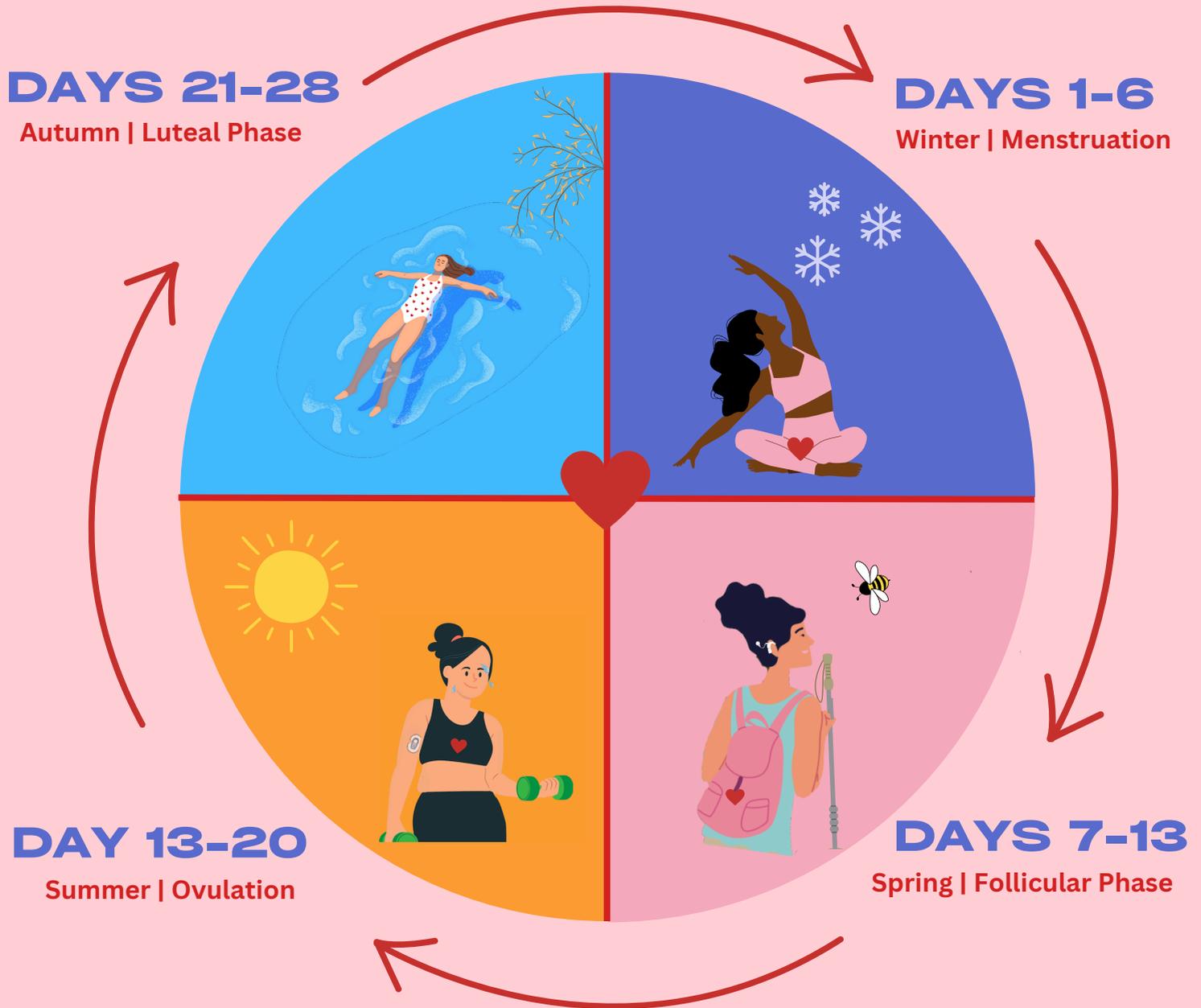


# GO WITH THE FLOW

Get to know how your period affects you & find out what movement suits you best during each 'season'.



Tracking your period can help. Scan here for advice.



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