

3. **Annex 3:**  
**Research Study, Arts Designly Co-Physis praxis**

Please also refer to:

1. Annex 1:  
[Arts Designly Co-Physis in school](#)

2. Annex 2:  
[Arts Designly Co-Physis in the Research Study](#)

4. Toolkit:  
[The Embodied Menstrual Awareness Toolkit](#)

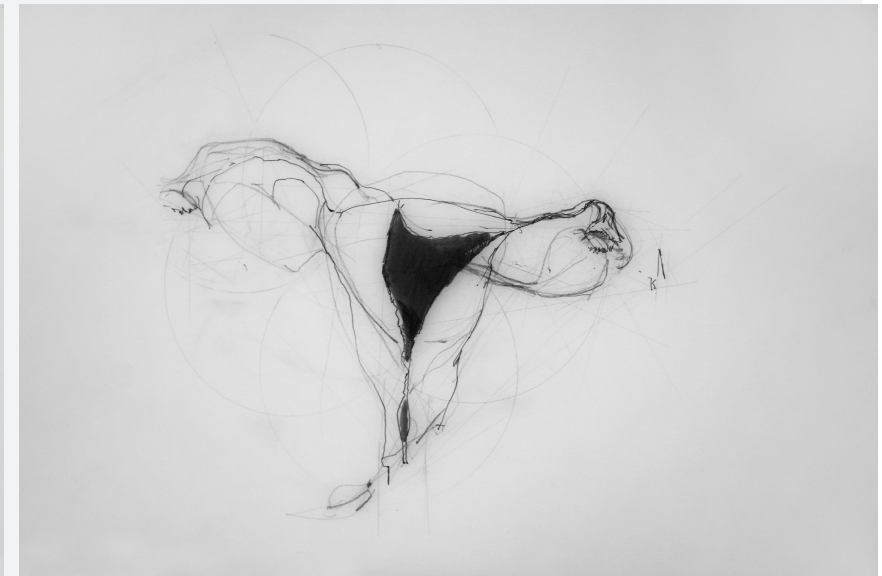
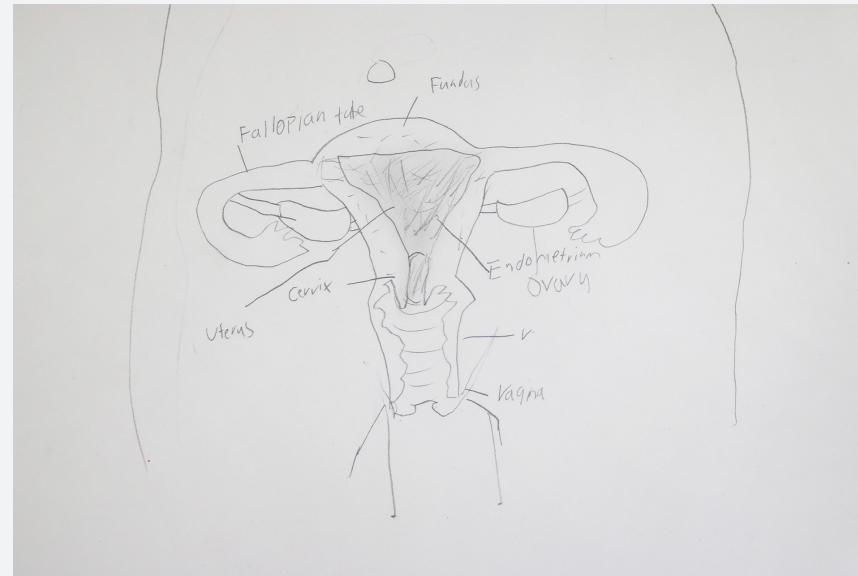
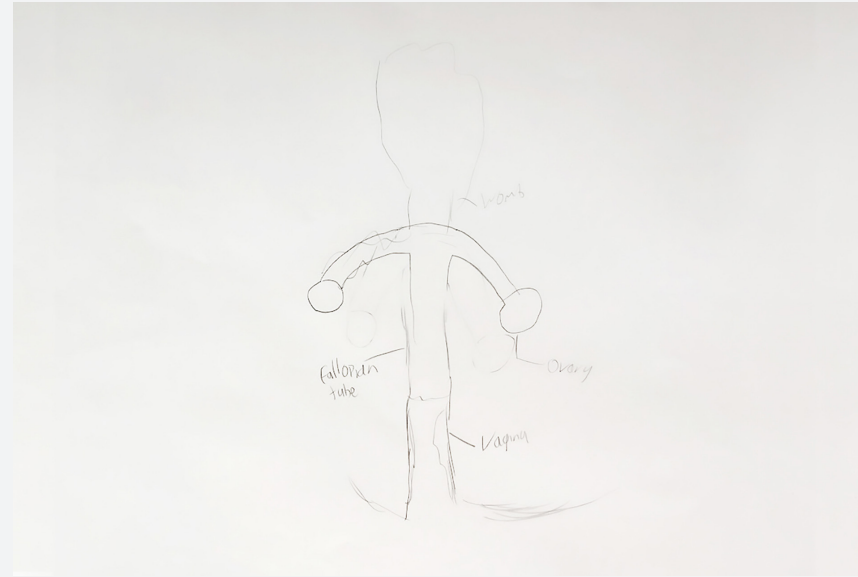
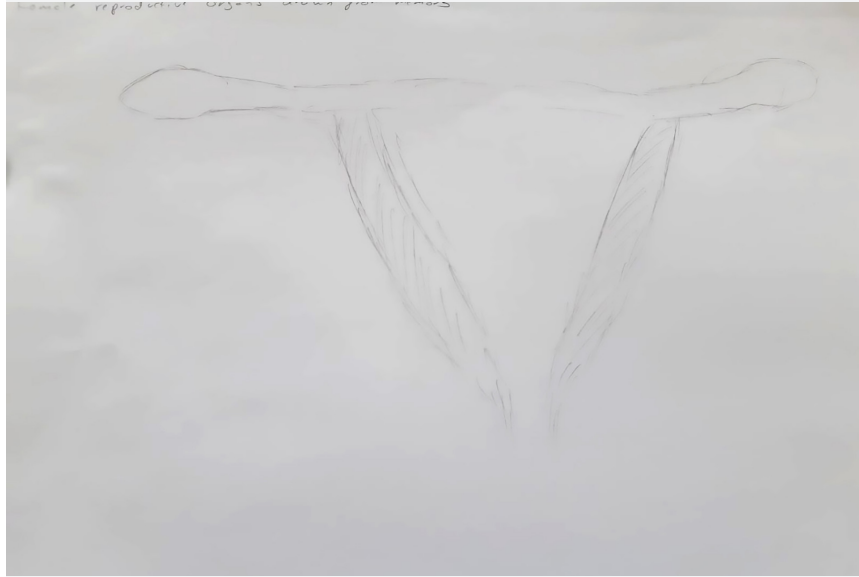
5. Annex 4:  
[RED: A doctoral research, photographic 'postcard journal'](#)

