

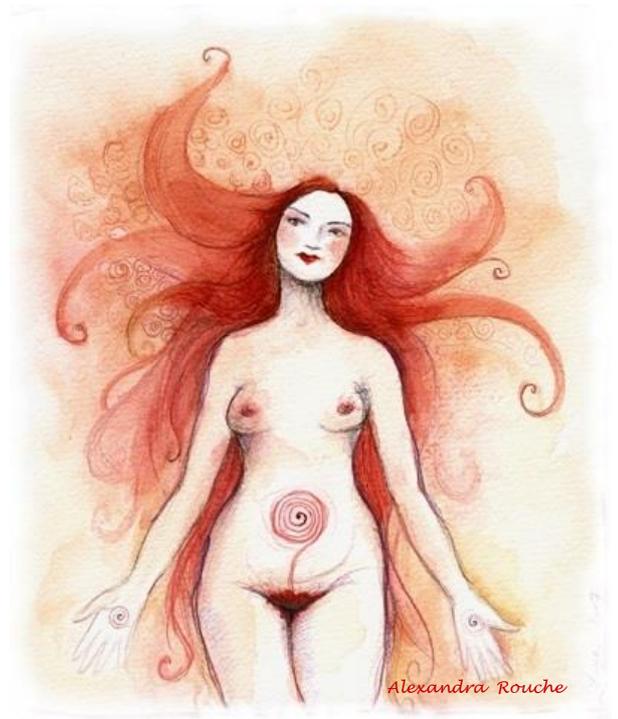
Menarche Ceremony

Saturday May 19th - 9.30am to 6pm

**Yanley Court, Long Ashton Business Park,
Yanley Lane, Bristol BS41 9LB**

**Investment £60 ◦ a non-refundable £20 deposit is required to confirm your space at time of booking.
Early bird £50 available until April 15th.**

Join together in sacred space to honour the young maiden girl that resides within. Celebrate the passage to womanhood in a loving, healing witness space. Dare to start a new story.....



Ceremony and ritual marks an event as important and sacred. We celebrate this moment as a rite of passage, honouring first menstruation as a crucial foundational moment. It marks the beginning of our life as women; creative fertile women that bring new life into this world.

Many women are not welcomed, seen or encouraged during this very meaningful phase of adolescence. *“How a girl crosses the menarche can cast a long shadow over her menstruating years. It can affect her experience of menstruation each month and how her life journey might play out. Approaching it as a truly special, even sacred moment can ensure that this ‘long shadow’ is beneficent and empowering.”* Alexandra Pope - Red School.

This ceremony is for those wishing to reclaim this rite of passage. It is an opportunity to heal and reclaim the power as women and mothers; biological mothers and mothers of life. To celebrate menarche in ritual is to mark a new beginning, the ceremony marks the territory and activates a reset button, it marks the passage and restores, helping to ‘put the pieces back together’ for women to reintegrate and heal.

***At menarche a woman enters her power
Through menstruation she practices her power
At menopause she becomes her power
~ Native American proverb ~***

Clare is a dedicated, women’s health and wellbeing practitioner, vibrational essence producer, healer and workshop facilitator working in menstruality and natural fertility. Clare brings together her wealth of knowledge and expertise to support and guide you on this transformative journey.

Please call or email for more information

Clarity Vibration

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