

AS VERSATILE AS YOU ARE

## OUR FLEXIBLE CREDIT SYSTEM

We've designed our HERSPACE Credits to be flexible and fair and give you full freedom. You only pay for the services you use. Try everything and find what you love and need most. Sweat it out in 50-minute Bootcamp sessions, relax with 75-minute Yoga & Journaling, or challenge yourself on the Reformer. Use your credits to create a personalized fitness and wellness routine, tailored to your current energy and needs.

*\* Prices below are based on the strong package*

CREDITS	VALUE	USE IT FOR
1x ●	5€	HERSPACEshake (Café)
2x ●●	10€	Signature Bowl (Café)
3x ●●●	15€	30 min Class
4x ●●●●	20€	50/60 min Class
5x ●●●●●	25€	75 min Class
6x ●●●●●●	30€	Reformer Pilates
7x ●●●●●●●	35€	Events, Specials

### LIGHT

18 Credits for 108€

Some examples what you can get:

3x Reformer Pilates

or:

1x Reformer Pilates  
1x 75min Yoga & Journaling  
1x The Spicy Bootcamp  
1x Signature Bowl  
1x HerspaceShake

### BASIC

36 Credits for 198€

Some examples what you can get:

6x Reformer Pilates

or:

9x The Spicy Bootcamp

or:

4x 75min Yoga Class  
2x Dynamic Reformer  
1x Barre Sculpt

### STRONG

54 Credits for 270€

Some examples what you can get:

9x Reformer Pilates

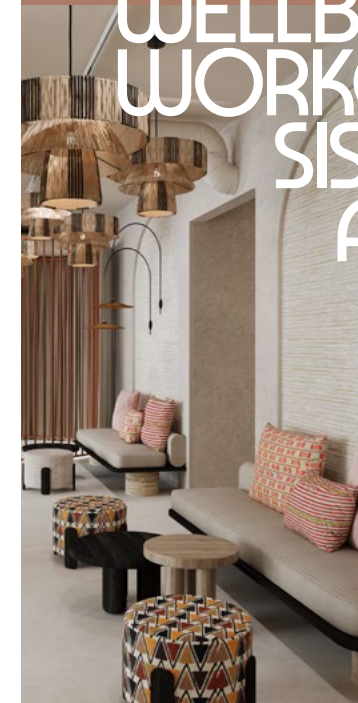
or:

3x Reformer Pilates  
2x 75min Vinyasa Yoga  
2x The Spicy Bootcamp  
2x Barre Sculpt  
1x Breathwork  
1x Women's Fightclub  
1x HerspaceShake  
1x Signature Bowl



A STUDIO FOR THE WOMEN WHO  
LOVE TO CONNECT, CREATE  
AND FEEL EMPOWERED

## YOUR PLACE FOR WELLBEING, WORKOUT, SISTERHOOD AND MORE



HER  
SPACE



DAY 1 - 5

## MENSTRUATION: SANCTUARY PHASE

In the menstrual phase, your body naturally slows down, calling for rest, renewal, and release. It's a time to let go – of tension, expectations, and anything that feels too heavy. At HERSPACE, we create a safe and nurturing environment where you can gently embrace this process. Through calming classes and mindful movement, we encourage you to release not just physically but emotionally as well. It's okay to stop and allow yourself to go with your flow.

### Movement:

Gentle workouts such as yin yoga, stretch & self-care (with small hot water bottles or warm drinks), Feel-good Pilates

### Self-care:

Meditation, Cacao Ceremony, Yoga Nidra, Sound Bath, ...