6. Website:  
[Iscovell.com](#) (password: PhD)

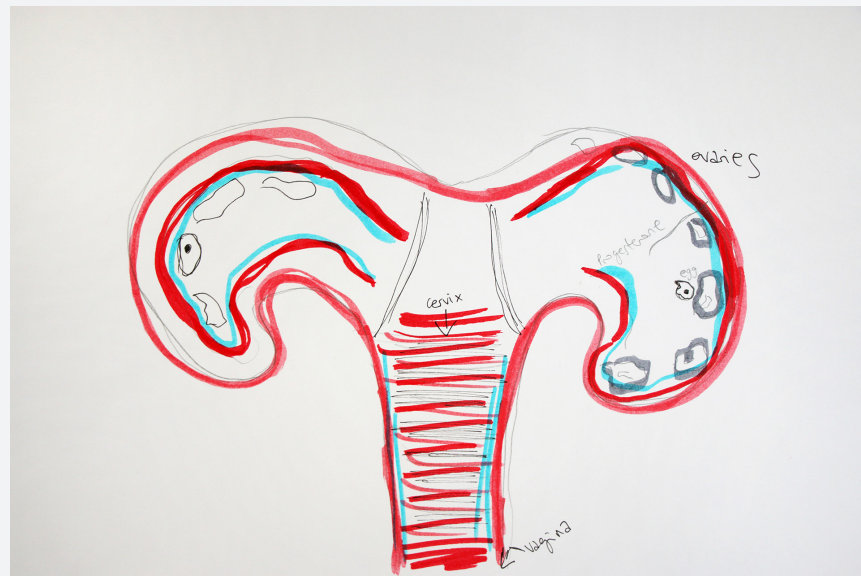
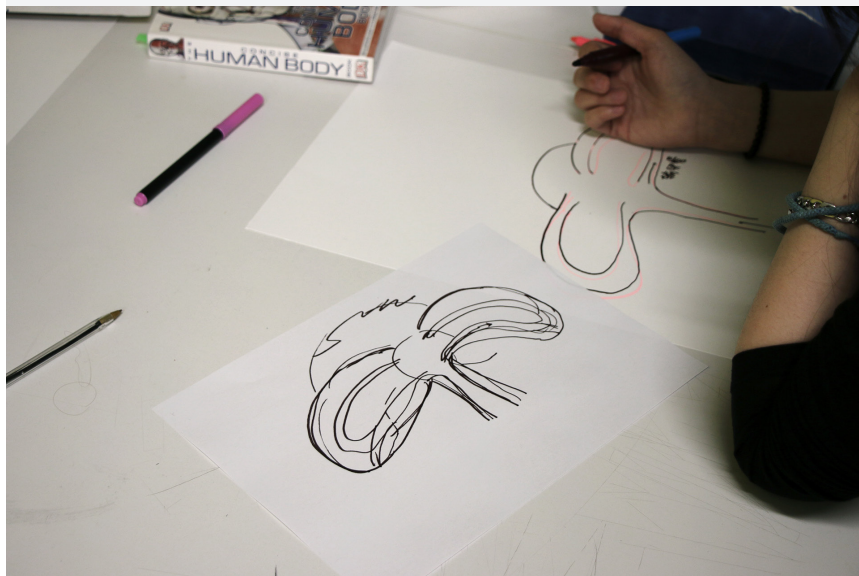
