

CYCLE SYNC FOR LIFE E-COURSE

# GENTLE LIVING

*workbook*

ROSEWOODWOMAN.COM

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M O D U L E

# INTRODUCTION





# HELLO!

Hey there and WELCOME! My name is Beth and we'll get to know each other better as you continue this course. I am so glad you're here and I am celebrating you for taking this step into a more gentle and sustainable way of living. My hope is for you to be able to walk away with the tools and resources you need to live in this world without sacrificing your cyclical nature. I hope you find a little more grace for yourself and the beautiful way you operate and release the judgment about how you function as a woman.

Maybe you've never heard of cycle syncing before and are brand new to this work or maybe you actively practice cycle syncing or perhaps you're somewhere in between. No matter where you are on your journey back to yourself - welcome.

*Beth Wood*

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# WHAT'S GOING ON

Did you know that 80% of women suffer from hormonal imbalances? That is an insane and sad number that continues to rise

Why is this happening?

One major reason is the fact that girls are taught to ignore and suppress their cyclical symptoms from a young age.

We are told that PMS symptoms that are actually gigantic red flags from our body are normal, common, and just “part of being a woman” (So Not True).

A second reason is the fact that women have been instructed, marketed, and expected to eat, exercise, and live like men.

When was the last time you were told to adjust your fitness routine with your cycle? That it is better to burn fat during a certain time of the month and better to build muscle during another part.

What about your diet? Were you told you metabolize carbohydrates during the first half of your cycle and metabolize fat and protein better during the second half?

What about your Self-care? Did you know your hair and skin care routine should cycle?

What about your work life? Do you find it easier to focus during certain times of the month and easiest to brainstorm during another part of the month?

No one taught us this, but what they did teach us is the science that is based solely on the male body and the 24-hour hormone cycle

We were taught and expected to show up in a linear/consistent type of way and that's hard to do if you are a cyclical being who was purposefully created to not show up feeling the same each day.

# LET'S MAKE CYCLE SYNCING EASY!

This course provides you with a foundational understanding of your menstrual cycle as a woman, each of the 4 phases, and how to utilize each phase and its gifts to find more ease, flow, and sustainable energy in every area of your life!

Cycle syncing is the practice of changing your awareness, diet, exercise, and lifestyle habits to align with the stages of your menstrual cycle (Infradian Rhythm).

This does not mean doing it all right now.

In my teaching, I suggest starting with awareness. Just start by observing your body for a couple of months with this newfound information about the infradian rhythm. It's not about adding more to your to-do list but rather reconnecting with your body's innate wisdom and ability to know exactly what it needs at any moment. It's about being in your feminine, not doing more. I'll explain that a bit more later.

Use the journal prompts to start bringing more awareness to your cycle and your relationship to the hustle culture.

## JOURNAL PROMPTS:

- Do I commonly feel bursts of energy at a specific time of the month?
- Do I notice I am more irritable just before I start my period?
- What is my quality of rest?
- When do I feel most rested?
- Drop into your body and listen - is there something it needs to tell you?



# WAYS TO SUPPORT YOUR REST

Our nervous system helps us and protects us by alerting us to danger, responding, and notifying us when we need to rest. When we support our bodies daily, we can slowly move out of the fight-or-flight state hustle culture evokes, and into a place of healing and peace.

- Keep promises to yourself - build trust in yourself.
- Allow for quality rest and reap quality energy in return.
- Prioritize time in nature to reconnect, ground, and regulate.
- Connect with other women IRL - we need belonging and to be witnessed.
- Lean into the energy that's present - detail oriented? Tired? Inspired?
- Support yourself through coaching or counseling to provide a safe space to explore your inner world and nurture yourself.
- Sleep 8 hours. Your body is doing a lot and needs sleep to repair and heal.
- Track your cycle - notice the consistency from the lens of 28 days instead of 24 hours.
- Practice 3 deep belly breaths before you get out of bed.

# OLD WAY VS NEW WAY

Living from our masculine disregards the wisdom of our bodies and our knowing. As we lean into our cyclical feminine nature, here are some things you may notice.

## THEN

Taking out my anger on loved ones before my period

Forgoing rest in an effort to be in a continuous "go" state.

Pushing through

Recreating a 9-5 designed for a man's 24-hour rhythm

Dreading stillness

## NOW

Acknowledging the wisdom of my body, listening to its needs, and creating space

Embracing and prioritizing rest knowing it is what leads to quality energy

Relaxing into

Using my creative energy to design a life that works for me and my 28-day cycle

Celebrating stillness

VS



# MENSTRUAL PHASE CHECKLIST

The quality of rest in this phase will dictate the quality of energy in your other phases. This is a sacred time! Initiate cozy burrito mode.

