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Closing Lesson

& GRATITUDE

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The Sensory Study Method

by: Dr. Brittany Wickert, Dr. Ac., D.TCM

01.

Taste

04.

Sound

02.

Touch

05.

Sight

03.

Smell

06.

Cycle

You have learned

Module One | TCM Foundations

- Yin / Yang & The Vital Substances
- The 5 Element Theory + 5 Element Quiz
- Acupoints & Channels
- TCM Diagnostic Techniques

You have learned

Module Two | Female Anatomy, Moon Cycle, TCM Nutrition & Herbalism

- Female Anatomy
- Your Moon Cycle
- Ovulation & Basal Body Temperature Tracking
- TCM Nutrition
- TCM Herbalism



You have learned

Module Three | The Blood Phase / Menstruation

- Observe
- Nourish
- Ritual
- Movement



You have learned

Module Four | The Yin Phase | Follicular Phase

- Observe
- Nourish
- Ritual
- Movement





You have learned

Module Five | The Yang Phase | Ovulation

- Observe
- Nourish
- Ritual
- Movement

You have learned

Module Six | The Qi Phase | Luteal Phase

- Observe
- Nourish
- Ritual
- Movement





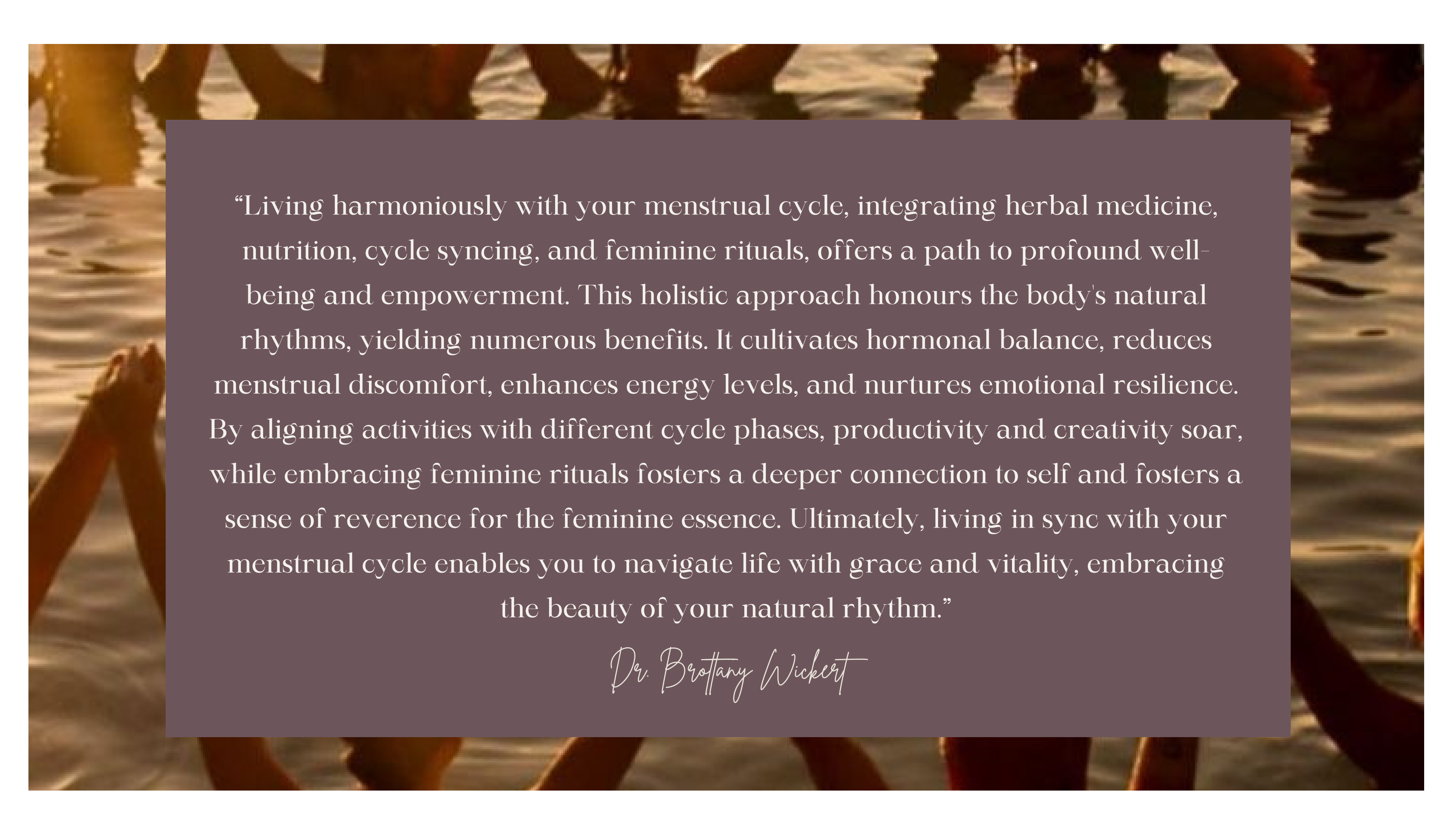
+ you have applied your knowledge

- completed your 5 Element Quiz
- made your herbal infused breast massage oil
- practiced gua sha
- practiced acupressure
- cooked new recipes
- made new teas
- practiced yoga & meditation
- implemented new rituals like breast massage, abdominal massage, smudging, herbal baths, womens circles
- applied the sensory study method with a new awareness of your cycle
- & more

Save the pdf. files from each lesson

