

# Thirteen moons™



*A Monthly Gathering*

*Honoring the Spiritual Life Cycle*

*of A Woman*

*Open Heart, Open Mind:*

*Pulsing with Love for Greater Heart Health*

Any authentic path to support personal healing and spiritual development involves a deep exploration of the heart; the epicenter of human life. Whether we are speaking of the physiology, psychology, emotion or spirit, the degree to which the heart is healthy often determines the quality and potential of a person's life experience. There are many dimensions to explore within the heart.

For this segment, our task is to journey into the heart with the intention of deeper self-understanding. This process can lead to greater self love, enhanced knowledge of the dynamics that lead to congestion and disconnection within the heart, as well as sacred actions that can support the cleansing, healing and receptivity to support living with an open heart.

The doorway to our sacred hoop is open to all women craving reunion with the feminine spirit pulsing in each of us. Align with the unity of a sisterhood and the heartbeat of Mother Earth for a renewed sense of peace, compassion, and unconditional love.

*July 11, 12:30- 4 pm  
at Yoga Now*

*742 N. La Salle  
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Susan A. Lipshutz, L.C.S.W. is a holistic practitioner with more than 20 years of teaching and private practice in Chicago. She brings a foundation in Western medicine and indigenous spiritual practice to her work, and has served as the Director of Behavioral Sciences for the Family Practice Residency Training Program with the Illinois Masonic Medical Center and West Suburban Hospital.

A student of cross-cultural spiritual practices including Andean wisdomkeepers and Mapuche ceremonialists, Susan integrates the ancient wisdom of our grandmothers with her powerful teachings, crafting an easy-to-understand style of empowerment and self-love attuned to the complexities of today's modern woman.

Because the sacred feminine is always growing and evolving, Susan is dedicated to weaving this understanding into ongoing training, studies and apprenticeships, as well as her individual consultations. She is dedicated to the empowerment and art of walking in beauty and harmony in today's world, and her commitment to self, family and service as a collective dream exemplifies the realized possibility to be found in the practice of living as an Everyday Medicine Woman.