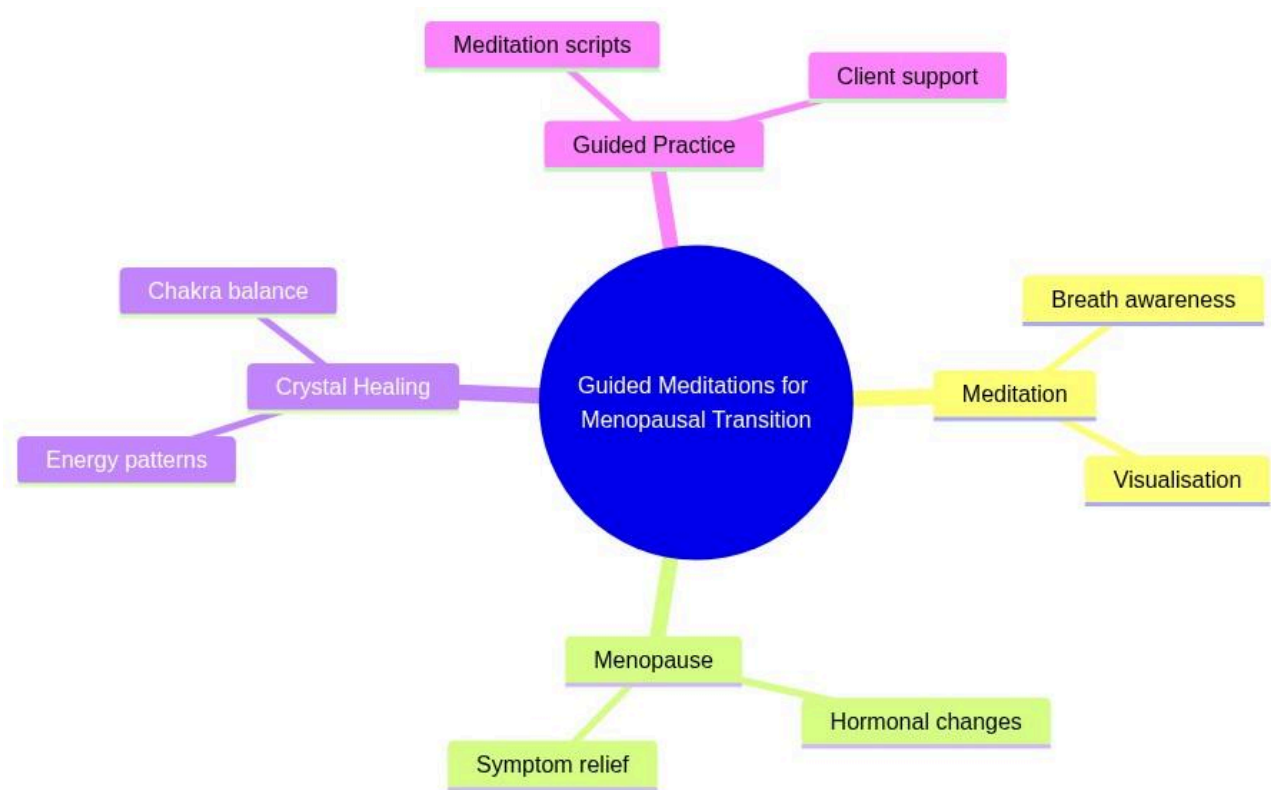


Professional Certificate in Crystal Healing for Menopause Support

# Guided Meditations for Menopausal Transition



```
mindmap
  root((Guided Meditations for Menopausal Transition))
    Meditation
      Breath awareness
      Visualisation
    Menopause
      Hormonal changes
      Symptom relief
    Crystal Healing
      Energy patterns
      Chakra balance
    Guided Practice
      Meditation scripts
      Client support
```