

# Demystifying Menopause



***‘Ancient Cultures new this to be the most potent time of a woman’s life’***

***Saturday 1st October 11.30am to 1pm Investment - £15  
Neal’s Yard Remedies, 01823 253 430  
2 St James Street, Taunton, TA1 1JH***

In this introductory workshop we will explore symptoms and their meanings, address attitudes and cultural beliefs around this important transition of womanhood. This is for women at all stages of their journey, however they are encountering menopause.

The aim of this workshop is to make sense of this potentially challenging time of life by offering natural health and nutritional tips, and self-care practices to bring balance and support.

Clare Warren is a Women’s Health and Wellbeing practitioner, healer and workshop facilitator. She runs events to honour all aspects of Woman.

To read more about her work, to book a space or enquire about a one to one session contact Clare on the details below.

## Clarity Vibration

*Honouring the Natural Flow of the Feminine Cycle*

www.clarityvibration.com - 07596 409 354 - clare@clarityvibration.com