

# AWAKENING YOUR MENSTRUAL HEALTH AND FEMININE POWER

19th April 10 – 4pm

£35

Want to explore the powerful inner resource of the menstrual cycle, find ways to create better health and well-being, and open the door to the feminine spiritual path?

Menstruation is a map of our physical, emotional and psychological well-being, so come and empower yourself with new insights and understanding into your ever changing emotions and physicality to allow you to find your creative power days and to nourish your tender times.

We will use shamanic drumming, guided meditation, art and movement to explore the deep relationship with our natural rhythms in a safe and nurturing way.

*Fiona Willis is a shiatsu practitioner, Birthing From Within mentor, doula, and menstrual health mentor. She is a graduate of the Women's Quest training with Alexandra Pope, and is currently training with the School of Shamanic Midwifery.*

For more information and to book your place in the circle:

**[info@birthedance.co.uk](mailto:info@birthedance.co.uk)**