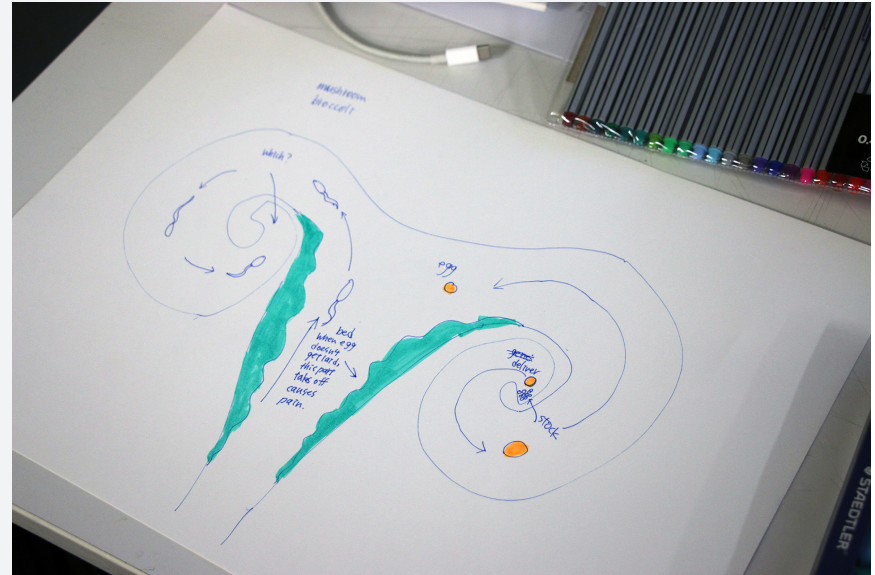
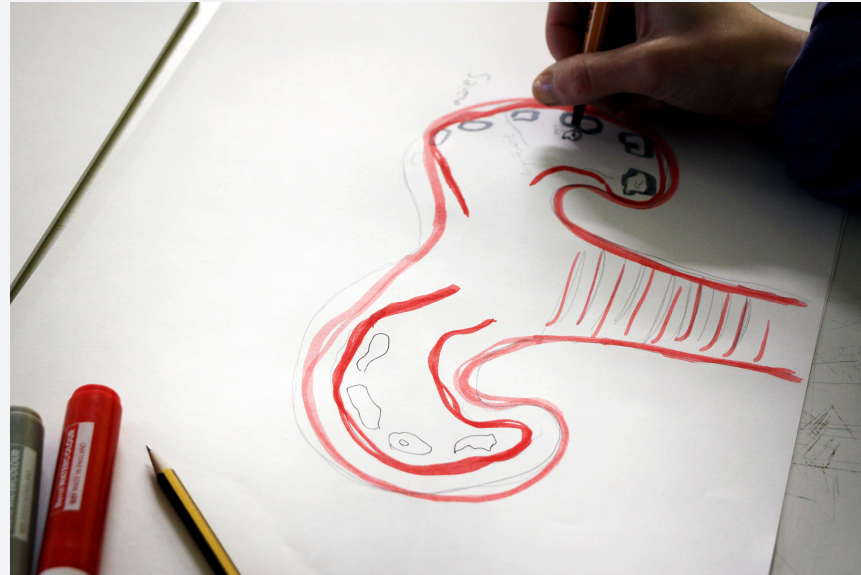
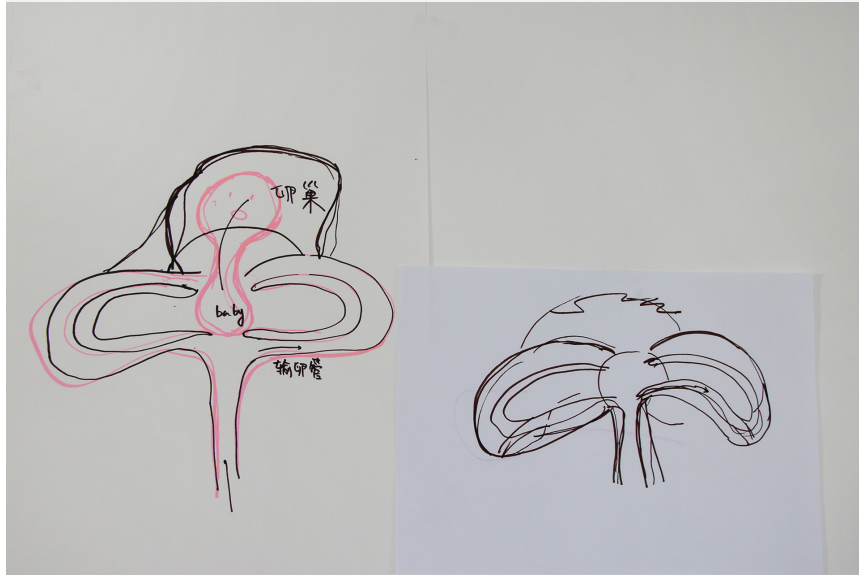
7. Recruitment materials  
[Appendix:](#)

