

WELCOME

DIVINE FEMININE
WELLNESS

DIVINE FEMININE WELLNESS
MEMBERSHIP



HEARTBLEND ACADEMY



Welcome to the Divine Feminine Wellness Membership!

Welcome to the Divine Feminine Wellness Membership, a holistic wellness approach to feeling like a goddess on a regular basis!

Thank you for taking time and energy to pour into yourself.

Not enough women do this and it leaves us feeling drained, out of balance, and disconnected from our true selves.

Your membership provides the following:

- Nourishing food recipes that are designed to be hormone friendly and support a healthy gut.
- Goddess Flow exercises that are low-impact, fun, and easy to do at home in a short amount of time.
- Bath and Beauty Rituals to practice at home to look and feel like a confident, beautiful, and relaxed.
- Feminine Energy Plans to help you embody a specific energy connected to a feminine archetype.
- Divine Feminine Meditations to support your feminine wellness journey and boosting confidence.
- Moon Cycle Wellness Program, an easy to follow program that helps you sync with the phases of your cycle for improving balance, PMS symptoms, and fostering body, mind, and emotional connection.
- Private Community to meet and connect with like-minded women who share similar focuses and challenges in their wellness journey.

Let's explore more!





NOURISHING FOODS

Healthy food is the foundation for feeling fantastic!

That's why the Divine Feminine Membership provides recipes packed with goodness.

These recipes are all about:

- **Taming Inflammation:** We focus on low-inflammatory ingredients that keep your body happy.
- **Hormonal Harmony:** These meals support your hormonal balance throughout your cycle.
- **Balanced Nutrition:** Expect low glycemic index options, free from dairy and gluten, with key nutrients for peak energy at any time of the month.

Why Ditch Inflammatory Foods?

Typically, inflammatory foods are high in sugar, hard to digest, disrupt your hormones, and might not agree with your body.

Listen to Your Body & Personalize!

While these recipes have been researched and tested, we believe in giving you control. Feel free to adjust them to your preferences!

Easy & Fun Recipe Videos:

Plus, you get access to easy-to-follow recipe videos. Whip up delicious meals and refreshing juices whenever you're ready to add variety to your wellness journey.





GODDESS FLOW

Feel Good & Move Your Body: Fun & Effective Workouts

Staying active is key to feeling your best, and the Divine Feminine Membership makes it easy and enjoyable! We offer a library of low-impact, fun exercise routines you can do at home, anytime.

Why Low-Impact Workouts?

- **Stress Less, Feel More:** These exercises help reduce stress and cortisol (the stress hormone) to leave you feeling happy and energized.
- **Period-Friendly:** They're safe for any time of your cycle, so you can stay consistent with your workouts.

Benefits Beyond Fitness:

- **Confidence Boost:** Feel amazing and empowered through movement. You'll be rocking that goddess energy every time you finish a workout!

Never Get Bored:

Our ever-growing video library keeps things fresh. With new routines added monthly, you'll always find something fun and motivating to try.





BEAUTY AND BATH RITUALS

Taking time to relax is essential for connecting with your feminine energy.

The Divine Feminine Membership offers a collection of easy-to-do Ayurvedic bath and beauty rituals you can create right at home.

Indulge in Self-Care Rituals:

- Confidence Boosters: Find bath rituals designed to make you feel radiant and ready to conquer anything.
- Customizable Experiences: Choose rituals that target specific energies, allowing you to personalize your self-care.
- DIY with Intention: Craft your own beauty products, giving you control over what you put on your body and fostering positive intentions during the process.

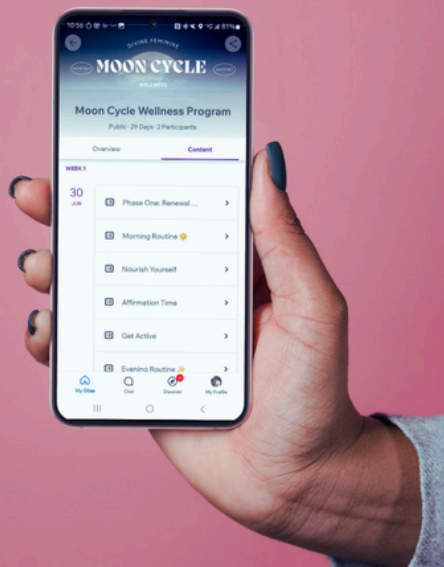
Safety First:

Always listen to your body! Test a small amount of any new product on your skin before full use to avoid allergic reactions.