### Required nutrients:

Iron, magnesium, omega-3 fatty acids

### Get the perfect smoothie & shot for the Sanctuary Phase in our Wellbeing-Café:

– Iron Goddess (avocado, spinach, lime juice, lemon juice, matcha, ginger, cashew, chia seeds, date, coconut water, orange juice, mint)  
– Iron Maiden (ginger, turmeric, orange juice, cinnamon, monk's pepper, magnesium, agave syrup, coconut water)



DAY 6 - 14

## FOLLICULAR: RISING PHASE

This is your phase of energy and new beginnings. Your body and mind are ready to take on challenges and dream big. At HERSPACE, we've designed empowering classes that build strength, confidence, and focus, helping you channel your creativity and momentum. It's your time to rise, thrive, and enjoy the flow of fresh energy.

### Movement:

Dynamic and strengthening courses such as Barre or Pilates

### Self-care:

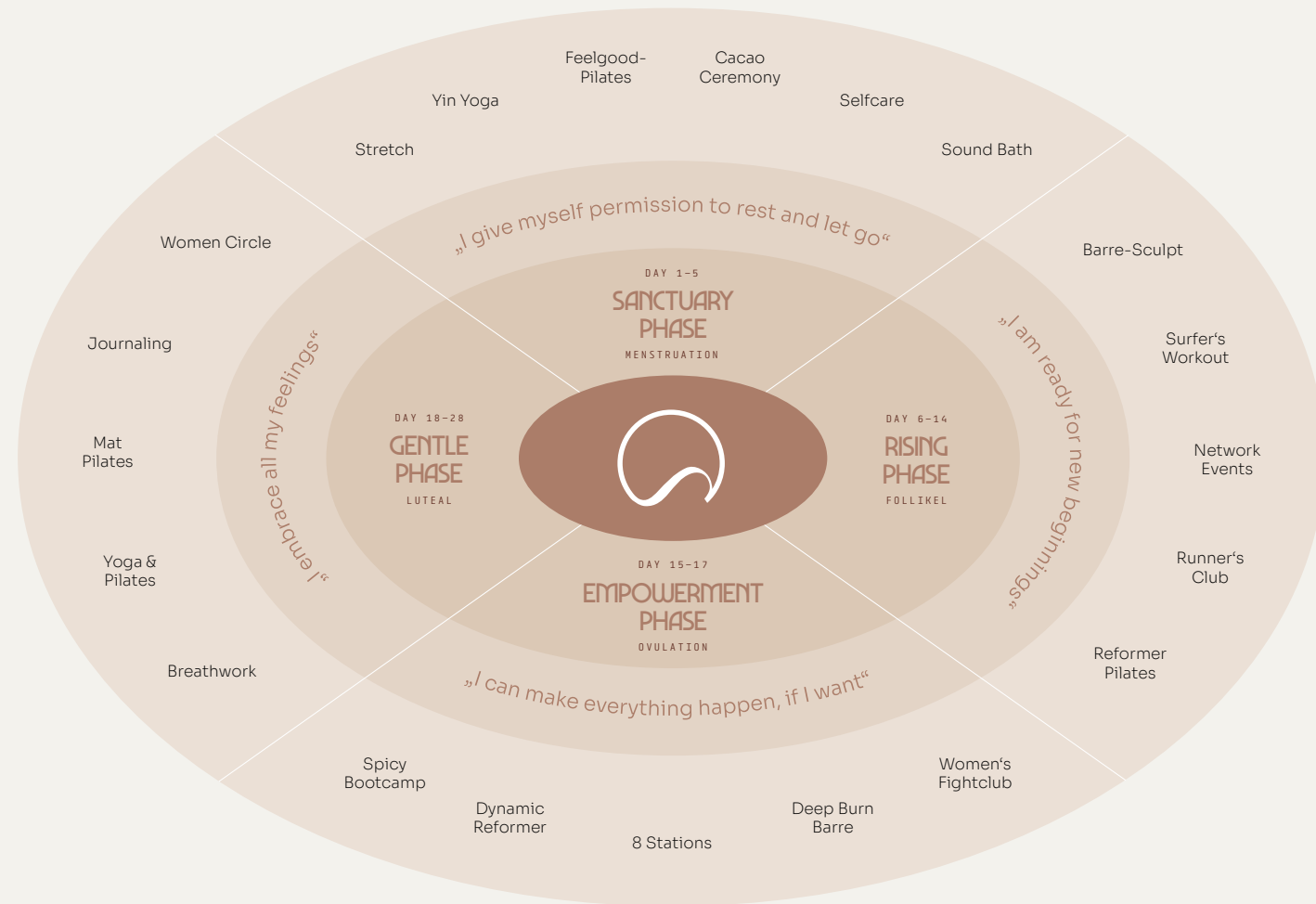
Creative activities for mental stimulation

