

The power of **Yin** during **Perimenopause**



Learn how to cocoon with the seasons during this life-changing transition, using Chinese wisdom.

Introduction workshop
September 20th, 2026
9:30 am - 5 pm
Veehof Kortenbergh



Acubelle



Each 7-year interval marks a **seasonal transition** in our natural life cycles, each cycle with its own stories, virtues, and challenges. At each turn of the season, changes occur. At these transitional spaces between seasons, there are **opportunities to enhance** or damage our **health**.

By **working with our bodies** while relating to nature, the elements, and the seasons, we'll gain an embodied understanding of how to **orient ourselves through all the changes of perimenopause**.

To support you in this journey, I present to you **the Power of Yin**. The Power of Yin is **a path back home to yourself**. A path of self-discovery. A path in cycles and rhythms. The path of longevity.

You are more than welcome to join me in this immersion. **This 1-day retreat** is an introduction to **the training of the alchemy of perimenopause** that will start in September 2026.

Your contribution for this 1-day workshop: € 225.

What you get

- A practical workbook with acupuncture points, seasonally inspired recipes, and nutritional advice
- Yoga and qigong exercises specific to the perimenopause
- Personality type and facial diagnosis
- Advice about hydrosols, essential oils, vitamins, and herbal tea
- Tea, drinks, and healthy lunch
- BONUS: experience a mini acupuncture treatment



Annabelle Khalil

Lic. Acupuncturist & Herbalist
+10 years of experience

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