

A diagram of the "Wheel of Life" is positioned on the left side of the pink box. It consists of a central circle with five petals, each containing a different image: a bowl of fruit, a green leaf, a hand holding a black object, a pink flower, and a laptop keyboard. The background of the box is a gradient of pink and yellow.

MEMBERSHIP

harmony

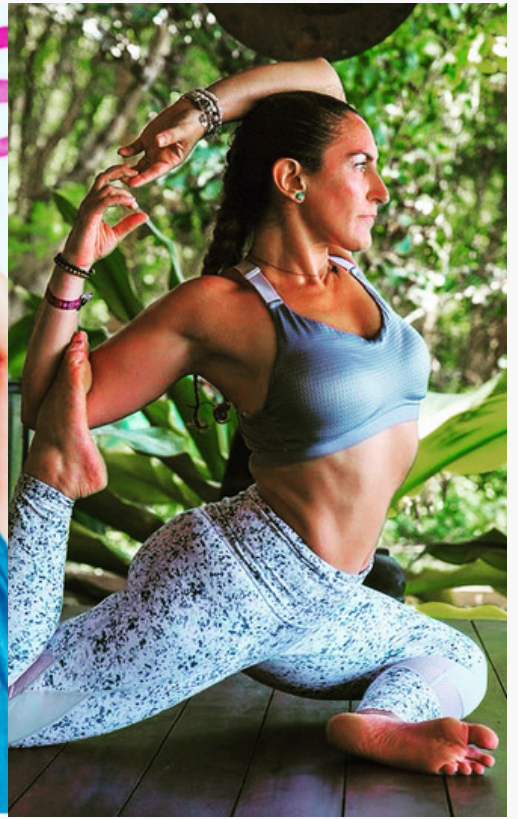
Our philosophy and program design is based on the ancient philosophy of the Five Elements.

Align with the Wheel of Life

Women X, a Women Unite 501(c)(3) nonprofit membership program, is a platform that supports and empowers women through online and in-person Workshops, Classes, Events, 1:1 Sessions, and Retreats. We provide curated resources focused on health, wellness, financial growth, and sustainability.