So that you can either come back to their digital copies at any time & / or so that you can print them and make a beautiful binder with all that you've learned - creating an accessible resource to refer to for recipes & rituals to nourish your cycle, hormones, mind, body & soul.



A group of people holding hands in a circle, with a semi-transparent text box overlaid in the center. The background is a warm, golden-brown color, suggesting a sunset or sunrise. The text is white and centered within the box.

“Living harmoniously with your menstrual cycle, integrating herbal medicine, nutrition, cycle syncing, and feminine rituals, offers a path to profound well-being and empowerment. This holistic approach honours the body's natural rhythms, yielding numerous benefits. It cultivates hormonal balance, reduces menstrual discomfort, enhances energy levels, and nurtures emotional resilience. By aligning activities with different cycle phases, productivity and creativity soar, while embracing feminine rituals fosters a deeper connection to self and fosters a sense of reverence for the feminine essence. Ultimately, living in sync with your menstrual cycle enables you to navigate life with grace and vitality, embracing the beauty of your natural rhythm.”

Dr. Brittany Wickert

Infradian Rhythms

Pre-Ovulation / Follicular Phase

Main Hormone - Estrogen

Estrogen is rising

Spring

Waxing Moon

Menopause "2nd spring"

Energy is growing

Yang within Yin

Emotionally: socializing, & starting new projects

Exercise: Yoga Flow, Pilates, Dance

Nutrition: fermented & sprouted

Ovulation

Estrogen peaks

Summer

Full Moon

Puberty

& Early Adulthood

Utmost Energy

Utmost Yang

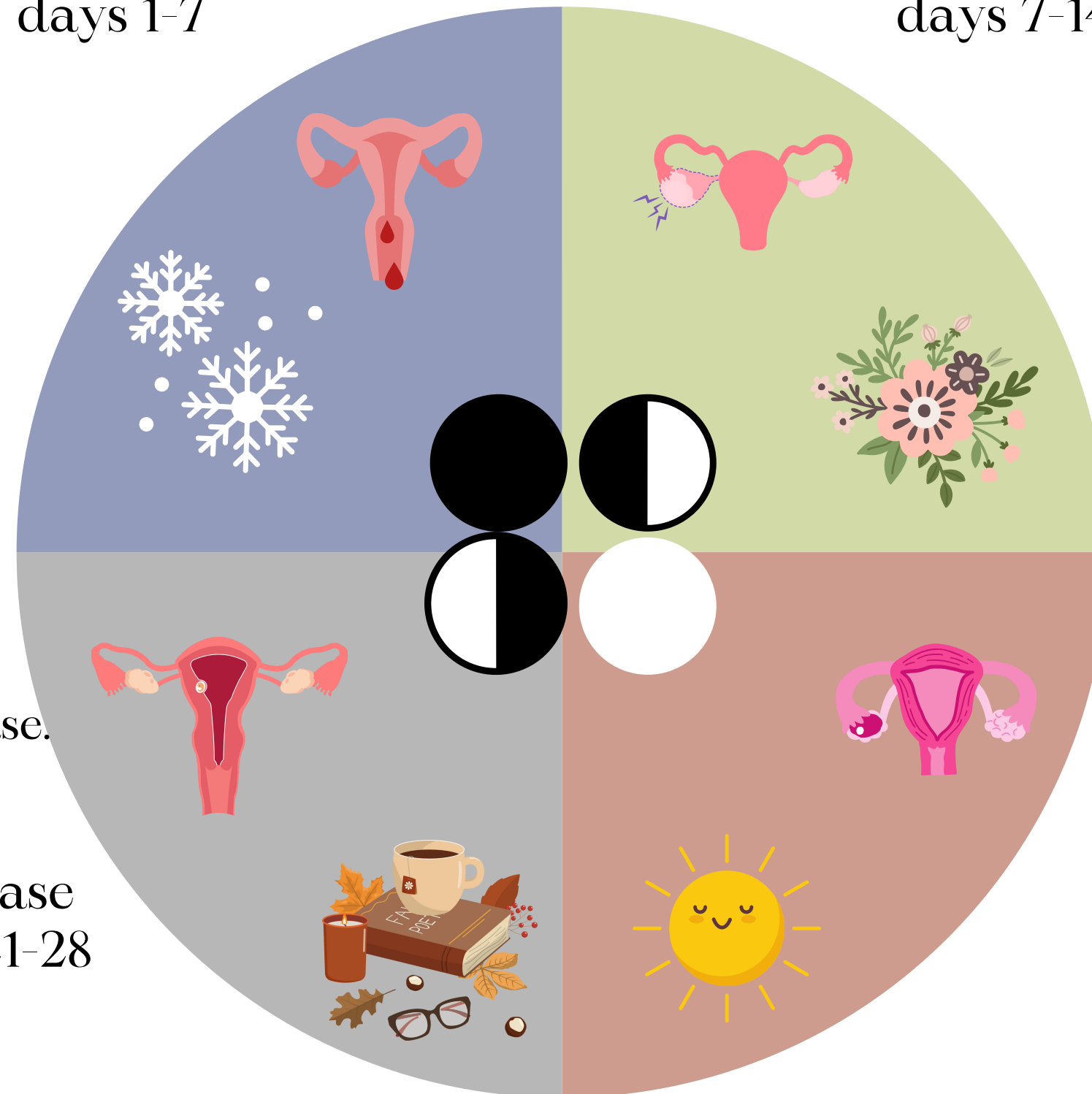
Emotionally: intimacy, meaningful projects & connection

