

2024

MENSTRUAL CYCLE COACHING PROGRAM

Reconnect to your Cyclical Nature -
in this 6-session Program

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RECONNECT TO YOUR CYCLICAL NATURE

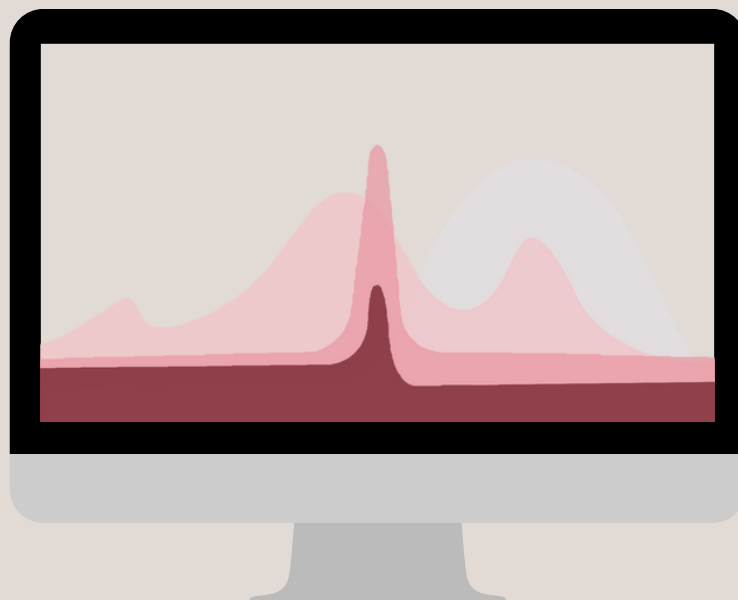
This program is for women who want to understand their menstrual cycle better.

Whether your period is all over the place, you're stressed and notice it affects your cycle, or you simply want to learn more about your body's natural rhythm -

This program is for you!

In six sessions, I'll help you understand your cycle, track it easily,
and learn how your lifestyle affects your hormones.

Together, we'll find simple ways to support your cycle naturally and help you feel more
in tune with your body.



- 6 Session spread over 12 Weeks
- 60-minute sessions
- virtual or hybrid (in-person and virtual) options
- 24-hour cancellation policy
- Additional support via WhatsApp or Telegram

6 SESSION PROGRAM OVERVIEW

1ST SESSION: MENSTRUAL CYCLE TRACKING

Get to know different Tracking Methods and the Basics of Menstrual Cycle tracking Parameters.

2ND SESSION: THE 4 PHASES OF THE CYCLE

Understand the 4 Phases of the Menstrual Cycle and their influence on your mood, energy level, and overall wellbeing.

3RD SESSION: STRESS AND YOUR CYCLE

Learn about the impact of Stress on the menstrual cycle and signs of stress-related cycle disruption.

4TH SESSION: NUTRITION & LIFESTYLE FOR CYCLE HEALTH

Get an overview of the Key nutrients for hormonal health and how sleep, movement, and other factors impact your menstrual health.

5TH SESSION: ENVIRONMENTAL IMPACTS ON HORMONAL HEALTH

A massive open online course is an online course aimed at unlimited participation and open access via the Web.

6TH SESSION: INTEGRATION AND MOVING FORWARD

Signs of Cycle Health, when to seek additional support and how to create and deepen a long-term cycle awareness practice.

1ST SESSION: MENSTRUAL CYCLE TRACKING

Teaching Component:

- Cycle Tracking Basics (4 Pillars): Energy Level, Nutritional, Physical, Mental, Emotion
- Different Tracking methods & Introduction of cycle tracker (apps, paper, digital)

Coaching Component:

- Review the client's Intake form
- Explore client's history and relationship with the cycle
- Identify challenges and goals
- Set realistic goals