WMNX.ORG



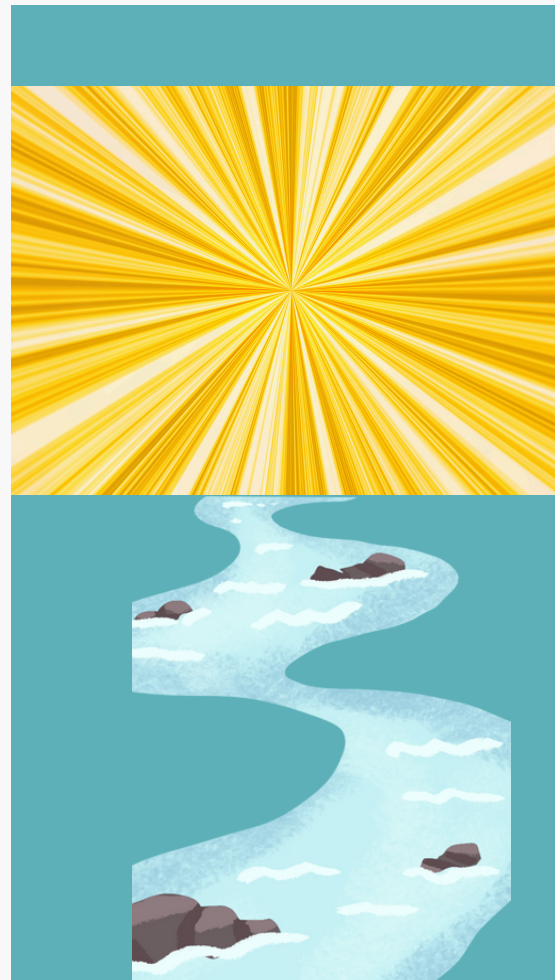
OUR FOCUS

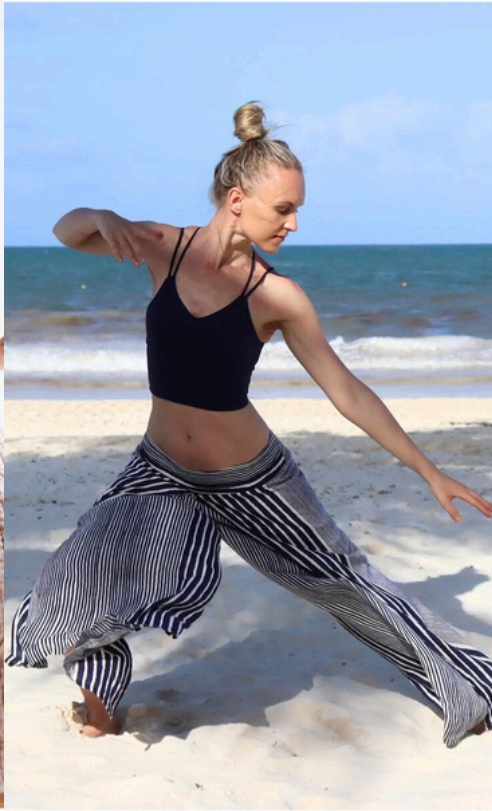
HEALTH: PHYSICAL + NUTRITIONAL +
EMOTIONAL WELLNESS

RELATIONSHIPS: COMMUNITY + INTIMACY +
SELF-CONNECTION

WEALTH: CAREER + FINANCIAL SECURITY +
SUSTAINABILITY + ABUNDANCE

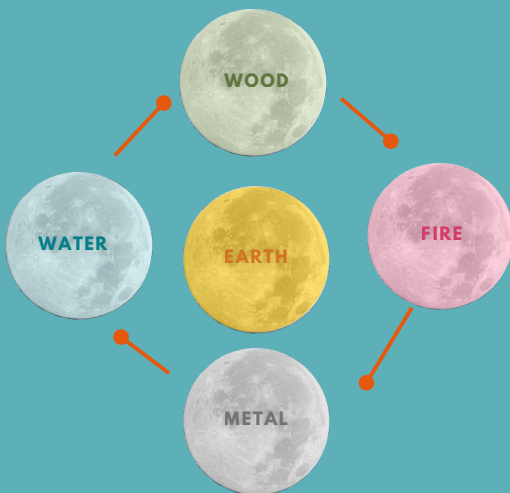
PURPOSE: SPIRITUALITY + CREATIVITY +
FULFILLMENT





WHEEL OF LIFE

FIVE ELEMENTS



WOOD: PERSONAL GROWTH + NEW BEGINNINGS + CREATIVITY + PLANNING

FIRE: CONNECTION + VISIBILITY + COURAGE + EMOTIONAL STRENGTH

EARTH: GROUNDING + EMPATHY + DIGESTION

METAL: DISCIPLINE + VALUE + BOUNDARY-SETTING + ORDER

WATER: REFLECTION + INTUITION + REST + ANCESTRAL KNOWLEDGE





MEMBERSHIP *harmony* program

MEMBERSHIP OFFERINGS

- **Harmony Quiz** - discover where you are on your wellness path
- **1:1 Online Wellness Sessions** - spend time with our wellness guide to help put your plan in action
- **20% off Discounts** - pay less when you attend our in-person Classes, Meditations, Events and Online Wellness Sessions and Workshops.
- **WMNx Directory** - access our network of women-owned professionals and service providers offering discounts on services
- **Harmony Webinars** - join our monthly Zoom talks on women's topics including health, financial wellness, and sustainability
- **Latest News and Resources** - access our library of curated content





MEMBERSHIP *harmony* program

HARMONY PROGRAM

STEP ONE:

TAKE OUR HARMONY QUIZ

- OUR HARMONY QUIZ IS DESIGNED TO ANALYZE YOUR STRENGTHS AND CHALLENGES, AND DETERMINE WHAT COULD BE THE BEST PATH FOR YOU.



STEP TWO:

PROFESSIONAL ANALYSIS

- MAKE AN APPOINTMENT WITH ONE OF OUR WELLNESS GUIDES WHO ARE SKILLED IN DETERMINING HOW TO IMPROVE STRENGTH AND GIVE YOU GUIDANCE AND SUPPORT.





MEMBERSHIP *harmony* program

STEP THREE: *PROGRAM DEVELOPMENT*

- WORK WITH OUR WELLNESS GUIDES WHO WILL HELP CREATE A PLAN FOR HARMONY, AND DEVELOP THE BEST PLAN OF ACTION TO HELP YOU THROUGH YOUR HEALTH AND WELLNESS PROCESS.



STEP FOUR: *IMPLEMENTATION*

- MAKE A COMMITMENT AND PRACTICE WITH ONE OF OUR SKILLED PRACTITIONERS WHO WILL WORK 1:1 ON HELPING YOU CREATE SUCCESS.





MEMBERSHIP *harmony* program

STEP FIVE:

ATTEND IN PERSON

- ATTEND GROUP CLASSES, WORKSHOPS AND EVENTS ARE AVAILABLE IN-PERSON. CHECK OUR WEBSITE FOR WHAT'S HAPPENING AND THE LATEST CONTENT.

WMNX.ORG



STEP SIX:

CHECK IN EVERY THREE MONTHS

- ASSESSMENTS ARE KEY MARKERS TO HELP YOU DETERMINE HOW FAR YOU'VE COME AND WHAT IS THE NEXT STEP FOR SUCCESS.



TAKE OUR QUIZ TODAY!



