



The relationship between the menstrual cycle and moods A real-life exploration of how to be conscious of your cycle and improve your quality of life		
OPTION ONE: Once-off short session (1.5 hours) - The relationship between the menstrual cycle and moods		
Duration	Description	Fees
1.5 hrs	Brief introduction to the menstrual cycle; how moods are linked to the menstrual cycle and the mood tracker.	R1 250.00
	Travel to and from venue @ R3.00/ km.	<i>To be determined</i>
<i>n/a</i>	<i>The fee includes tea/ coffee & biscuits for before and after the session.</i>	
OPTION TWO: Workshop (2.5 days) - The relationship between the menstrual cycle and moods		
Duration	Description	Fees
15 hrs	This is a two and a half day workshop that introduces the menstrual cycle; how moods are linked to the menstrual cycle and the use of and application of the mood tracker to everyday life for enhanced communication and improvement in relationships. The workshop is experiential and participative, exploring real-world situations and incorporating role-play. Maximum of 25 participants.	R7 500.00
	Travel to and from venue @ R3.00/ km.	<i>To be determined</i>
<i>n/a</i>	<i>Catering for 3 day workshop including tea/ coffee muffins before morning start; sandwiches and juices for lunch; tea/ coffee & biscuits for during and after workshop. Rate indicated per attendee/ per day. On request only.</i>	<i>R65.00 pp/pd</i>
OPTION THREE: Short-course (8 weeks @ 1.5 hours per week) - The relationship between the menstrual cycle and moods		
Duration	Description	Fees
12 hrs	Short-course sessions are 1.5 hours long and are scheduled once per week, over a period of 8 weeks. This is a two and a half day workshop that introduces the menstrual cycle; how moods are linked to the menstrual cycle and the use of and application of the mood tracker to everyday life for enhanced communication and improvement in relationships as well as the opportunity for experiential learning through role-play. Each session re-visits previous learnings to solidify principles. Participants are invited to share stories and interact. Maximum of 25 participants.	R12 000.00
	Travel to and from venue @ R3.00/ km.	<i>To be determined</i>
<i>n/a</i>	<i>This course fee includes tea/ coffee & biscuits for before, during and after sessions.</i>	

All fees exclude venue hire as it is assumed that groups who book sessions will be able to utilise their own on-site facilities.