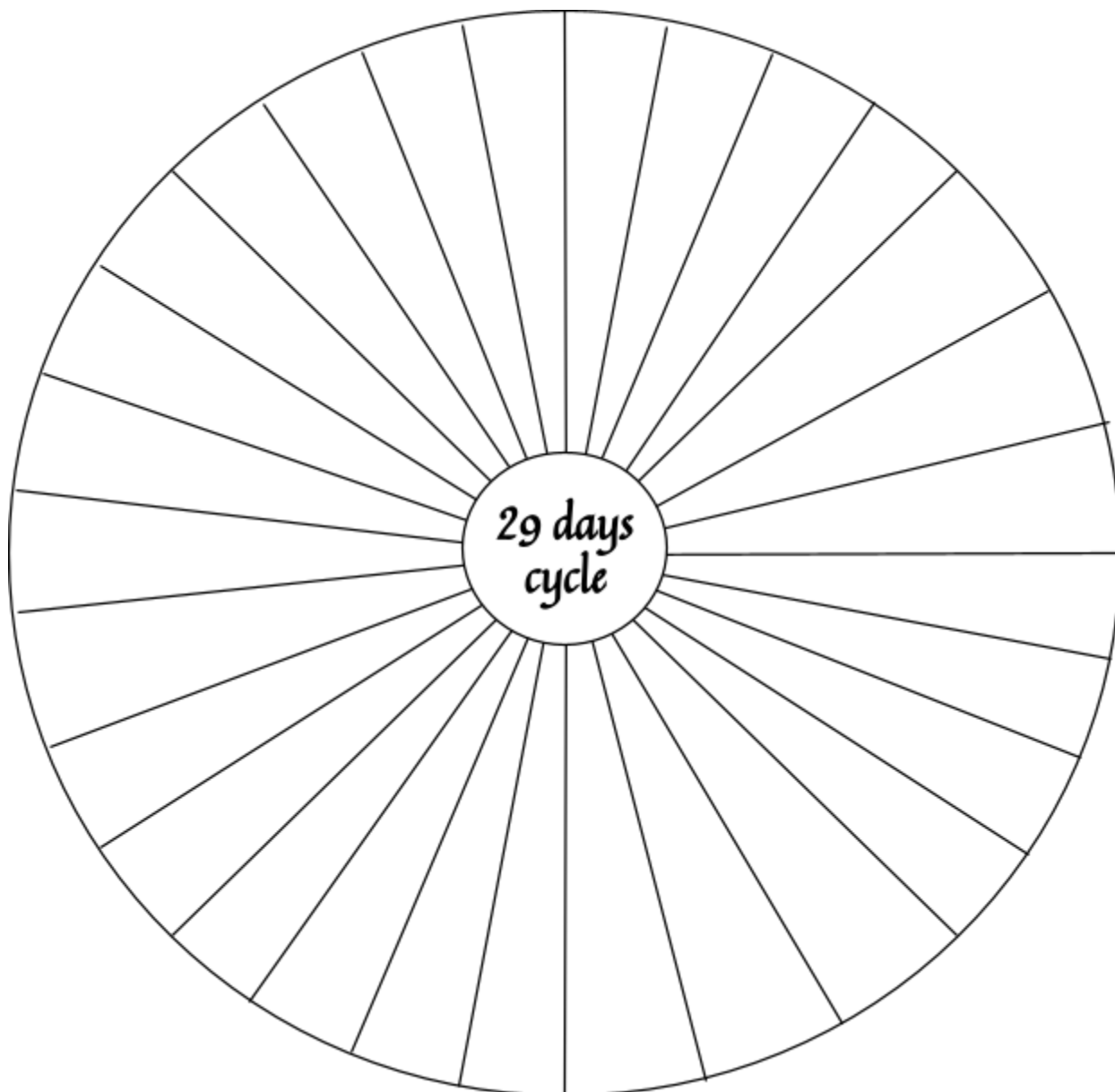




Red Alchemy

THE NATURE OF CYCLES & RITUAL

KITTY MAGUIRE YOGA



- Use this chart to create greater awareness of your emotional, mental, physical, spiritual body by reflecting how you feel at the end of each day
- Chart your sexual energy, feelings of creativity, exercise, rest, meditation, cravings, insomnia, energy levels highs or lows
- Mark in the duration of menstruation and if you feel any sensation around ovulation or if you felt ovulation happen
- Note the colour and consistency of your menses and cervical fluid eg: blood- rich red / dark red to brown / clots | cervical fluid - egg white / tacky like PVA glue
- If you feel overwhelmed by the above then just write one word at the end of the day - this is a brilliant start