

Meeting your maiden-self

with Marta Mezzino

This workshop is an invitation to dive into **the time of our Menarche (the first Menstruation), a crucial and meaningful moment of a woman's life** that set the base of our relationship with the Deep Feminine inside of us.

We will meet the young maiden girl that dwells within us and **explore the great power she has to remind us about our true nature and deep Call.**

Acknowledging her dreams and **her power to guide us** at every moment on our path **towards the blooming and expression of our Being.**

Women of all ages are welcome!!

Our tool: women circle, visualization, writing, drawing, couple and circle sharing.

When: Friday 4th May, 18.00-21.00

Where: Happy Belly Yoga Studio

Fee: 40 euros

This workshop can be taken separately or in preparation for the **Menarche Ceremony, that will take place 29th of September**

To book your place or more Info about Marta's work: **www.yunaia.com**