Exercise: HIIT, Cardio, Weights, Ashtanga Yoga, Spin

Nutrition: fibre, vitamin C, antioxidants

Blood Phase
days 1-7

Yin Phase
days 7-14



Qi Phase
days 21-28

Yang Phase
days 14-21

Menstrual Phase

Hormones are low

Winter

Dark/New Moon

Elderhood

Energy is lowest

Utmost Yin

Emotionally: intuitive, reflection

Exercise: Restorative Yoga,

Qi Gong

Nutrition: iron & magnesium rich foods, zinc, healthy fats

Pre-Menstrual / Luteal Phase

Estrogen drops & then begins to increase.

Progesterone increases.

Autumn

Waning Moon

Perimenopause

Energy is decreasing

Yin within Yang

Emotionally: feeling more sensitive. Time to finish projects & slow down.

Exercise: Slow Yoga Flow, Weights (lower reps), shorter hikes

Nutrition: Vitamin B6, Complex Carbs, Whole grains

The Yin & Yang of Your Menstrual Cycle

Blood Phase



Menstruation

- ☯ Inner Winter
- ☯ Ultimate Yin
- ☯ days 1-7 in a 28 day cycle
- ☯ Water Element

Yin Phase



Follicular / Postmenstrual

- ☯ Inner Spring
- ☯ Yang within Yin
- ☯ days 7-14 in a 28 day cycle
- ☯ Wood Element

Yang Phase



Ovulatory + 1st half of Luteal

- ☯ Inner Summer
- ☯ Ultimate Yang
- ☯ days 14-21 in a 28 day cycle
- ☯ Fire Element

Qi Phase



2nd half of Luteal/premenstrual


- ☯ Inner Autumn
- ☯ Yin within Yang
- ☯ days 21-28 in a 28 day cycle
- ☯ Metal Element

The Yin & Yang of Your Menstrual Cycle

Blood Phase




Menstruation

 Time to focus on blood flow & qi flow

Yin Phase



Follicular / Postmenstrual

 Time to replenish blood, yin & kidneys

Yang Phase




Ovulatory + 1st half of Luteal

 Warm kidneys & tonify Spleen & Stomach

Qi Phase



2nd half of Luteal/premenstrual

 Promote qi & blood flow to reduce pms symptoms

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Thank you

With heartfelt gratitude, I extend my sincerest thanks to you for joining me here and generously sharing your time and energy. Crafting The Menstrual Course has been a journey of profound love and dedication. I've poured my essence, energy, passion, and years of experience into its creation, drawing from the invaluable teachings I've acquired through over \$60,000 of my own postsecondary and continuing education.

Every aspect has been carefully compiled with you in mind. Your presence in this journey means the world to me, and I'm deeply grateful for your shared passion in learning about your cycle. I hope that this knowledge fosters a deeper, empowered connection within you, instilling a profound sense of gratitude for the remarkable vessel that is your female body. Your body is amazing & wise. And so are you.
Sat Nam, my dear friend,
Dr. Brittany

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