

Inner Seasons



In honor of Earth Day, remembering our own inner cycles

Wednesday April 22, 2026 | 4pm-6pm



Stacey M Constante

Come and join us to go deeper in the understanding of how we are extensions of the earth, not only as humans, but as women. We come together in the honor of Earth Day where we remember that our bodies move with the same rhythms as the land beneath our feet.

What can I expect?

- Ecuadorian Cacao, ethically harvested and handcrafted with intention and integrity by Diana Oviedo from Ecuador, a dear sister.
- Sound healing
- Menstrual cycle wisdom & practical tools rooted in the earth's seasons
- Sacred space to share, be heard, and be witnessed



**Donation:
\$20-\$30**

**No one is
turned away
due to
insufficient
funds.**



Claudia G. Meija Morales

Who is this for?

- Ready to see your cycle not as a burden but as medicine
- Feeling the call to re-connect with your womb & the earth
- Looking to deepen your relationship to the earth & your menstrual cycle
- You understand that women empowering women is medicine.



RSVP

THENOURISHEDGODDESS.COM
@THENOURISHEDGODDESS

**LOCATION: HOMEGROWN STUDIO
1011 W 18TH 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.





CLAUDIA G. MEIJA MORALES

Claudia, born and raised in Mexico, who has been living in Tulum for the past 10 years, she has been dedicated to holistic and traditional therapies, as well as massage and therapeutic tools since 2013, when she founded **BioSalud Integral Mx.**

At 17, a diagnosis of 29 cysts led Claudia on her path into self-healing. With the support of biomagnetic therapy and herbal medicine, the cysts dissolved.

Since 2009, she has walked the path of service, actively supporting and holding ceremonies alongside wisdom keepers.

Her ongoing studies include Bach Flower Remedies, Biomagnetism, Reiki, Massage, Biodecoding, Yoga, Nutrition, Astrology, Sound Healing, and more. As a vision quester and carrier of the Mexica lineage blessing, she guides Temazcales with reverence.

Her deep belief in the importance of the Four Elements has led her to explore and experience various healing tools in depth. This has allowed her to offer personalized guidance, attuned to the energy and needs of each individual she works with.

