

# Menarche Ceremony

**Saturday 19<sup>th</sup> March 9.30am to 6pm**

**Gasworks Studio, 27 Narrowways Road,  
St Werburghs, Bristol, BS2 9XB.**

**Investment £70 ◦ a non-refundable £20 deposit is  
required to confirm your space at time of booking.  
Early bird £60 available until February 2<sup>nd</sup>.**

**Join together in sacred space to honour the young  
maiden girl that resides within us. 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 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, *The Women’s Quest*.

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

***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, experienced practitioner and facilitator working in women’s health and menstruality. 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



[clare@clarityvibration.com](mailto:clare@clarityvibration.com)

07596 409354

[www.clarityvibration.com](http://www.clarityvibration.com)