- A journal - write down reflections
- Warm foods/drink
- Coziness (blankets, socks, etc)
- Limit meetings/social activities
- Somatic release + coaching
- Slow movement, yoga, pilates, walking
- Zinc + Iron rich foods

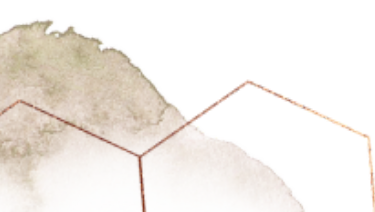


What specifically does my body need or desire in this phase? A specific food, activity, awareness, boundary?

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# FOLLICULAR PHASE CHECKLIST

Your Strategy for this phase is  
cuddle, create, and connect  
with yourself and close loved  
ones.

- Creative activities
- Increased movement
- Start a new project or plant a seed
- Learn something new
- Brainstorm
- Small, tightknit socializing group
- Lighter, cooler foods

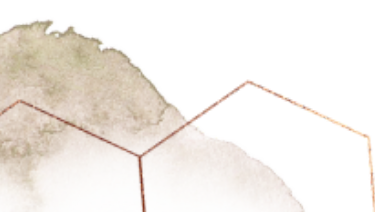


What specifically does my body need or desire in this phase? A specific food, activity, awareness, boundary?

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# OVULATORY PHASE CHECKLIST

Your strategy in this phase is flirty, fertile, and fabulous - get your hot self out there.

- Try something new
- Go clothing shopping
- Take action
- Events and socializing
- Fiber, Vit C, B, and Magnesium
- Strength training, orgasm, HIIT
- Photo shoots and front-facing activities

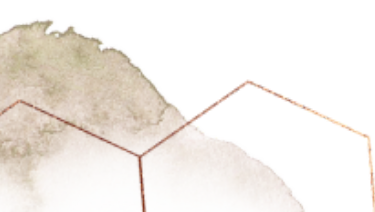


What specifically does my body need or desire in this phase? A specific food, activity, awareness, boundary?

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# LUTEAL PHASE CHECKLIST

- Line up support for next phase
- Reduce stimuli
- Prep: Food, space, kids care, etc.
- Wrap up projects
- Fine-tune and edit things
- Strength training, yoga, pilates
- Deep colored foods (Kale, seaweed, cherries, etc)

Your strategy for this phase is prep, projects, and peace. You also may be drawn to more detail-oriented tasks and might find yourself feeling agitated with things out of place or people asking you to be hyper-present and social when you just want to prepare yourself for rest.

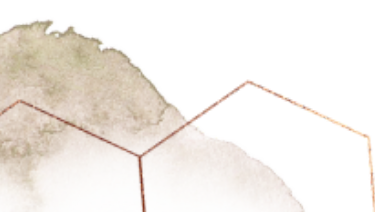


What specifically does my body need or desire in this phase? A specific food, activity, awareness, boundary?

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# ACTION STEPS

## 1

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### Track Your Cycle

I like;

- Stardust or MyFlo App (not for family planning)
- Daysy Fertility Tracker or Oura Ring (for family planning)

## 2

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### Dedicate Time For Rest

This may look like saying no to nonessentials for a time and prioritizing everything that furthers your healing.

## 3

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### Build Flexibility

Honoring your feminine with flexibility means viewing everything as information and releasing the judgement. Approach symptoms and emotions as messengers - get curious.

M O D U L E

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HEALTH +  
WELLNESS



This is going to be a packed module but keep in mind - we are only scratching the surface of these topics! Your infradian rhythm is your primary operating system but is relatively new to the scientific community.

So, as you move through this module remember we have been taught to navigate our lives according to a male's body and this will take time to shift. I'll go into each of these areas of health and wellness briefly and I will also leave resources for each topic so you can dive deeper with female-focused experts in associated fields.

Keep in mind the bio-individuality of YOU - every suggestion I include here is going to be from the perspective of a starting point since I don't know about your specific body. What foods do you enjoy and sit well in your body? What exercises are you drawn to? Lean into what you know to be true for your body. This is not another dualistic right versus wrong rule book! This is a compass to help you navigate in a direction, knowing that depending on the wind and the waters you will adjust in order to reach your destination. This is fluid and variable and can only be supportive through the lens of your own unique body and it's needs.