PRACTITIONERS

At **WMNx**, we believe in the power of **guidance**, **connection**, and shared **wisdom**. Our practitioners are experienced professionals in health, wellness, and professional development. Each committed to **supporting women** on their unique path toward **balance** and **fulfillment**. From movement, coaching, and **mindfulness** to **creatives**, and **healers**, we bring together a **diverse** collective of trusted **experts**.



NICOLE STUROMSKI, CPT, PN1

'Nikki' Sturomski is a martial artist, health enthusiast and Founder of WMN Unite. She has been teaching martial arts for over 20 years and holds a master level in Shaolin Kung Fu, Kumite Ryu Jujitsu, and Hapkido. Nicole began hosting retreats 15 years ago and she helps facilitate growth, reconnection, and improve wellness in communities. Nicole offers many different healing modalities to clients with various health issues and restrictions. She advocates for women, health consciousness and sustainability for our mother Earth.

MARGO GLADYS, MA, AADP, CHC

Margo is a wellness teacher, coach, and expert in stress mastery and energy optimization. As certified wellness instructor and health coach, Margo integrates a wide range of mind-body techniques to help clients transform their health and vitality. Margo has over 20 years of experience in the corporate world, 15 of them in healthcare and research administration in New York City.





PRACTITIONERS



NICOLE SIDMAN, YOGA PRACTITIONER

Nicole is a 500-hour, Yoga Alliance certified Experienced-Registered Yoga Teacher. With thousands of hours of teaching, I understand that everybody has the capacity to practice some form of yoga to enhance one's entire being. And I teach every class from a place of pure joy. Yoga balances the mind, body and spirit throughout the practice. Yoga nourishes our hearts and awakens us to the beauty within us all.

TULSI SHAH, PHARMD, AAHIVP, RYT

Tulsi is a trauma-informed healing facilitator, and yoga and meditation teacher. She blends movement, mindfulness, and spiritual practice to guide others toward healing, embodiment, and self-awareness. With a doctorate in pharmacology, she brings a unique perspective that bridges science and holistic wellness. Rooted in empathy and lived experience, Tulsi creates safe, supportive spaces where others can reconnect to their inner light, build resilience, and embody self-love.



REBECCA WEINSTEIN, REIKI MASTER

Rebecca is a Reiki master and a spiritual life coach. She empowers individuals to uncover their inner strength and embrace a more healthy and vibrant life. She also she volunteers at Northern Westchester Hospital's Integrative Wellness Program and leads transformative group healing events.





PAST EVENTS

WELLNESS RETREAT



SOUND HEALING AT O2



WMN FINANCE LAB



WELLNESS AT THE TEA HOUSE



CACAO & SOUND WORKSHOP



INTERNATIONAL WOMEN'S DAY



wmn SPONSORS

THESE PARTNERS HAVE HELPED SUPPORT OUR PAST AND RECENT FUNDRAISER(S) OR EVENT(S).

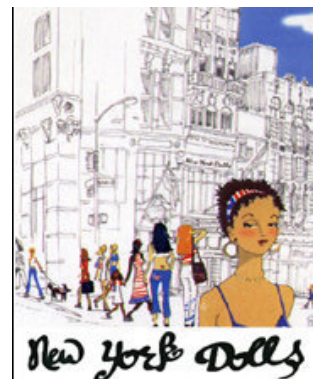


O2 Living Sanctuary



chico's

RODAN+FIELDS
INDEPENDENT CONSULTANT



SPREADING ROOTS ACUPUNCTURE



OHRA YOGA



BOYS & GIRLS CLUB
OF NORTHERN WESTCHESTER



Alhambra
Lifestyle



what would it feel like to
walk your path in

harmony



JOIN OUR MEMBERSHIP TODAY!

TESTIMONIALS

"THIS WOMEN X EVENT WAS ONE OF THE MOST MEMORABLE,
MOST FUN, MOST WONDERFUL NIGHTS OF MY LIFE."

"WOMEN X IS UNIQUELY INSPIRING
WITH HEART-WARMING EVENTS AND
WORKSHOPS!"

"WOMEN X CELEBRATES UNITY AND
DIVERSITY AND IS BOTH POWERFUL
AND SO NEEDED DURING THESE
TIMES!"

WOMEN X REMINDS US THAT
EMBRACING A MOSAIC OF PERSPECTIVES
IS KEY TO BUILDING RESILIENT AND
INCLUSIVE COMMUNITIES.

"WOMEN X RETREAT BLEW ME AWAY
WITH THEIR OPEN HEART MINDSET
AND ABILITY TO AUTHENTICALLY
CONNECT WITH US!"

WE THANK YOU FOR TAKING THIS JOURNEY WITH
US A PATH TO HARMONY AND TRANSFORMATION.

VISIT US AT [WMNX.ORG](https://wmnx.org)

