

# 'Going with the Flow', making peace with menstruation



**Windmill Hill City Farm, Philip Street, Bedminster, BS3 4EA**  
**7.30pm to 9.00pm on the 1<sup>st</sup> of March 2013 £16**

Do you suffer from menstrual problems? Do you dread getting your period every month? Maybe you think of it as a curse or you just put up with it, or even try to deny its existence. Or, could you be one of a growing number of women who are waking up to the power of the menstrual cycle and using that knowledge, not only to heal their bodies, but also, to be more creative and empowered in their lives.

In this talk with Clare Warren, Menstrual Awareness Educator, Homoeopath, Healer and Vibrational Essence Practitioner, you will gain an insight into how to make this time work for you. The understanding that there is a natural rhythm to the cycle will be explored enabling women to become more aligned to this, rather than flowing against it.

In this introductory talk you will learn self-care tips to help you feel less stressed in your day to day lives, how to relieve intense menstrual symptoms, as well as how to harness your natural rhythms power positively, and go with the flow. You will leave with skills and methods to transform your experience from one of pain to power.

This talk is for

- Women with physical or emotional symptoms
- Those who feel disconnected, depressed, or who wish to know themselves better
- For women who struggle with PMT and feel in conflict with others at this time
- Mothers with daughters either at or nearing Menarche (first period)
- Fathers or brothers who wish to learn more about the cycles of their loved ones

Please book your space, as places are limited, by getting in contact with Clare Warren on 07596 409354 or email [clare@clarityvibration.com](mailto:clare@clarityvibration.com)

*Clarity Vibration*

*Honouring the Natural Flow of the Feminine Cycle*

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