



## 13 Mizan Moons

13 Mizan Moons is a programme following the cycles and seasons, delving deeply into many of the issues with which we are addressing when women seek our help. The topics covered will aid personal development as well as deepening what you are able to offer to others.

Starting in Spring, we will follow the seasons and cycles of the year, and each gathering will be a reflection of the energetics of that particular season.

Throughout the course there will be opportunities for you to explore topics more deeply and then present what you have found to the group.

All the gatherings will be online, apart from the Advanced Training, which is an optional part of 13 Mizan Moons. I'm hoping that you will opt in, to continue your online journey into physical gathering and strengthen the bonds of sisterhood. Those including Mizan Advanced will be able to take advantage of a special price in recognition of your commitment to increasing and deepening your knowledge and connection.

### What others have said

"The 13 Mizan Moons. When I think about it, the first thing that comes to mind is how I'm looking forward to catching up with Bushra and the lovely Mizanis every month for a whole year! It has been so much fun, very interesting, lots of knowledge and understanding." Pilar

"We have come together to share knowledge, reflect on experiences and our practice and gain new knowledge and insights with the guiding hand of Bushra. Looking deeper into the health issues and how best to facilitate and promote healing in those who access Mizan has made a difference in the way I practise. It has given me a more solid knowledge base to work from and opened up new ideas for me to run my business, and boosted confidence to work with herbs and other Mizan tools for wellness." Hannah

"Mizan Moons has been a great way to connect on an intimate level with other practitioners I've not previously worked with. Gaining in-depth knowledge, sharing experiences and research is invaluable." Manie

"13 Mizan moons has been an amazing journey, it has helped me to build up my confidence as a practitioner and also I feel I have much more knowledge and the dots have connected. Another great thing has been connecting with other practitioners in a regular basis and learn from each other.

I would recommend any Mizan sister to embark in this journey as part of their Mizan training." Esther

# Dates and topics

There may be some changes to this schedule while I await confirmation of dates from the Tree and some of the presenters.

## **Thursday 31st March 2022 : Spring : Checking in**

Exploring the energetics of spring, the constitution and temperamental adding in layers energy, life stages, what it means for us in terms of our needs and how to best meet them.

We start our journey by charting our cycles: menstrual cycle, moon cycle, energy cycle, and will be encouraged to continue this practice throughout the 13 moons. This is an opportunity to really learn about ourselves and our needs on all levels: physical, emotional and spiritual.

## **Wednesday 4th May : Mizan Botanicals**

Looking at each of the botanicals and the individual herbs. An in-depth look at the products and how best to use them.

This month you will also sow seeds that I will send and we will explore the plant, observe, learn its behaviour, how to use it.

## **Saturday 4th June : Fertility**

Challenges, enhancement, how to nurture fertility through Mizan, diet, self care regimes.

Assisted reproductive techniques and how to maximise positive outcomes when combined with Mizan.

A look at male fertility.

Self study exploration of fertility challenges to present to the group on 2nd July.

## **Saturday 2nd July : Summer**

Exploring the energetics of summer, the constitution and temperamental adding in layers energy, life stages, what it means for us in terms of our needs and how to best meet them.

Presenting your exploration of fertility.

## **Sunday 28th August : Cervical Mucous**

We'll have a cervical mucous expert with us to give us a deep understanding of cervical mucous: the different types, what they mean, how we can use the information to help our clients.

## **Saturday 24th September: Pelvic steaming**

Preparing for the approach of autumn and readying ourselves.

Exploring different herbal blends for various issues

Other remedies to see us through the colder seasons of autumn and winter

## **Sunday 23rd October : Autumn : Pelvic health**

Exploring the energetics of autumn, the constitution and temperamental adding in layers energy, life stages, what it means for us in terms of our needs and how to best meet them.

Anna Crowle will be delivering this session.

### **Saturday 26th November : Menopause**

Menopause presentation facilitated by Rachael Crow

### **Friday 23rd December and Sunday 22nd January 2023 : Winter : Adenomyosis/Fibroids/Endometriosis/PCOS (two sessions)**

Exploring the energetics of winter, the constitution and temperament, adding in layers energy, life stages, what it means for us in terms of our needs and how to best meet them.

The Mizan perspective on Adenomyosis, Fibroids, Endometriosis and PCOS : how to mitigate with Mizan and self care measures as well as diet and lifestyle

How to maximise our effectiveness for clients.

Continuing to the next session.

Self study to present findings in the second session

Allow 3-4 hours for the first session.

### **Sunday 19th-Friday 24th February : Advanced training (optional)**

- Menarche ceremony

- Making wombs

- Extra techniques: ovary stimulation, psoas release, balancing the pelvis

- Debriefing challenging situations

### **Sunday 19th March : Trauma**

Working with trauma : facilitated by Anna Skordai

### **Saturday 15th April : Checking out**

A round up of the year

### **Advanced training**

Mizan Advanced training is an optional part of the 13 Moons course. If you choose to take this option, it will be offered for just £900 for the week (it is usually £1200).

It will take place at The Tree, near Pickering in Yorkshire, from the evening of Sunday 19th to midday on Friday 24th at The Tree, near Pickering in Yorkshire.

You can find information about Mizan Advanced Training here <https://www.mizantherapy.com/courses/advanced-practitioner-training/>

### **The timings**

The gatherings will be online and start at 10 am. Some will be two hours, others longer. Those sessions where you will be presenting your research into topics may be around three hours. Where there is a lot of discussion we may be even longer. We do take regular short breaks throughout sessions so we can move around.

If you do not take Advanced training as part of the 13 Moons you will be assigned a book about which you will present your thoughts - either a written piece, or a video - to the group.

There may be some changes to this schedule while I await confirmation of dates from the Tree and some of the presenters.

All sessions start at 10 am. Usually around 2 hours, some sessions will be 3-4 hours.

### **Attendance**

I understand that this is a big commitment and that circumstances may make it impossible to attend every month. All the sessions will be recorded but it is essential that you attend the majority. If you miss more than three sessions it may not be possible to give you a certificate.