8. Project storage  
[USB](#)

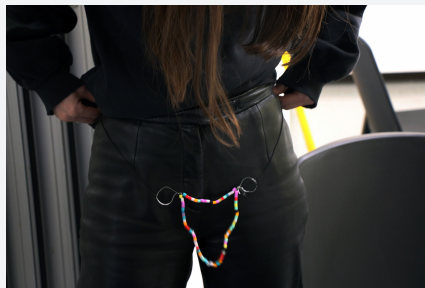
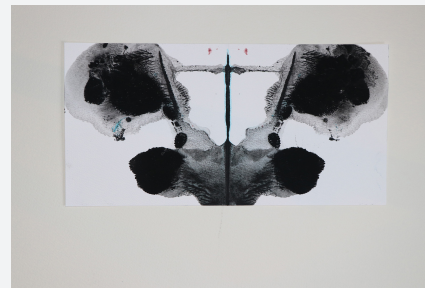
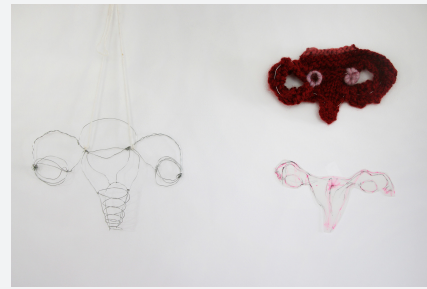
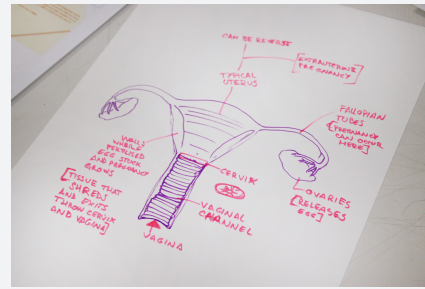
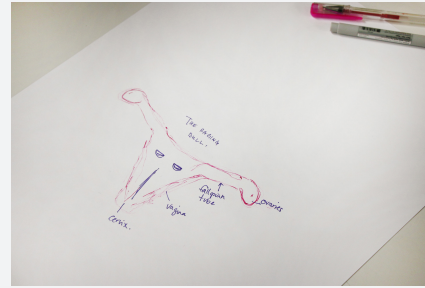
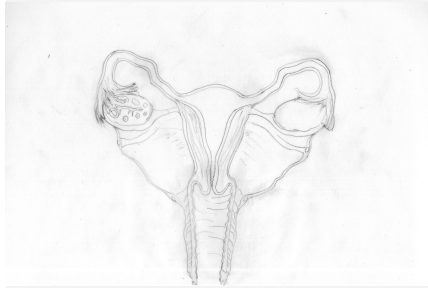
Research study, Arts-Designly Co-Physis praxis  
AD CP done in the pilot study



