

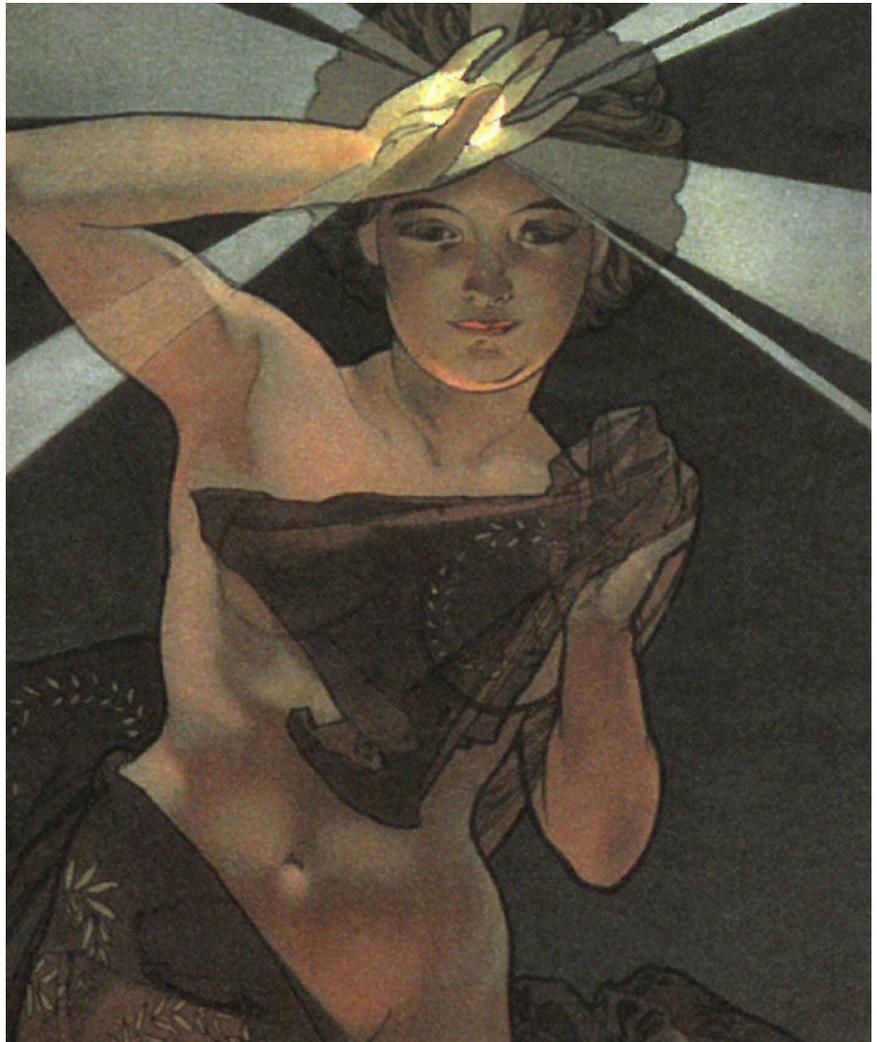
FERTILITY AWARENESS

A GUIDED 13-MOON JOURNEY



This intimate and enlightening course, spanning 13 lunar cycles, is a deep dive into body rhythms and natural cycles. The journey is for people of childbearing age looking to deepen knowledge of and acquaintance with their body, expand understanding of the cycles that govern it, come to terms or make peace with difficulties and differences, and support the body's attempts to maintain hormonal balance.

Over our 13 lunar months together, we will unpack myths and truths around menstruation, we will bust taboos open, we'll learn to "read" and chart the cycles of our bodies through the Fertility Awareness Method, we'll discuss chemical-free ways of preventing and achieving pregnancy, and we'll build personalized plans for achieving hormonal homeostasis.



FROM THE COMFORT OF HOME

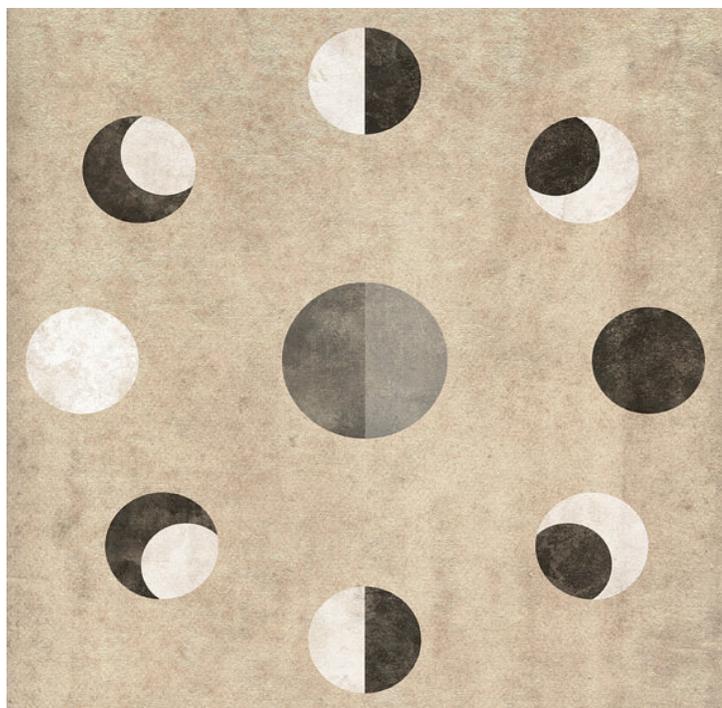


This distance-virtual hybrid course comes in the form of 13 modules, delivered via email, which walk us through the subject matter together. We will also have 7 two-hour live webinar calls where essential teachings will be shared by the instructor and discussed together as a class.