*Beth Wood*

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# WHAT'S GOING ON

Men follow the 24-hour circadian rhythm very closely and this is also what most of our culture and research around health, habits, diet, productivity, and more is based on.

This is why all the self-care rituals, diets, exercise routines, business schedules and productivity hacks can be such a struggle to stick to as a woman and why it leaves so many feeling like they've in some way failed. You may have burnout and hormonal issues because you're trying to stick to a lifestyle that is fundamentally disrupting your infradian biological rhythm and distancing you from your natural way of living.

As a woman, your brain chemistry changes over 25% over the course of the month - you wax and wane in rhythm with the Moon.

This cycle affects way more than just your period - you experience 4 distinct extended periods of fluctuating energy. But it's not unpredictable! Its dynamic nature can be planned for, optimized, and incredibly supportive.

## JOURNAL PROMPTS:

- What foods do I enjoy and sit well in my body?
- What exercises am I drawn to?
- What is my recipe for really amazing sleep?
- What's happening in my body when I'm craving specific foods?
- What exercises feel nourishing and which ones feel depleting?
- What do I want to feel on a daily basis?
- What rituals do I have?

# WAYS TO SUPPORT YOUR WELLNESS

*"Safety is not the absence of threat, it is the presence of connection." -Dr. Gabor Mate*

Many women are in high masculine defense because they view the feminine as weak, inferior, chaotic...If they don't feel it's safe to be in their own bodies as women, they will do everything they can to put up a shield of armor to protect themselves.

One of the most important parts of being a woman is learning how to alchemize the stuff of the feminine - the emotions, the soul, the depth, the sensuality, the cycles. Without honoring and alchemizing these things you will feel chaotic or, in an effort to control them in the best way you know how you may push them down and guard yourself so much that you will dysregulate your nervous system and cause it to be in a place of constant survival.

Your depth as a woman is your magic but you must be connected to it and honor the power you hold.

# WAYS TO SUPPORT YOUR WELLNESS

One of the best ways to support your body is through nervous system and somatic work. Your body holds your stories, beliefs, patterns, and protective mechanisms. It's an incredibly intelligent system designed to keep you safe. But if you struggle to soften, or find yourself "erratic" or unpredictable then this may be a message from your body asking to release and heal.

- Consider a somatically-trained coach
- Experience an emotion all the way -remember it only takes 90 seconds for the chemical of an emotion to move through.
- Start a fitness routine in alignment with your phases
- Let your diet fluctuate with your nutritional needs

# OLD WAY VS NEW WAY

Living from our masculine disregards the wisdom of our bodies and our knowing. As we lean into our cyclical feminine nature, here are some things you may notice.

T H E N

N O W

Sticking to the same foods  
day in and day out

Adjusting to my body's  
varying caloric and  
nutritional needs

Trying to hit PRs in the gym  
when my body asks for rest

VS

Prioritizing recovery and  
seeing long-lasting health  
changes

Going until I drop

Creating a ritual around my  
sleep



M O D U L E

# CONNECTION



As with all things in Nature, we see redundancies and patterns as we return to our natural design. Remember, as without so within, as above so below. In echo with nature's cycles, we can also find cycles of moon phases, life cycles with phases such as child to maiden to mother to crone, cycles in business and more.

There are so many cycles in nature: Seasons, water, lunar, day, menstrual, carbon, life cycle. Everything is cyclical.

When we bring these into our life and business we can make better decisions and create more ease and flow and sustainability. It creates a lifestyle that facilitates a healthy balance with adequate rest then efficient and sustainable energy output.

It doesn't mean not working hard, it means specific energy at specific times.

This is what I love about Gentle Living - it's so intuitive when we step back and see it as an extension of our natural way of living as women.

So, as we learn to connect to our own seasons, we also learn to connect with the seasons of Earth. And as we deepen our relationship to ourselves and honor our natural way of living, we deepen our relationship to those we care about and can honor them better as well.

*Beth Wood*

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# WHAT'S GOING ON

The biggest tip I can offer you in this moment to honor your feminine is to SLOW DOWN. Slow living and honoring your feminine nature are closely tied. When we slow down we naturally move into a more intuitively aware state where we notice our bodies, our needs, our desires, our joys. The masculine is about DOING, the feminine is about BEING. To be, we simply slow down and embody our days.

Slowing down offers us the opportunity to respond instead of react, connect instead of correct. It deepens our relationship to self but also our relationships to all the ones we love and interact with day-to-day.