Action Points

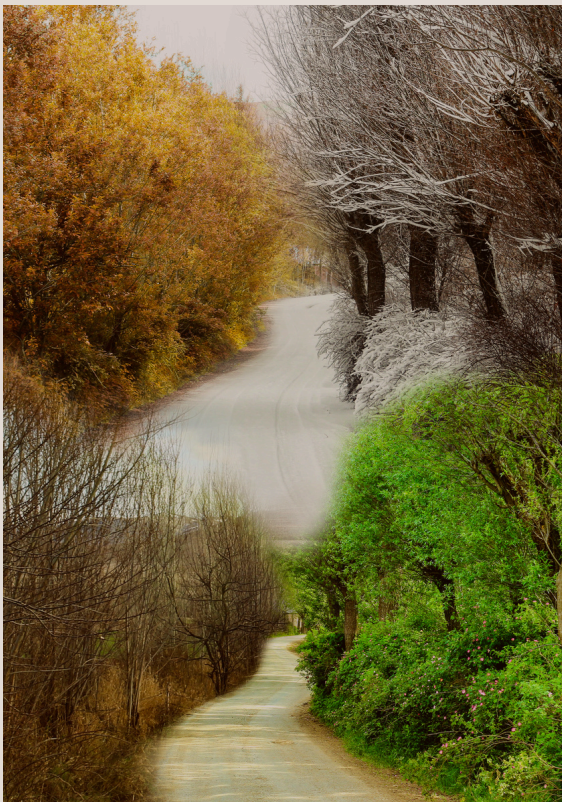
- Start daily cycle tracking
- create a simple routine for consistent tracking



2ND SESSION: THE 4 PHASES OF THE CYCLE

Teaching Component:

- Overview of menstrual, follicular, ovulatory, and luteal phase
- Changes in hormones each phase
- Superpowers in each phase
- Common physical and emotional experience in each phase



Coaching Component:

- Reflecting on personal experience
- Identifying current challenges and strengths in each phase
- Creating phase specific self-care strategies

Action Points

- Document patterns throughout the cycle
- Choose one phase specific self-care practice to implement

3RD SESSION: STRESS AND YOUR CYCLE

Teaching Component:

- Impact of Stress on hormonal health
- Stress-related cycle signs

Coaching Component:

- Identifying personal stress triggers and patterns
- Developing individual stress management tools
- creating boundaries and support system

Action Points

- Implementing stress-reduction practice
- Additional: Track Stress levels



4TH SESSION: NUTRITION & LIFESTYLE FOR CYCLE HEALTH

Teaching Component:

- Key Nutrients for hormonal health
- phase-specific nutrition needs
- Sleep, movement, and cycle health



Coaching Component:

- Exploring current eating and movement patterns and their relationship with food and the body
- Identifying areas for lifestyle optimization
- Creating sustainable change

Action Points

- Choose one phase-specific nutrition or movement practice to implement
- Additional: Consistent Sleep Schedule

5TH SESSION: ENVIRONMENTAL IMPACTS ON HORMONAL HEALTH

Teaching Component:

- Understand endocrine disruptors: medication (e.g. Pill), Personal Care Products, Household cleaning Products, Water quality...
- How these impact hormonal health
- Signs of hormonal disruption
- Protection strategies

Coaching Component:

- Look at exposure to endocrine disruptors
- Identify areas of highest impact
- creating realistic transition plans and strategies

Action Points

- Choose one area for reducing endocrine disruptors (e.g. personal care products, water, food storage)



6TH SESSION: INTEGRATION AND MOVING FORWARD

Teaching Component:

- signs of a healthy cycle
- when to ask for additional support
- long term cycle awareness practices



Coaching Component:

- Review progress and insights
- identifying ongoing support needs
- creating a sustainable long-term plan

Action Points

- Create a 3-month cycle health plan
- Document cycle awareness toolkit and strategies



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Every woman's cycle tells a story. When we learn to understand its language, we unlock a powerful tool for wellbeing and self-discovery.

LET'S CONNECT!



HOW CAN I SUPPORT YOU?

I'd love to chat with you about how this program can support your cycle journey. Here's how you can reach me:

Email: selina@yinyangyogini.com

WhatsApp: +49 15253483447

Website: yinyangyogini.com

Instagram: [@yinyangyogini](https://www.instagram.com/yinyangyogini)

BOOK YOUR FREE DISCOVERY CALL