

Navigating the Menstrual Mandala with Natural Medicine

Minimum 10 people at **£50** per workshop

Concession booking for all three workshops **£125**



The Wellness Mandala - Date to be confirmed, please get in touch

The Creative Mandala - Date to be confirmed, please get in touch

The Spiritual Mandala – Date to be confirmed, please get in touch

These workshops are for women wishing to deepen into their experience of the Menstrual Cycle and for those wishing to gain a more intimate understanding of the self. To reclaim their wisdom and power from the cycle and understand why we respond the way we do at certain points of the month. The cycle includes menarche (first period) to menopause and all phases in between.

Self-care methods will be shared to instil a nurturing attitude towards ourselves. Natural remedies from a variety of disciplines, vibrational medicine and nutrition will be explored as a means of support to help the natural flow of the cycle.

This work will foster an inner knowing and wisdom that will create the bedrock foundation of what it is to be a woman in the true sense of the word. We will be rekindling old wisdom with new perspectives to harness the full potential we have as women and grounding it experientially into our everyday lives.

The workshops are run in sequence over a period of time to allow women to deepen into their own cycles, between each menstrual mandala, and use their experiences to guide and cultivate their own wisdom and knowing. The Wellness Mandala is the foundation which the Creative Mandala and then the Spiritual Mandala, build upon. We will come together in circle to explore all the light and shadow aspects of the

Clarity Vibration

Honouring the Natural Flow of the Feminine Cycle

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

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cycle with the rhythms of the moon and the four archetypes of the Divine Feminine. The cycle will be framed by the Mandala to enter into the richness of the menstrual consciousness and as a tool to reunite women with their fullness, inner strength and wisdom.

The Wellness Mandala will explore the menstrual cycle in depth in a dynamic, radical way that will change limiting beliefs, that 'it is just a curse' and something to deny. Specific remedies and nutritional advice will be discussed with intention of clearing negative symptoms and experiences. This spiral will change perceptions of how and why we bleed, teaching you how to embrace your period and transform the experience from one of pain to power. Meditation, visualisation and ritual will be used to enable a deeper connection to the self.

The Creative Mandala will offer a unique way of deepening into the menstrual cycle to harness the creative energy that ebbs and flows naturally throughout the cycle. Inspiration comes at specific points of the month and methods of utilising this energy will be explored to enable a fuller experience, to reach the potential and empower women to step fully into themselves. Remedies to support the creative birthing process will be identified, as well as experiential techniques to reveal areas where sabotage and despondency may be causing issues and symptoms.

The Spiritual Mandala is where we delve deeper into the core and spirit of the cycle. Ceremonial menstruation and the subtle energetics of the whole cycle will be covered. We will explore ritual, visualisations, techniques and remedies to maintain a vital balance of health. We will cultivate practices that develop the psychological muscle to hold ourselves through the tricky parts of the cycle, where often women come unstuck. This spiral of work will connect to our Sacredness held deep within us as women, the menstrual cave where truth and authenticity is revealed like treasure and gifted to us for transformation.

For more information on this work and to book your place please get in contact with Clare Warren on 07596 409354 or clare@clarityvibration.com

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