# JOURNAL PROMPTS:

- What season is it outside? What lessons is it teaching you?
- What season are you in right now in your cycle?
  - Spring/Follicular
  - Summer/Ovulatory
  - Fall/Luteal
  - Winter/Menstrual
- Are you experiencing reflection and stillness or production and inspiration?

# WAYS TO SUPPORT YOUR CONNECTION

Find time for stillness and rest and slowing down.  
Challenge your thinking when you start telling yourself  
that you were being unproductive in your stillness.

What beautiful creations have come out of that space in  
the past?

What ideas have you had in the shower when you have  
a moment to yourself?

Creativity and life often comes from a space that seems  
void.

A once empty womb brings life into the world.

The darkness and stillness of a planted seed in soil  
grows the tallest tree.

If someone comes rushing and takes your place in line,  
let them.

If someone pushes you and rushes to get home from  
work, let them.

If someone rushes past you while driving, let them.

Let them rush. You go slow.

Walk slow. Drive slow. Eat slow.

See how it feels.



# WAYS TO SUPPORT YOUR CONNECTION

- Move slowly
- Breathe into an emotion with curiosity - what is it asking of you?
- Collaborate with your partner about ways you can support each other's different biorhythms and hormonal cycles.
- Observe the seasons and reflect on their lessons
- Cycle sync!
  
- Play around with sex and pleasure - what feels good when?
- Pay attention to emotions that arise and let it be an opportunity to communicate and strengthen your relationship

# OLD WAY VS NEW WAY

Living from our masculine disregards the wisdom of our bodies and our knowing. As we lean into our cyclical feminine nature, here are some things you may notice.

T H E N

N O W

Blaming my partner for my irritations

Bringing curiosity and compassion to a deeper need

Expecting an endless summer

Leaning into the full cycle of creation in all areas of life

VS

Judging my cycle or a man's cycle as bad

Honoring the gifts and differences of both and collaborating for harmony

MODULE

# WRAP UP



This whole new way of thinking will take time to integrate- it's new information to the brain (although our bodies have known since the beginning) and our minds can be stubborn.

It's like working out only your right arm for the last year and then one day you decide you want to work out your left arm. It's going to feel a little foreign, it's going to feel weaker, and it's not going to become the dominant arm you use without lots of practice and intentional use.

It's the same with this beautiful biorhythm of yours- it's going to seem strange at first. Go slow.

I invite you to take what you learned in this course and apply just 1 thing for 30 days. This isn't a competition and it isn't something to have figured out all at once. Let this be a journey that brings you home. Don't rush it like a quick trip to the supermarket. Appreciate the stops along the way. Let yourself take in and assimilate each part. This information if it stays in your head so please, please, please if I can ask one thing of you; do something with it. Use this information to awaken the wild woman inside you asking to be freed.

And if you're hungry for more and need additional steps, accountability, or resources, [I invite you to explore my somatic coaching offerings](#) or the [Gentle Business Jumpstart Program for women looking to create a feminine-focused and cyclical business](#). Use the code FREEWOMAN15 for 15% off either offering.

*Beth Wood*

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@rosewoodwoman

# RESOURCES

For more resources check out our website [www.rosewoodwoman.com](http://www.rosewoodwoman.com)

Below you will find my favorite resources for furthering your fullness and wellness as a woman.



## PEOPLE

[Annika Taylor with Nourished By Nature](#) for functional wellness and hormone healing.

[Megan at Boho Aesthetician](#) for your cyclical skincare consultation!



## PRODUCTS

[Free Bleed Blankets](#)

[Agent Nateur Holi \(Sex\) Intimate Oil](#)

[Align App \(Pilates workouts that are structured for cycle syncing\).](#)

[Courtney Keeping It Balanced \(Cyclical Exercise\).](#)

[Daysy Fertility Tracker or Oura Ring \(for family planning\).](#)



## EDUCATION

[Tori Matthews \(Intuitive Motherhood\).](#)

[Adelaide Meadow \(Pelvic Health\).](#)

[Anisa Woodall \(Resilient Motherhood Nutrition Course\).](#)  
(Code **rosewood** for \$100 off)





# OFFERINGS

## GENTLE BUSINESS JUMPSTART

A 12-session program designed for the new or scaling female entrepreneur who wants to build a cyclical, seasonal, and gentle business.

