



A Holistic Womb Workshop Series  
With Heather Jean DeFord, MPT  
& Sara Hutchinson

# RITE OF PASSAGE

Fridays 3:30 PM - 5 PM  
Jan. 31st, Feb. 28th & March 27th

Designed for middle school girls

A WORKSHOP FOR GIRLS TRANSITIONING INTO WOMANHOOD  
THROUGH EDUCATION, MOVEMENT, YOGA & DISCUSSION WE WANT  
YOUNG WOMAN TO HAVE AN INCREASED AWARENESS OF THEIR BODIES

Workshop will focus on:

Pelvic- Abdominal Functional Anatomy: Promoting awareness and better posture

Breath and Movement: connecting with the pelvic floor.

Mindfulness: A must in emotional moments

Demystifying menstruation : what it means for you & your sister friends

\$45/ three sessions \* is limited - Registration is required\*  
Please contact Heather @ [heatherjeandeford@gmail.com](mailto:heatherjeandeford@gmail.com)  
or Sara Hutchinson @ [sarabhutch@gmail.com](mailto:sarabhutch@gmail.com)



[HOLISTICWOMB.COM](http://HOLISTICWOMB.COM)



A **Holistic Womb Workshop**  
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# GROUNDED GODDESS

Restore your Root in  
Park City on  
Sunday November 3rd  
9:30 AM - 1 2:30PM

THIS WORKSHOP IS FOR ANY WOMAN LOOKING FOR A STRONGER CORE  
AND A MORE PROFOUND RELATIONSHIP WITH HER PERSONAL POWER.

#### YOU WILL RECEIVE:

- ~ Guidance to heal & nurture your feminine essence through visualizations, yoga, breath work & pelvic floor awareness
- ~ Life-long self-care strategies that decrease PMS, incontinence & menopause symptoms as well as enhance sexual enjoyment
- ~ Your own jade egg and a manual for how to use it
- ~ A deeper connection with your divine feminine

**\$100/person \*Space is limited - Registration is required\***  
Please contact Heather @ [heatherjeandeford@gmail.com](mailto:heatherjeandeford@gmail.com)



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