



DENBY SHEATHER



PeriMoves

A WORKSHOP FOR WOMEN IN PERIMENOPAUSE AND MENOPAUSE

Exhausted in a way sleep doesn't fix? This half-day workshop weaves yoga therapy, Human Garage fascial release, breathwork and guided shamanic practice to meet you in body, mind and spirit, through Bone, Blood, Breath and Being.

What You'll Leave With:

- Release tension held in the hips, jaw and shoulders, where the body stores what isn't yours.
- Calm and regulate your nervous system, so the 3am monkey mind has somewhere to settle.
- Clear what you've been carrying for everyone else, and learn simple ways to protect your energy.
- Take home the Mana Reset guided journey and a 10-minute daily practice PDF.

No yoga experience needed. All equipment provided. BYO snacks.

***Nothing is wrong with you. Your body is not failing.
You are being called home.***

@ Down To Earth Space
317 Barrenjoey Road
Newport, NSW

www.denbysheather.com/events

Sunday Nov 22, 2026
10am - 1pm
\$100

Enquiries: 0413 747 644