Endless Inspiration at Your Fingertips:

Your membership includes access to easy-to-follow recipe videos for these rituals. Plus, new videos are added monthly, giving you fresh ideas to keep your self-care routine exciting.





MOON CYCLE WELLNESS

The Moon Cycle Wellness Program helps you sync with your menstrual cycle and get the most out of each phase.

You'll receive weekly guidebooks that provide key nutrients for each cycle phase, mindset support, best exercises, and journal prompts for you to truly hack your cycle to be a positive and connected experience.

You'll be able to access this program easily on your phone to complete daily steps to prioritize your wellbeing such as daily meditations, daily body movement, morning and evening routines, and daily affirmation practice.

By following cycle syncing, you'll feel more at ease and understand yourself while greatly reduce PMS symptoms such as mood swings, irritability, bloating, heavy cramping, and discomfort.

Of course, these are just recommendations provided after heavy research, but please consult with a doctor or licensed health specialist to support you in your menstrual health for further guidance.

Start this program on Day 1 of your Menstrual Phase.





FEMININE ENERGY PLANS

Feeling called to channel the confidence of Cleopatra or the intuition of a Mystic? Our Divine Feminine Membership offers a variety of Energy Plans to help you achieve your goals.

What are Energy Plans?

Each plan focuses on a specific feminine archetype, like the Huntress or the Mystic.

You'll receive:

- **Daily Rituals & Routines:** Fun and engaging practices to integrate into your daily life.
- **Targeted Exercises:** Workouts designed to support your chosen archetype's energy.
- **Nourishing Recipes:** Delicious meals aligned with the plan's theme.
- **Positive Affirmations:** Empowering mantras to boost your confidence.

Chakras for Focus:

Each plan connects to a specific chakra, an energy center in your body.

Explore a New You Every Month:

As a member, you'll receive a monthly coupon code for a free Energy Plan!

This lets you explore different archetypes and discover what resonates most with you. **Check the Divine Feminine Wellness Group for this month's coupon code!**

Integrate for Maximum Results:

For an even more holistic experience, combine your chosen Energy Plan with your Moon Cycle Wellness Program.





DIVINE FEMININE MEDITATIONS

Meditation is a powerful tool for calming your mind and reducing stress.

The Divine Feminine Membership offers a collection of guided meditations designed specifically for women's needs.

What Makes These Meditations Special?

- **Interactive & Engaging:** Our meditations combine visualization exercises, affirmations, body awareness techniques, and breathwork to create a truly immersive experience.
- **Variety for Your Needs:** Find meditations designed for specific goals, whether you want to relax, boost confidence, or simply feel your best.

Listen Anytime, Anywhere:

Access a full library of guided meditations directly through your membership. These meditations can be used independently or integrated with your Moon Cycle Wellness Program for a holistic approach to well-being.





SISTERHOOD COMMUNITY

The Divine Feminine Wellness Membership isn't just about solo wellness – it's about building connections! Join our private online community of like-minded women who share your passion for well-being.

What can you expect?

- **Supportive Environment:** Feel safe and nurtured as you share your experiences and progress with others.
- **Empower Each Other:** Participate in fun challenges together, offer and receive support, and celebrate each other's successes.
- **Stronger Together:** Connection and belonging are key to mental and social well-being. This community provides a valuable support system.

Growing with You:

As the community expands, exciting opportunities might include wellness retreats and in-person meetups!

Stay Connected, Anytime, Anywhere:

Easily access the community on your computer or mobile device, so you can connect and receive updates on the go.





CONTACT

Thank you so much for joining!
It's truly an honor to have you here and I look forward
to seeing where your wellness journey takes you!

As a member, you now have exclusive access to the
WhatsApp Community for Divine Feminine Wellness

Join Here: [WhatsApp Community](#)

Please feel free to contact me if you have further
questions or concerns.

Email: lindsey@heartblendacademy.com

Instagram: [@divinefemininewellness](#)

[Visit HeartBlend Academy](#)

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