



MEDULLA

Programme

January-August 2019



cycles&insights

REGENERATIVE BY DESIGN

Medulla: the source, hidden, inside, in the darkness.
In the brain, it regulates the breath and heartbeat. In the bones, it's the manufacturer of white and red cells. In the ovaries and in the kidneys, it sustains the flow in and out.

Important to know

The symbol ** indicates workshops and trainings

Topics are colour-coded: **Menstrual cycle in focus** Other cycles in focus

Events are open to all, except for Tenda Rossa a Berlino, WOW+HOW, Charting for Health and the workshop for men.

Please keep on checking for more info on Facebook @studiomedulla

Disclaimer

All information exchanged is for information purpose, and it does not constitute medical advice or treatment.

No change at Heile Haus. Thanks for your understanding!

JANUARY



Sat. 12th from 11 to 1 PM

Breakfast talk: Period R.Evolution. Free for all, by Bumble. FB event.

Sat. 19th from 3 PM to 6 PM. In Italian.

****Tenda Rossa: il ciclo mestruale come risorsa. Evento FB. 3€.**

Fri. 25th from 7:30 PM to 9 PM at Heile Haus, 2. Etage

Presentation Medulla Jan-Aug 2019 - YOU ARE ALL INVITED! - free

FEBRUARY at Heile Haus

Sat. 17th - Workshop Raum 2. Etage.

10:15 to 11:30 - Open discussion on dis-ease and charting for health €5

11:30 to 12:45 - Open discussion on the pill, apps and Sensiplan €5

****3:00 to 5:30 - PMS, apps and pain: dispelling myths with body literacy €10€**

Thur. 28th from 2 to 4 PM - Workshop Raum 2. Etage

Open discussion: applications in business (creativity, CSR, governance) €15

MARCH at Heile Haus



Sun. 10th from 10:30 AM to 5:30 PM - Workshop Raum 2. Etage

****WORKSHOP WOW+HOW - Session 1/3. Cost €35 per session without dossier.**

APRIL

Sat 6th from 10:30 AM to 5:30 PM - Heile Haus - Workshop Raum 2. Etage

****WORKSHOP WOW+HOW - Session 2/3.**

Sun 7th - Heile Haus - Workshop Raum 2. Etage

****10:15 AM to 12:45 PM - FOR MEN: understanding the cycle. €20 with dossier**

3:00 to 5:30 PM Open discussion: applications for health and research €15

Wed. 10 th - to be confirmed

****Sensiplan training 1/4**

****Charting for Health 1./2**

Sat. 13th - to be confirmed

Talk: Wild cycles at work

Wed 24th - to be confirmed

****Sensiplan training 2/4**

MAY

Sat. 4th from 10:30 AM to 5:30 PM - Heile Haus - Workshop Raum 2. Etage

****WORKSHOP WOW+HOW 3/3.**

Thur 9th from 2 to 4 PM - Heile Haus - Workshop Raum 2. Etage

Open discussion: integrating natural cycles for pupils and students €5

Fri 24th - to be confirmed

****Sensiplan training 3/3**

****Charting for Health 2/2**

Thur 28th afternoon - if not rainy - Bauerngarten Pankow - walk

Open discussion environmental health and natural cycles NO DRINKING WATER IN THE PARK!! Bathrooms yes. €2 to be paid at park entrance.

JUNE

Sat 15th from 11 to 5PM Heile Haus - Workshop Raum 2. Etage

10:30 to 12:00 PM - Anatomy and breathing practice. €10

**1:00 to 4:00PM - Conception: how to identify peak fertility with body literacy.
€20, dossier included.

4:15 to 5:45PM - Open discussion on how to use natural cycles for the health,
environment, society, economy €5

Tue 18th - to be confirmed

**Sensiplan training 4/4

AUGUST

From Fri 9th to Mon 12th Wilde Möhre Festival

SPECIAL OFFERS

The dossier for the **workshop WOW + HOW** is optional and can be purchased for €130 when pre-ordered at hello@annabuzzoni.com by 17th February. Afterwards, €170.

Charting for Health and Sensiplan are highly specialised trainings and the purchase of books and material is essential. Early birds are until 4th March and costs €150 and €250, respectively.

Partners are welcome for free at **Sensiplan**.

You are all invited on January 25th from 19:15 to 21:00 at Heile Haus to look at Medulla dossiers and ask questions.

Info and registration

It is only necessary to register to attend workshops and trainings. Send us an email to hello@annabuzzoni.com and we'll promptly reply to you.
Other events do not require registration, just drop-in and sit with us!

We research, practice and share the wisdom of natural cycles to nourish values and build frameworks that are regeneratives by design.



www.annabuzzoni.com

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