00)

Payment can be made two ways:
Via Paypal to chrysaliswoman@yahoo.com
Or via check made out to: Chrysalis Woman
Mail registration form & payment to:

Chrysalis Woman
c/o Seasonal Wellness
6618 Goodell Road
Valley Springs, CA 95252

Payment Options -

Please Check which option you've chosen & underline which payment method - Thank You!

Payment for a workshop in full (\$40.00) (by enclosed check or PayPal)

Payment for a Seasonal Series in full (\$110.00) (by enclosed check or PayPal)

Deposit on a Seasonal Series (50.00) (by enclosed check or PayPal)
Remainder of payment due on day of class

Payment in Full 2010 Series (\$340.00) (by enclosed check or PayPal)

Deposit on Full 2010 Series (\$160.00) (by enclosed check or PayPal)
Next payment of \$60.00 due first Workshop of first Series
Next payment of \$60.00 due first Workshop of second Series
Next payment of \$60.00 due first Workshop of third Series



Chrysalis Woman



*Ayla Miner
Herbalist, High Priestess, WomanCraft Practitioner*

Ayla has been facilitating sacred space for women to gather and learn about the Sacred Feminine and Feminist Theory since 1998 and is completely devoted to helping women awaken to their Sacred Divinity by remembering HER story, experiencing ritual and honoring their Sacred Cycle Wisdom.

She helps Women reawaken to their Wisdom by guiding them back to reconnect and reclaim the Womb Wisdom of Fertility Awareness, Empowered Pregnancy & Birth, Conscious Menstruation and Menopause Metamorphosis, while re-establishing the connection between Mother Earth, Grandmother Moon, the Sacred Feminine and the Woman Self.

She currently leads monthly Women's Circles, teaches Initiate, Priestess and The Chrysalis Woman programs. She creates organic, handcrafted Herbals for all of Women's Sacred Cycles on her farm and is the creatrix and publisher of CYCLES (an E-zine honoring the Sacred Cycles of Goddess, Earth, Moon & Woman Self).

Her future goals are:

To continue expanding her knowledge and experience in Wholistic Well Woman care and Womb Medicine Wisdom as taught in the Wise Woman Way, expand her herbal gardens and passionately pursue her dream of developing a Wise Woman Center on land in the foothills of Calaveras County.

Personally, she loves growing flower/veggie & herb gardens, belly dancing, yoga, making medicine with the green allies, devouring books, and continues to strive for a self sufficient, organic, cyclical and community oriented life.

You can reach Ayla at chrysaliswoman@yahoo.com or (209) 772-0511

If you have questions on Women's Wisdom, want to learn more about what Chrysalis Woman offers, would like to schedule a consultation or schedule Ayla for speaking engagements please call.