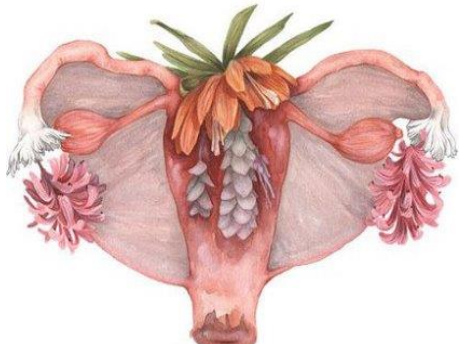


# 'Going with the Flow' Unravelling the Mysteries of Menstruation



Sunday 18<sup>th</sup> March 10am – 5pm  
Neal's Yard Remedies Taunton  
2 St James Street TA1 1JH  
£50 each or bring your friend for £80

Do you suffer from menstrual problems? Do you dread getting your period? Maybe you just put up with it, or even try to ignore it each month with the help of pain killers and caffeine.

Perhaps you could be one of a growing number of women who are waking up to the power of the menstrual cycle and using that knowledge, not only to heal their bodies, but also, to be more creative and empowered in their lives.

Come together with a circle of women to discover what is the shared norm. We will explore how we can shift the awareness and experience of this time, and learn the latent powers of menstruation which are available to you when you live in sync with your cycle. Women are cyclical beings and living in alignment with the natural hormonal cycle enables greater emotional health, improved health and energy, a deeper intimacy with the self and clearer boundaries.

Join Clare Warren, Menstruality Educator, Homoeopath, Healer, Vibrational Essence Practitioner and Ceremonialist for this workshop to know and understand your body better. Join the circle to transform your experience from one of pain to power.

This talk is for

- Women with physical or emotional symptoms connected with menstruation
- Those who feel disconnected, depressed, or who wish to know themselves better
- For women who struggle with PMT and experience conflict at this time
- Those women wishing to have a deeper intimacy to their essence and core self

**Payment confirms your space. Both friends need to pay together for the offer.**

## Clarity Vibration

*Honouring the Natural Flow of the Feminine Cycle*

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