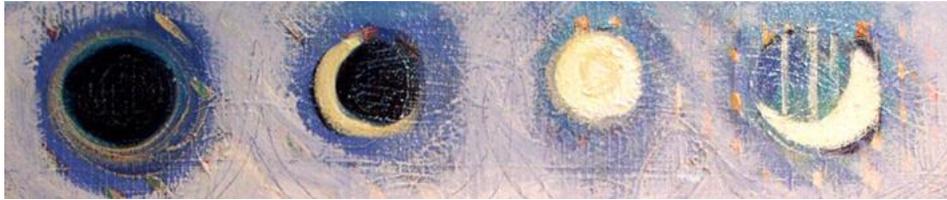


DONNA IONA DROZDA

LIFECYCLE PROGRAMS: TOOLS FOR CHANGE



The moon shines on every living being equally, beautifully and mystically

Greetings Dear Wise Woman ...

I'm so happy to share Natural Time with you!

Are you feeling the “overwhelm crunch?”

**Do you wonder how to do everything that is waiting
for your attention day by week by month by year?**

Do you simply want to raise your hand like a traffic cop and yell STOP!!

I hear ya! Like you, I recognize **the insanity of our culturally induced rat race**. I am here to remind us all that there is a way to push the pause button and take a deep breath.

Over the past five years, I've created and shared a series of four distinct e-Studios, or online conference call communities, where we explore creative and natural ways to push pause.

I've been engaged and inspired savoring the beauty and wonder of the art/life and applying the “yoga of natural time” for nearly three decades. I love sharing joy medicine!

In making a shift from the harshness of the rush lane onto the quiet path of making a peaceful life, we make a difference in our self, in the lives of those near and dear to us, and by extension, we make meaning in the world.



TAKE A BREATHER

Lifecycle seasonal e-Studios:

Fall Equinox: "Tools for Change" - 4 week

Fall/Winter: "Free to Be Effective" - 6 month

Spring Equinox: "Ages & Stages" - 4 week

Spring/Summer: "Emerge & See" - 6 month

Each e-Studio contains its own unique, stand-alone content, while also providing a natural progression to future e-Studios that builds momentum in graceful and organic ways.

September: "Tools for Change"

A 4 week e-Studio that shows you how to stretch time naturally.

Time commitment: 90 minutes per week live or recorded

October: "Free to Be Effective"

Begins our 6 moon/month exploration of natural feminine time.

Time commitment: 2 hours per month live or recorded

March: "Ages & Stages"

A 4 week jump start on the new energy of spring.

Time commitment: 90 minutes per week live or recorded

April: "Emerge & See"

6 months of being proactive with natural masculine time.

Time commitment: 2 hours per month live or recorded

WHY NATURAL TIME?

My intention in bringing "Tools for Change" to our community of Wise Women, Heroines and Crones is to be collaborative. I want to share the passion I have for being tuned into the world that flows as it grows. In "Tools for Change," we're really exploring naturally occurring transformation. We're doing that by turning within toward *the soothing rhythm of your own inner Art/Life*.

Enlisting creative tools such as writing, collage and drawing in simply graceful exercises allows the lunar cycles to help us to see the symbolic power in forming a relationship with eight monthly phases. Three day segments of natural time support personal creative patterns ... think tidal rhythm - think of your blood stream flowing with effortless ease.

Visualize "Tools for Change" as creative fuel for your naturally unfolding Art/Life

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“Tools for Change” tempo is in sync with a perpetual way to track time naturally. This e-Studio prepares us to step over a threshold into feminine receptive time. Feminine time is nurturing, is slower and contains an elegant simplicity.

By implementing our four week “Tools for Change” e-Studio process, you will glean a wealth of information regarding ways to creatively move in a spiraling pattern Moon by Moon, year by year.

**I will invite you to make this work your own.
I will suggest ways for you to add your fluid approach to life.
I will show you how to become a model for others.**

Good medicine for our world

Once you've completed a tour of “Tools for Change,” you'll be able to continue to spiral dance with the Natural Time of the moon cycles. You may also choose to **stay connected to “Tools” each fall as a month long tune-up that will prepare the way for the 6 moons in the womb-cave of winter.** “Tools for Change” creates new experiences each time you go through the process as the natural energies are ever distinct and fresh.

I trust that by experiencing “Tools for Change,” you'll be motivated to continue to explore using this *Art of Natural Time Management* moon after moon. Your heart and soul will discover limitless openings in which imaginative art/life ideas and inspiration unfold, blossom and evolve . . . all at a slow-flow/hushed rush natural pace *for you.*

Imagine the possibility!

Please note: The audio recordings of the four Wednesday evening calls and the Follow-up and Integration PDF's will be posted by my assistant, Kelly Johnson, on our member's website. I will guide you to create your own reference materials using a sketchbook/workbook. Supplemental information comes to you in PDF handouts that Kelly and I provide 3 days after each call.

“Tools for Change” PDF handouts help you stay aligned with the 8 lunar phase/steps. Your creative engagement adds to this work so that it becomes your own ... from there, you can share it by walking in balance in fresh creative ways moon after moon, year after year.

Let's explore Natural Time Yoga symbolized by the moon ... the mystical reflective orb whose elegant dance across the sky aligns us with what we call our personal “Tools for Change.”

Email me at any time with your personal comments or queries at: drozda@donnaionadrozda.com

Lookin' Up ,
Donna Iona Drozda