



Living Gently presents:
STARFIRE

Menstrual Transformation

2 RICH DAYS OF WOMENS WISDOM

DATE: 5th and 6th DECEMBER

TIME: 9am to 5pm each Day

We will explore the relationship with the moon, tools of trance and sink into the body for a deep unveiling of the following area's...

- Mythology of women and menstruation.
- The purpose and experience of Bleeding.
- Tools of balance for the emotional and mental realms.
- How your Bleeding effects your Birthing experience.
- Menstrual Suppression? Who does this serve?
- Menstrual Meditation.
- Accessing REAL Sisterhood.
- Undercurrent fears that are maintained by industry.
- A moment to re-experience Menarche.
- PMS and emotional expression.
- Ancient & Present day Menstrual Art.
- Women's Blood rites & traditions, culminating in Initiation.

The Serene Earth Sanctuary
266 Kennedy Lane Myocum NSW

Saturday and Sunday:
\$250 (conc \$230)

For bookings call Katherine
Mobile 0409953518
livinggently@gmail.com

