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creative works & technical writing services

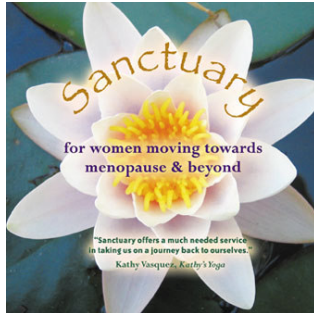
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2008 - 2009 Seminar/Workshop Series

Sanctuary, for women moving towards menopause & beyond™ (2, 4 or 8-Hours) (Based on Compact Disc - CD Included)



*'Sanctuary' is my gift of gratitude for the
unfolding process of self-discovery.*

—Kim-Marie Walker, Producer

The *Sanctuary* workshop is an adventure where participants explore inner awareness using **affirmations, meditation, journal writing, and movement**, to support their journey toward menopause and beyond.

Designed for women who:

- Want to increase inner awareness and acceptance of a natural life transition
- Are dealing with uterine fibroids, pre/post surgery on reproductive organs, and other perimenopause/menopause wonders
- Want to gain a positive self-image

If you are perimenopausal or have moved into menopause you know bodily changes often occur faster than your emotions about these changes.

The transition to menopause can take 2-5 to 10-13 years! With surgical removal of reproductive organs menopause can be an abrupt experience with little or no transition time.

While some women transition with ease, others experience anxiety, feel bewildered, or ignore taking care of themselves.

Sanctuary empowers women to transition with awareness, ease, and confidence!

Changing negative thoughts or self-talk is the goal of **affirmations**. When created and used consciously affirmations help build empowering new thought patterns.

Meditation provides quality time for exploring inner 'peace and quiet'. Simple techniques like paying attention to your breathe, thoughts, and bodily sensations help increase awareness.

Journal writing is a rich outlet and inspiration to deepen understanding of one's self. It is also a great way to record your progression.

The workshop encourages women to have fun discovering their own rhythm and inner dance through self-directed **movement** and structured movement forms such as yoga, Tai Chi, and belly dance.

Please Note: Depending on seminar duration, 1-2 local certified instructors are invited to share their specialty movement form.

Invited instructors vary from class to class with offerings that may include belly dance, Tai Chi, Continuum Movement, or yoga.

Sanctuary, for women moving towards menopause & beyond by Kim-Marie Walker © 2005
18 tracks. Manufactured by Disc Makers. Recorded at Frozen Lake Studios, AK
Published and Distributed by **onyx communications®**

onyx communications® respects the diverse decisions women make in managing perimenopause and menopause.



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Seminar/Workshop Facilitator , Kim-Marie Walker

“Major surgery in 1992 pushed me into perimenopause at the age of 36. Eight years later my body manifested uterine fibroids.

As my fibroid belly grew I experienced unpredictable periods and those ping-pong emotions and physiological symptoms (hot flashes, night sweats, etc.) associated with hormonal fluxes.

Surgery? Or not? My body was making rapid changes while my mind and spirit furiously tried to keep up. I spent *way too much* time worrying. What was the right way to manage menopause and deal with my uterine fibroids?

For years, I battled for control of something that was simply a natural process - *for my body*. Reading books, checking in with health care providers (both medical and naturopathic), and changing my diet were wonderful sources of support - but I needed to find a quiet place within.

Striving for hormonal and emotional balance I called upon eighteen years of meditation, creating affirmations, movement, music, and journal writing.

The result? I empowered myself beyond my wildest imagination.

Using my menopausal journey as a vehicle for increasing inner awareness gave me the confidence and inner peace to recognize the changes I needed to make, body - mind - and spirit.

As a result I let go of patterns, thoughts, and emotions that no longer served my well being. And now, more than ever, I am letting the beauty I love, *be* what I do.



Sanctuary's audio guide on compact disc was produced in 2005 after presenting the 'Menopause Sanctuary' Seminar in 2004. Attendees wanted a choice in when and where they explored these tools of rediscovery.

Ms. Walker is an author/writer, musician, and publisher/producer. As CEO of **onyx communications®**, Walker offers technical writing services and creative works (books, cds, seminars) for well being and building community.

An international consultant and geoscientist of 20 years, (geology, satellite remote sensing, and geographic information systems), she is published internationally; and has developed and presented diverse seminars such as '*Microcomputers for Women*' in the 1980s and '*Emerging Airborne Multispectral Technologies*' in the 1990s.

**For information about speaking or seminars,
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