

# The Woman's Calendar®

*Barbara Hanneloré*

*Author, Educator & Advocate for*

Sacred Cycles for Women

*It's time for a radical new approach to the menstrual cycle!*



## Working with Barbara

Barbara hosts local and online courses for women who want to develop radical new habits of self-care and self-love! She will also work with you privately, or with your own group of friends, at ANY time!

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# The Woman's Calendar®



Welcome to **THE WOMAN'S CALENDAR\***: a revolutionary new way to experience your month!

With these simple pages, you'll begin to approach your month in an entirely new way, learning about the month as a whole. You'll plan ahead from week to week, for the changes you know are coming, but may not have known how to anticipate in any kind of positive way!

You will be building rest and rhythm back into your calendar, where they belong! No longer will you be struggling against an endless list of demands that leaves you feeling guilty and unfulfilled.

The moon is the original calendar, as are the seasons. The moon and seasons have a rhythm and a time for rest, built right in! Think of how the moon wanes and goes dark before emerging again, or how the trees and plants go dormant for a season each year.

This is how everything in nature works, and we are no different - the only difference is that we have been told that we should be always active, always available, always agreeable and productive! Well, this is not how nature works, and you will feel SO much more comfortable when you return to your own rhythm and rediscover how to meet your own needs.

Would you like to have the time and precious energy to enjoy your life, your family and your creative gifts?

Would you like to know **HOW** and **WHEN** to schedule things, for the best outcome?

Would you like to know how to minimize burnout, navigate PMS, and have a new sense of freedom and control over your life? (If you are in menopause, or not menstruating for other reasons, you can use these same pages to follow the moon's rhythm! There is an explanation on page 8 of how to do this.)

What if I told you that you even might start to look forward to your period? It could happen! Women have reported this amazing change after just **ONE** month of working with the Calendar!

Let's take a look at these two calendar pages now. One is a monthly page, which you can print out each month, and one is an annual page - you only need one for the entire year!

# Monthly Calendar Page

The Monthly Calendar Page allows you to plan ahead and anticipate when your next period will arrive. You can make a mark on those days when you think you will be feeling premenstrual or having your period. You'll then be able to plan ahead in order to allow yourself some space to recharge, and step back from your normal pace of activity during those days.

It's as easy as not putting any optional activities onto those days. That's it! No doctor's appointments, or huge projects, or even optional get-togethers with friends. Leave those days open, so that when the time comes, you'll be able to decide what you want to do, and what you don't.

Who says we need to feel and act the same way all the time, week in and week out? You will find enormous relief by allowing yourself the time to refresh yourself when you need it most. This time is also well spent by reviewing the month that has gone by, while considering how you feel and what you need, before charging full steam ahead into the coming month!

By conserving your energy on certain days, you will feel much better, and you'll make up for any "lost time" on other days! It all balances out when you approach the month as a whole.

So, to begin - print out two of these monthly pages. On one, fill in the past month's dates and mark when your last period happened. You can put an "X" on the days you were bleeding, for example. Then fill in the other page with the coming month's dates and MARK THOSE DAYS when you anticipate your NEXT premenstrual and menstrual time to be happening. You can make a red line through them, for instance.

You can now anticipate your needs and plan ahead for these days, in whatever way is best for you. How do you plan to take care of yourself at these times? Your premenstrual and menstrual days are when your attention naturally turns inward. You'll most likely become less social, and this is the ideal time to tune in to your own feelings and needs. This is your time to recharge and restore yourself. This self-care balances the rest of your month, when you are most likely to be focused on other people.

The circle of the moon's phases that illustrates these pages is a reminder to you that the "phase" is always with you! Nature's rhythm can be a guide for you as you learn to navigate your own month with greater understanding.



# Annual Calendar Page

The Annual Calendar Page has a column for each month, going down the page. You will be able to mark tiny symbols into the boxes that represent each day, to keep track of what time of the month you are in and how you are feeling.

Use tiny symbols (either the ones I suggest below, or ones of your own creation) to record your days of menstruation, your time of ovulation, what phase the moon is in, and other experiences during the month.

Each day has a small space big enough for you to record the day of your cycle (the first day of bleeding would be day 1 of your cycle) and also the symbol you want to include for that day.

As you work with this, you will find more and more things that you may want to notice and keep track of. Many aspects your life such as interests, physical symptoms, colors you are attracted to, and much more, may follow a pattern that you were not aware of.

This page allows you to see the patterns that develop as the months fill in.

Seeing these symbols on several months next to each other will give you a visual clue to patterns that you may not notice otherwise. It is also a beautiful creative display of your own rhythm. Enjoy watching the visual flow of your year as it grows across the page!

