



**Michela**  
**Heart Alchemy Institute**

Live from your Heart

# YOUR MENOPAUSE JOURNEY



**Created by**  
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# INTRODUCTION

Hello Beautiful Heart,  
My name is Michela. I am a Yoga & Meditation Teacher, Heart Alchemist, Energy Healer and Teacher, Workshop Facilitator. The medicine I bring into this world is Divine Love...  
More than 20 years ago, I was at a crossroad....

I had to decide what direction to take and I made the brave and difficult choice to leave everything behind and start a new life. When I came to Ireland, I started to train in many different holistic and spiritual disciplines: holistic massage, reflexology, aromatherapy, yoga, meditation, various reiki systems and angelic healing modalities, tantra, sacred sexuality and many more. I feel Blessed beyond measure to have had the opportunity to experience the powerful healing of shamanic practices and to have met the sacred energy of Mother Aya and other Nature Sacred Spirits. I have experienced so many teachings, I have listened to them until I embodied them. What I offer now comes from all these years of learning, unfolding, releasing, healing and remembering. All my work comes from my heart and the heart of the Divine. What I teach and share comes from direct personal experience and embodiment.





## WHAT YOU'LL RECEIVE

### Protocol

Your menopause journey is a protocol you follow that can help you alleviate the symptoms of menopause and perimenopause.

It is also a journey within yourself towards your new authentic self: the Empress, the Matriarch, the Crone, the Fearless and Wise One.

Following a consultation, I'll create your personalized journey. In this protocol, you'll receive:

- One yoga sequence | One session
- One meditation | One session
- One TFT algorithm | One session
- One Womb Blessing | One session
- One Rite of Passage Ceremony | One session





# WHAT HAPPENS NEXT

Initial free consultation.  
Bespoke Yoga & Meditation sessions designed to suit your needs.  
One Womb Blessing and a Rite of Passage Ceremony.  
One TFT algorithm.

We'll decide together days and times to meet in person or online for your sessions.  
You'll bring home with you:

- One personal yoga sequence
- One personal meditation
- One personal TFT algorithm
- The profound and powerful benefits of a Womb Blessing
- Celebrate your journey with a Rite of Passage Ceremony

Please reach out if you have any questions. I am looking forward to working with you.





# FIVE DAYS OF TRANSFORMATION

## **Day One**

### **Zoom Call or In Person Consultation**

We'll talk about your Perimenopause or Menopause experiences, symptoms and anything else that is relevant to this passage.

Consultation time 30 minutes.

## **Day Two**

Bespoke Yoga Sequence | 1 hour

## **Day Three**

Channeled Meditation just for you | 1 hour

## **Day Four**

TFT Algorithm sequence and practice | 1 hour

## **Day Five**

Womb Blessing & Rite of Passage Ceremony | 1 hour







# INVEST IN YOU

## Terms & Conditions

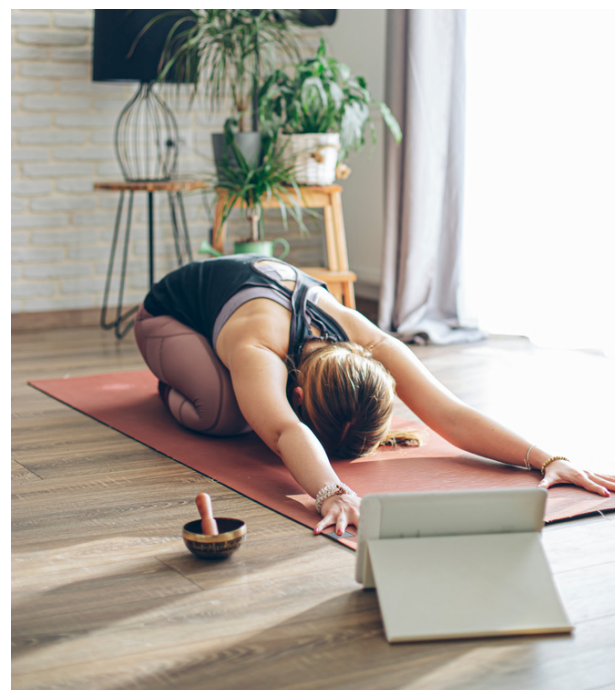
Please feel free to reach out if you have questions, doubts and/or you need clarifications.

Personal Sessions € 222

Non refundable deposit € 50

One free consultation 30 minutes

Four person | online sessions 1 hour



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