



# OUR BODY, OUR TEMPLE



In this workshop, we slow down. We remember. We step out of the rush of life and back into the rhythm of our own bodies, learning to move with our menstrual cycles rather than against them, to nourish ourselves deeply, and to reclaim the power and intelligence that has always lived within us.

This is a space to gather in community, share in circle, and return to the sacred; held, witnessed, and whole.

## What can I Expect?

- Ecuadorian Cacao, ethically harvested & handcrafted with intention & integrity by Diana Oviedo from Ecuador, a dear sister.
- Somatic practice
- Menstrual cycle wisdom
- Practical tools to connect with our body & womb space
- Sacred space to share, be heard, & be witnessed

## REGISTER NOW



Donation: \$20-30,  
no one is turned  
away due to  
insufficient funds

## You will leave with:

- A deeper understanding of your cyclical nature & how to honor it
- Practices to nourish & reconnect with your body as sacred
- A community of women walking this path alongside you
- A renewed sense of trust in the medicine of your own body

Tue, April 28, 2026  
06:00pm-0800pm

Homegrown Studio  
1011 W 18<sup>th</sup> ST 60608 Chicago



# STACEY M. CONSTANTE

Stacey, first generation Ecuadorian born in the U.S. As the founder of "**The Nourished Goddess**", she merges ancient wisdom and modern medicine to guide women in restoring balance while re-connecting with the rhythms of their menstrual cycles. She creates a safe and nurturing space where others can rediscover their own healing abilities.

Stacey is a Nurse, Clinical Nutritionist, Hormone Specialist, Mother, Menstrual Cycle Educator, Herbalist, and Medicine Guardian.

After a decade of working in the medical field, she became aware of the limitations of conventional medicine. Her personal healing journey led her to a decade of working alongside wisdom keepers. Rooted in Andean traditions and Fuego Sagrado de Itzachilatlan lineage, she serves as a guardian of a sacred medicine in South America and Moon Pipe Carrier. She also carries a lineage of healing through her grandmothers, traditional herbalists who worked with plants, food, and the elements as medicine.

As the founder of "**Alas Unidas Retreats**", she has created a platform for wisdom keepers to share their ancestral medicine while supporting land conservation and the preservation of ancient traditions. She also serves as the health specialist for "**Seven Retreats**" in Peru, working alongside elders and teachers.



# NICOLE CAMACHO

Nicole, a Mestiza woman from the Ecuadorian Andes. She is a vision-quester, sun-dancer and singer. As the founder of **Hummingboon**, she weaves spiritual wisdom with evidence-based therapeutic approaches to offer transformative experiences.

As a Psychotherapist and Clinical Trauma Specialist. Nicole supports people of diverse backgrounds and generations, integrating art, music and somatic awareness into her work.

Nicole creates compassionate spaces for reconnection with the inner healer. For over a decade, her healing journey has been guided by wisdom keepers, Indigenous elders, Andean traditions, and the Fuego Sagrado de Itzachilatlan lineage through sacred plant medicine teachings.

She helps others unlock their authentic expression and reclaim their voice. Nicole is also a Sound Healing and Reiki practitioner, she leads women's circles, fostering connection and feminine healing through shared wisdom and sacred practices.

