

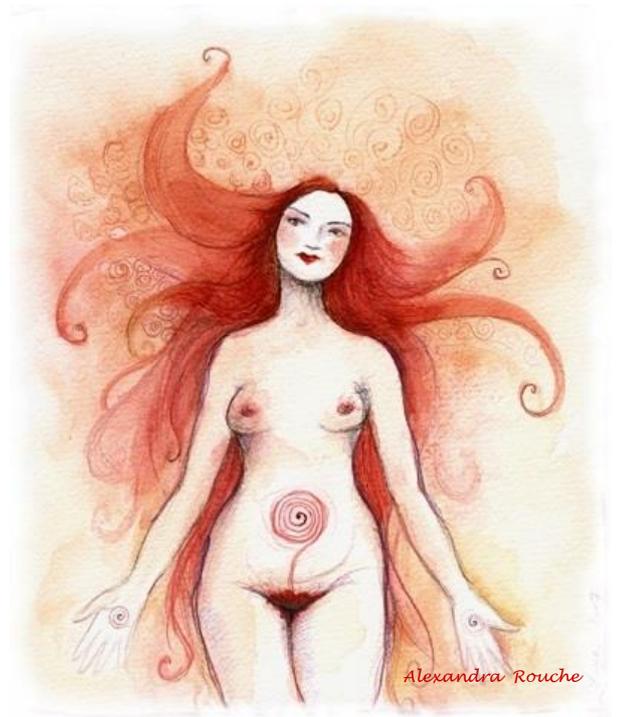
Menarche Ceremony

Sunday 7th April 9.00am - 6pm

**Neal's Yard Remedies, 2 St James, Taunton,
Somerset, TA1 1JH**

**Investment £60 ◦ a non-refundable £20 deposit is
required to confirm your space at time of booking.**

**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 were 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. Honouring this rite of passage also supports the transition into Motherhood or when crossing the threshold to conscious Menopause.

***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 ceremonial rites of passage. 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

Springside, Castle Hill, Hemyoek, Devon, EX15 3RX, England

www.clarityvibration.com - +44 (0) 7596 409 354 - clare@clarityvibration.com