



## **A Woman's Journey to Self, Feminine Wisdom and Power through the Menstrual Cycle**

**10 weeks - £150 (inclusive of materials)  
Tuesday evenings, Windmill Hill 7.30 - 9.30pm**

The Crimson circle is an experiential journey for women wishing to explore their menstrual cycle within a small closed group. Weekly gatherings will support each woman to investigate and interpret her own unique experiences within the fullness of her cycle.

Our gatherings will encompass all aspects of 'woman' as multidimensional beings. We will focus on how the cycle enables women to truly know themselves, inhabiting their fullness as women, in all roles. This knowledge will support women in accessing their own inner wisdom, understanding symptoms of discomfort, pain or 'PMT'. It will enable women to deepen their connection to what is fulfilling, their chosen path or career, gifting insight into where they need to invest their energy.

You will receive practical journal guidance, participate in discussions, sharing, guided visualisations and teachings on the different phases or 'Inner Seasons' of the menstrual cycle, with many self-care methods that support healing and movement. Each woman will learn skills to carry them forward in their lives, plus plenty of exercises and practical tips to take away.

The menstrual cycle is a women's path to 'her own' power. It is a creative structure that shapes us as women and when deeply listened to, provides us with vast information about ourselves. Working with such intimacy within the menstrual cycle offers much more than just understanding how you bleed, it facilitates a greater sense of self and personal knowledge that shapes our creativity, fertility, relationships and happiness.

Clare has over 18 years of working in Natural Medicine and specialises in women's health. She has worked with wonderful teachers such as Alexandra Pope, Miranda Gray, Jane Hardwicke Collings, Jane Bennett, Seren Bertrand to name but a few. She runs workshops on women's health and spirituality as well as running her personal practice as a Homoeopath, Vibrational Essence Practitioner, Moon Mother Healer and Menstruality Coach.

# *Clarity Vibration*

*Honouring the Natural Flow of the Feminine Cycle*

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