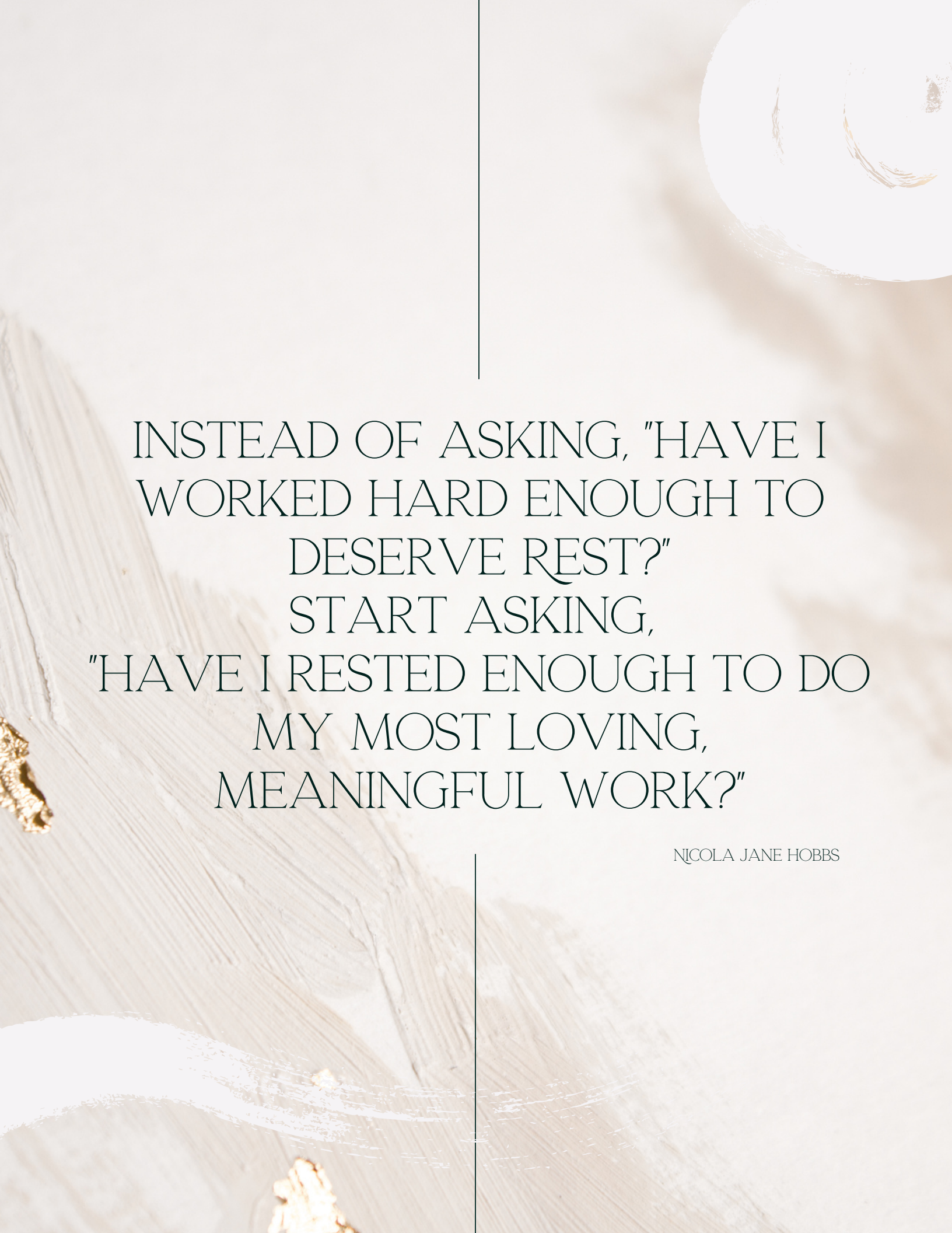
## PRIVATE COACHING

1:1 Somatic, Feminine-Focused Coaching

My approach to coaching blends mindset work, practical application, and somatic release to empower my clients to have true, long-lasting changes in their lives.



*Trust yourself.*



INSTEAD OF ASKING, "HAVE I  
WORKED HARD ENOUGH TO  
DESERVE REST?"  
START ASKING,  
"HAVE I RESTED ENOUGH TO DO  
MY MOST LOVING,  
MEANINGFUL WORK?"

NICOLA JANE HOBBS



# Reviews

## FROM OUR CLIENTS



Lisa S.



"I felt like I kept hitting the wall and after talking with you, I feel like the possibilities are endless. "



Laura L.



"Working with Beth has taken my new business venture off the ground with ease, organization and execution. She is the support and process to making it a reality."

@rosewoodwoman



*Thank-you!*

My heart for you is to be strong and soft, bold and tender. Self-resourced while also connected to the support of your tribe. To create and produce and then take time for restoration. I hope you'll join me on this journey,

*xx Beth Wood*



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