## *A Note about Fertility:*

*You can keep track of your ovulation on this calendar. Would you like to learn more about your body's signs of fertility each month? There are ways you can observe predictable patterns of fertile flow and body temperature, that will leave you feeling much more in tune with your own body and its normal changes, and*

*What it all means, whether or not you are using these signals for any type of fertility tracking.*

*You may schedule a Fertility Consult with me if you'd like, where we can review these signals and help you get a better understanding. This is known as "body literacy," or - being able to read the language of your own body!*

# Annual Calendar Page

*to print additional pages, please click here, or visit the link listed in the footer.*

Day of Month	Jan. Day of Cycle	Feb. Day of Cycle	Mar. Day of Cycle	Apr. Day of Cycle	May Day of Cycle	June Day of Cycle	July Day of Cycle	Aug. Day of Cycle	Sept. Day of Cycle	Oct. Day of Cycle	Nov. Day of Cycle	Dec. Day of Cycle
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# Sample symbols

*feel free to create your own as well:*

## Main Symbols



*A red dot for menstruation.*



*A pink dot for lighter flow.*

Or, color the entire square pink or red and then add another symbol on top of it such as:



*H = heavy flow.*



*B = breast tenderness.*



*C = cramps.*



*hd = headache*

## Record physical symptoms and changes:



*E = energetic.*



*so = sore muscles*



*mm = hungry (as in mm...mm...good!)*



*zz = feeling tired*



*st = feeling strong*



*ov = ovulation*

## Record emotional moods and changes:



*= feeling social*



*0 = sad*



*in = introspective*



*9 = feeling romantic or connected to partner*



*al = want to be alone.*



*! = new idea*



*0 = angry*



*+++ = creative*

## Record the moon:



*= Full Moon*



*= Dark Moon*



*= New Moon*

## A Note on Journals and Dreams:

I recommend keeping a Journal alongside these pages, where you can elaborate on some of these themes from day to day. Keeping track of your dreams is one thing that would need a bit more space. You may actually notice that the themes of your dreams may change depending on the phase of the month you are in. This can be a wonderful additional insight into your dream world.

### *A Note about Menopause:*

These calendars are useful for women at any stage of life - those who are past menopause or not menstruating for other reasons may follow the phases of the MOON to see how your own patterns of moods, energy levels and interests coincide with the moon (and seasons too!).

In general, the waxing of the moon corresponds with Spring and Summer, and the time after menstruation, including ovulation. This is an expansive, energetic and more social and radiant time. The waning of the moon corresponds with Autumn and Winter, and the premenstrual and menstrual phases of a woman's month. This is a more introspective, reflective time.

Our bodies and minds love rhythm. These practices of getting back into a conscious connection with nature are good for everyone!

In closing, I want to welcome you again to this new way of being, in which you are taking your cycle into account as if it matters.

Becoming curious starts to change everything. Your body appreciates your attention and will reveal more and more of its secrets to you. Use these pages to record what you notice and also what you want to learn more about; whatever interests you.

As your hormones rise and fall each week, different moods and abilities have their time, like the seasons. And as you learn to anticipate these changes, your month will become smoother, your cycle easier.



## Letter From Barbara

I would love to hear from you! Let me know how it's going after you have been using these calendars for a few weeks - or even a few days, if you begin to notice changes that quickly.

If you want to join the next 5-Week Mentorship Program for living according to The Woman's Calendar\*, please visit [www.womenswaymooncycles.com](http://www.womenswaymooncycles.com), where you will find options for both group and private sessions.

I also offer once-a-month half-hour moon calls, designed to keep you in touch with the moon's rhythm: [www.MoonRituals.eventbrite.com](http://www.MoonRituals.eventbrite.com)

You may also be interested in my book, *The Moon and You: A Woman's Guide to an Easier Monthly Cycle*, for which these calendar pages were originally created. Available at Amazon or [www.womenswaymooncycles.com](http://www.womenswaymooncycles.com).

All my best to you,

*Barbara*



Barbara Hanneloré is founder of Women's Way Moon Cycles, embracing the natural beauty of women's cycles in a holistic and healing way. She is certified in Expressive Arts and Wellness Coaching, and has helped women re-discover the power of their inner rhythms through the gifts of Nature, Sacred Space and the Healing Arts for over 20 years. Barbara is author of the award-winning book, *The Moon and You: a Woman's Guide to an Easier Monthly Cycle*.

**WOMEN'S WAY**  
WOMEN'S WAY MOON CYCLES

Contact Barbara at  
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**Thank you!**

*Have any questions?*

Feel free to email me at  
[Barbara@WomensWayMoonCycles.com](mailto:Barbara@WomensWayMoonCycles.com) anytime.

*Need additional calendar pages?*

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