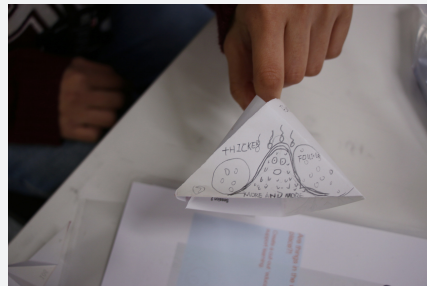
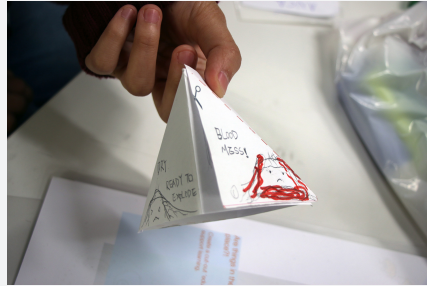
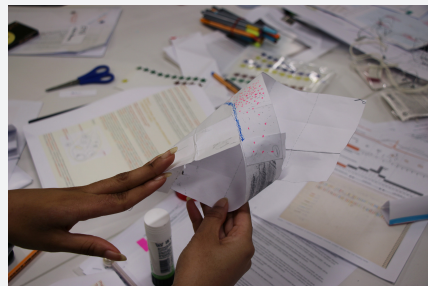
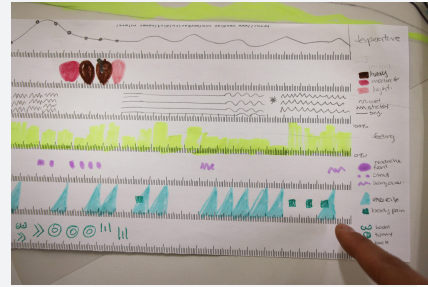
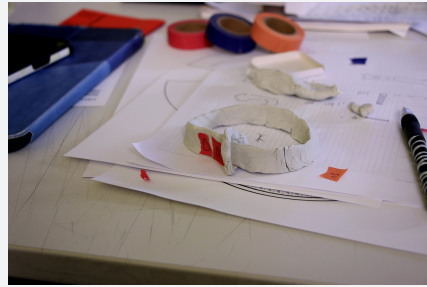
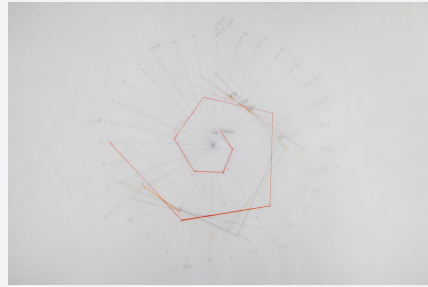
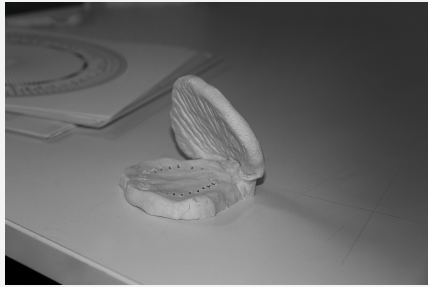
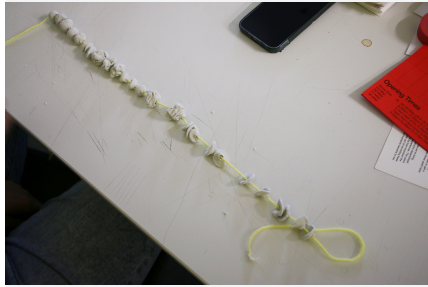
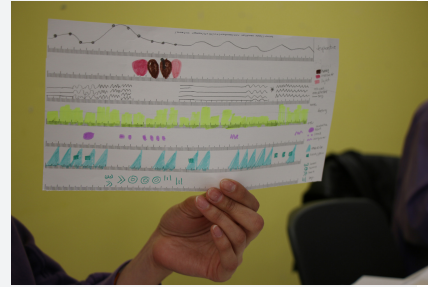
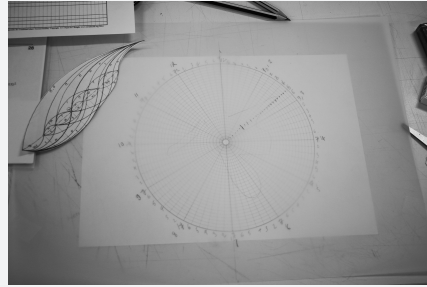
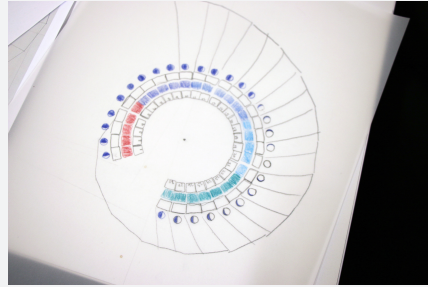
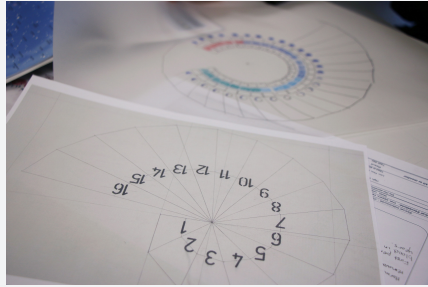
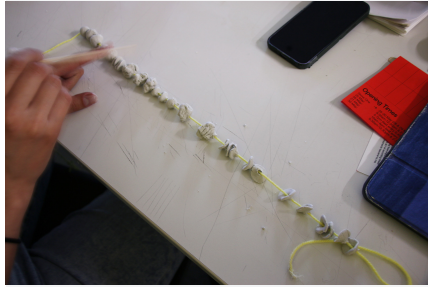




