

SELF-CARE

FOR THE CONTEMPORARY  
W O M A N

A CURATED  
S P A C E

An offering that focuses on boosting and ritualizing our self-care practices.



guided by Reni Bickel

# Timeline & Details

**Wednesday June 2nd 12pm EST / 6pm CET :**  
**program preview**  
**FREE call**

Key questions: How will this program unfold? What is self-care, what is care?  
How can we be supportive of each other? Why is a safe space important?

Program preview & How to prepare.  
Short movement and mental projection practice.  
☆ *Venus enters Cancer*

**Thursday June 10th 12pm EST / 6pm CET :**  
**START - opening ceremony**  
**closed-group call**

Key questions: What do I need, deserve, want? What hinders me to listen to  
my body and take good care of my body? How can I create rituals for myself?

Program instructions & Entry ritual. Nervous system reboot.  
Giving ourselves permission for personal exploration and newly formulated  
care.  
☆ *New moon solar eclipse in Gemini*

**Friday July 9th 12pm EST / 6pm CET :**  
**CRYSTALLINE SELF - a manifesto for the body**  
**closed-group call**

Key question: What is my body? How does it react, heal, adapt itself? How can  
I support the health of my body? How can my body support my visions and  
actions?

Gentle body assessment & activation.  
Crystal body layout and care for fluidity through all systems.  
☆ *New moon in Cancer*

# Timeline & Details

**Sunday August 8th 12pm EST / 6pm CET :**  
**FIRE WORKSHOP - yogic energetic practices**  
**closed-group call**

Key questions: What is my energy? How can I harness and direct my energy?  
What is female energy? How can I awaken the creative force within?

Synthetic energy work & Embodied self-love.  
Establishing an organic relationship with our sensuality and creative energy.

☆ *New moon in Leo*

**Monday August 30st 12pm EST / 6pm CET :**  
**THE BEAUTY IN US - open panel conversation**  
**closed-group call**

Key questions: How can our hidden essence receive form, and manifest in the collective? What ways are available to channel our creative ideas, visions and personal purpose?

Interface with other women researching the essence of self-care.  
Opening the portal for conversation.

☆ *Mercury enters Libra*

**Wednesday September 22nd 12pm EST / 6pm CET :**  
**CLEARING THE VISION - the mind as a tool**  
**closed-group call**

Key questions: What is the mind? How can the mind be of service? What techniques serve me personally to keep a cool head, positive attitude and have precise thinking?

Clean up practices for clarity & authority.  
The secrets of radiant skin, high pranic volume and projecting holograms.

☆ *Sun enters Libra & Fall Equinox*

# Timeline & Details

**Sunday October 10th 12pm EST / 6pm CET :**  
**END - closing ceremony**  
**closed-group call**

Key questions: How can I integrate the information of this offering? What is intuition? What is wisdom? How can I connect with and trust my inner guide in the process of ritualizing my self-care?

Tools for shifting into the NEW  
Validating our personal source of resources: fluid intelligence.

☆ *Saturn goes direct in Aquarius*

