

Chandni Rtu Mandala – Randhirajpall Bilan

"The word 'ritual' comes from 'rtu,' Sanskrit for menses. The earliest rituals were connected to a woman's monthly bleed and women who lived in generational extended families honoured other women by giving them time to rest. There are many names given to the menses discharge which are covered in the workshops.

Vata – Movement Pitta – Metabolism / Transformation - Kapha -Cohesion -

1st phase Winter -face your shadow - use this season to balance Dosha

2nd phase Spring- cleanse and renew - Kapha Cohesion

3rd phase Summer activate - Pitta – Transformation -strong bold and courageous

4th phase Autumn – self-love resolutions and new beginnings -Vata - Movement