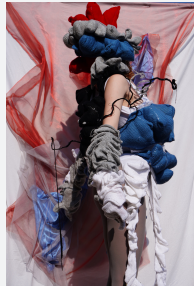












PHASE 1 : IN WINTER I AM COLD.  
I AM SHEDDING THE UPPERMOST LAYERS OF  
THE ENDOMETRIUM. THE LINING THAT KEEPS  
IT ALL TOGETHER ALL YEAR ROUND. I AM  
LONGING A LOT  
BUT RESTING, LOTS OF RESTING.

PHASE 2 : IN SPRING I AM FERTILE FOR  
REGROWTH. THE RUTTING GLAND IS  
NOT HAVING A PARTY. I AM PREPARING MY  
SEEDS. (HST HIM) ONKOOO  
IN SUMMER I MIGHT SEE  
DESTRUCTORS IS A BIG HELP - CALL HER SOON CHEF.

PHASE 3 : IN SUMMER I AM PEAKING  
BY THE TIME THE SUN SITS COMFORTABLY  
SKY HIGH. I AM HAVING A PARTY INSIDE.  
FSH IS ABOUT READY TO GO HOME BUT  
OESTROGEN AND LH ARE TALKING ABOUT  
STICKING AROUND. TOO MUCH OF A GOOD TIME  
THROUGH? NEVER GOOD FOR TOO LONG

PHASE 4 : I AM HUMBLER.  
THE OVUM IS MOVING, TIPTOEING AROUND  
HEADING FOR THE DOOR. THE ~~SPERM~~ DAY  
MEETS ME WITH A MIST. HOT, BLOATED