Red Roots Midwifery

The Lunar Months

- 1. The Stories We've Been Told**—March 17th through April 14th, 2018. Deconstructing myths of womanhood and femininity. Live Full Moon Webinar March 31st at 6pm EST.
- 2. Inside the Red Tent**—April 15th through May 14th, 2018. A reflection on menstruation, historically and today. Live Full Moon Webinar April 29th at 6pm EST.
- 3. The Lunar Connection**—May 15th through June 12th, 2018. How and why we're so tied to the moon.
- 4. Eco-Friendly Moon Time**—June 13th through July 11th, 2018. Exploring eco-friendly menstrual products.
- 5. Cycle Science**—July 12th through August 10th, 2018. The hormonal how's, why's, and when's that govern our bodies. Live Full Moon Webinar July 27th at 6pm EST.
- 6. Signs of Fertility**—August 11th through September 8th, 2018. How do we know, from the outside, what's going on inside?
- 7. Conscious Conception**—September 9th through October 7th, 2018. How do we use that information to achieve pregnancy?
- 8. Conscious Contraception**—October 8th through November 6th. How about avoiding unwanted pregnancy? Live Full Moon Webinar October 24th at 6pm EST.
- 9. Reading Complex Signs**—November 7th through December 5th, 2018. What to do when the signs are less than clear, and what else they can show us. Live Full Moon Webinar November 23rd at 6pm EST.
- 10. Optimal Hormonal Balance**—December 6th 2018 through January 4th, 2019. How to bring a complex body back towards homeostasis naturally.
- 11. Optimal Life Balance**—January 5th through February 3rd, 2019. Bringing the bigger picture into alignment with a balanced body.
- 12. Radical Self Care**—February 4th through March 5th, 2019. Beyond massages and bubble baths; how to we deeply and meaningfully care for ourselves? Live Full Moon Webinar February 19th at 6pm EST.
- 13. Reflections on Reading the Body**—March 6th through April 4th, 2019. 13 months later, what have we learned and where do we go from here? Live Full Moon Webinar March 20th at 6pm EST.



About Your Guide

ABBY HALL LUCA

Abby is a teacher, herbalist, and practicing home birth midwife who serves the families of the Mount Washington Valley and Western Maine. She is the Program Director for Birthwise Midwifery School's Midwifery Assistant Program, and she teaches in the school's Midwifery Program as a core faculty member. Abby lives in a colonial-era homestead in Fryeburg, Maine with her husband Stephen, and she enjoys exploring the wilds of Maine, New Hampshire, and beyond as an avid solo hiker. Abby's desire to share this course with her community springs from both her experience with Fertility Awareness Method and her intense commitment to holistic health for all bodies.



Abby can be reached at redrootsmidwife@gmail.com



What should I expect?

On the first day of each lunar month during the course, you will receive a Lunar Month Module Syllabus containing topical information, writing prompts, creative projects, recommended readings, and a host of other materials to guide you through the month. All readings and projects are optional, but all will deepen your understanding of the month's material. There are no hard lines here—no due dates, no grades—this course is as surface or as deep as you'd like to make it.

Seven times throughout our 13 moons together, we'll meet as a class for a 2-3 hour live learning and discussion webinar via GoToMeeting. You can attend from the comfort of your own home, or from any location with internet connection. Abby will guide the class through some essential learning, and then we'll spend time discussing the material and the current module.

The course is structured in that there are 13 modules and 7 scheduled webinars, but within each module month, you are free to pace yourself however you'd like.

Our cohort will most likely be diverse, with large differences in the amount of foundational knowledge we all come to the table with, so some of us will be teachers, some learners, and many, both.

WHAT'S THE INVESTMENT?

This course is a time investment of 13 lunar months, with 7 scheduled 2-3 hour webinars spread throughout. Materials needed include a journal, a basal body thermometer, a copy of *Taking Charge of Your Fertility: 20th Anniversary Edition* by Toni Weschler, and any supplies needed for optional creative projects. You need access to a computer with internet connectivity. **Your investment in Abby for 13 months of time and guidance is \$475.** First Nations and People of Color can request access assistance in the form of a \$200 scholarship. Those who enjoy abundance can offer to anonymously sponsor classmates—see the registration form for details.

COURSE REGISTRATION FORM

Name: _____ Preferred Pronouns: _____

Address: _____

Phone: _____ Email: _____

Why are you interested in taking this course? What do you hope to get out of the experience?

Do you have any known hormonal or reproductive issues that you would like to see touched on in class? (This course is not individualized medical care, but general information can be tailored based on class preference.)

Where did you hear about this course? _____

Amount Enclosed:

- Full Tuition \$475 (includes \$150 non-refundable deposit)
- Nonrefundable deposit of \$150 with \$325 due before Module 1
- Nonrefundable deposit of \$150 with \$200 due before Module 1 and \$125 due before module 4.
- First Nations/Person of Color \$275 (includes \$150 non-refundable deposit)
- First Nations/Person of Color Nonrefundable Deposit of \$150 with \$125 due before Module 1
- I have included a scholarship donation of \$_____ to be gifted anonymously.

*Please make checks payable to Abby Hall Luca. People paying the full amount up front may also use Paypal through the Red Roots Website.

Please return this form, plus your registration fee, to Abby Hall Luca, 263 Haleytown Road, Fryeburg, ME, 04037 to hold your place in the group. Birthwise Midwifery School students can mail registrations or leave them in Abby's box at school. Registration will remain open until the cohort is full; maximum 13 participants.

Red Roots Midwifery
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