### Required nutrients:

Protein, vitamin C, complex carbohydrates

### Get the perfect smoothie & shot for the Rising Phase in our Wellbeing-Café:

– Peanut Protein Hero (banana, cocoa, cocoa nibs, peanut butter, FemPow Cleanse, date, maca, cinnamon, almond milk, sea salt)  
– Go, Girl (ginger, orange, lemon, babab, camu camu, maca, agave syrup, coconut water, exotic fruits)



DAY 15 - 17

## OVULATION: EMPOWERMENT PHASE

This is the time when you feel your strongest, most vibrant self. You're radiating energy and connection, ready to push boundaries and connect with others. At HERSPACE, our classes celebrate your power – with high-intensity workouts and spaces to share this phase with like-minded women. Let's celebrate that peak energy and enjoy to feel maximally capable and powerful!

### Movement:

Intensive training like bootcamp

### Social activities:

Shared classes that foster connection

### Celebrating yourself and empowerment:

Enjoy and consciously experience the high

### Required nutrients:

Omega-3 fatty acids, proteins, fresh fruits

### Get the perfect smoothie & shot for the Ovulation Phase in our Wellbeing-Café:

– Peak Power (pomegranate, raspberry, blueberry, banana, chia seeds, vanilla protein, almond milk, linseed, agave syrup, lemon juice)  
– Glowgasm (lemon juice, ginger, cayenne pepper, agave syrup, maca, turmeric, pepper)



DAY 18 - 28

## LUTEAL: GENTLE PHASE

At this time it is absolutely ok, to feel not okay. As women, we face the unspoken challenge of balancing mood swings and expectations to always perform at our best. At HERSPACE, we want to take that weight off your shoulders. We've created a place where you can retreat, be yourself with all your emotions, and connect with women who understand. Together, we'll create moments of wellbeing in a phase where everything feels a bit overwhelming. You're not alone – and it's okay to feel everything. We've got you.

### Movement:

Gentle to moderate exercise, Pilates Mat

### Self-Care and Rest:

Massages, journaling and aromatherapy, acceptance for lower performance

### Required nutrients:

Magnesium, B vitamins, complex carbohydrates

### Get the perfect smoothie & shot for the Gentle Phase in our Wellbeing-Café:

– Serotonine Boost (pineapple, banana, coconut milk, orange juice, grated coconut, chia seeds, coconut yoghurt)  
– PMS Fighter (aloe vera juice, rose water, lemon juice)

FOR EVERY PHASE  
OF YOUR LIFE OR CYCLE

# NO MATTER WHERE YOU ARE IN YOUR CYCLE – FIND WHAT YOU NEED

Our energy, emotions, and performance fluctuate daily. Yet, society often demands constant productivity, leaving little room for these natural shifts. At HERSPACE, we create a space where you can be exactly as you are – powerful and energized or calm and reflective. Here, you are encouraged to listen to yourself, honor your needs, and break free from rigid expectations.

HERSPACE is a sanctuary for every version of you – free from societal pressure, in an environment that embraces change as strength and empowers women to live unapologetically. A non-judgemental space for self-confidence and self-realisation, empowerment, growth, development, support and community.

### Discover more:

[www.herspace.studio](http://www.herspace.studio)  
IG [herspace.munich](https://www.instagram.com/herspace.munich)

