

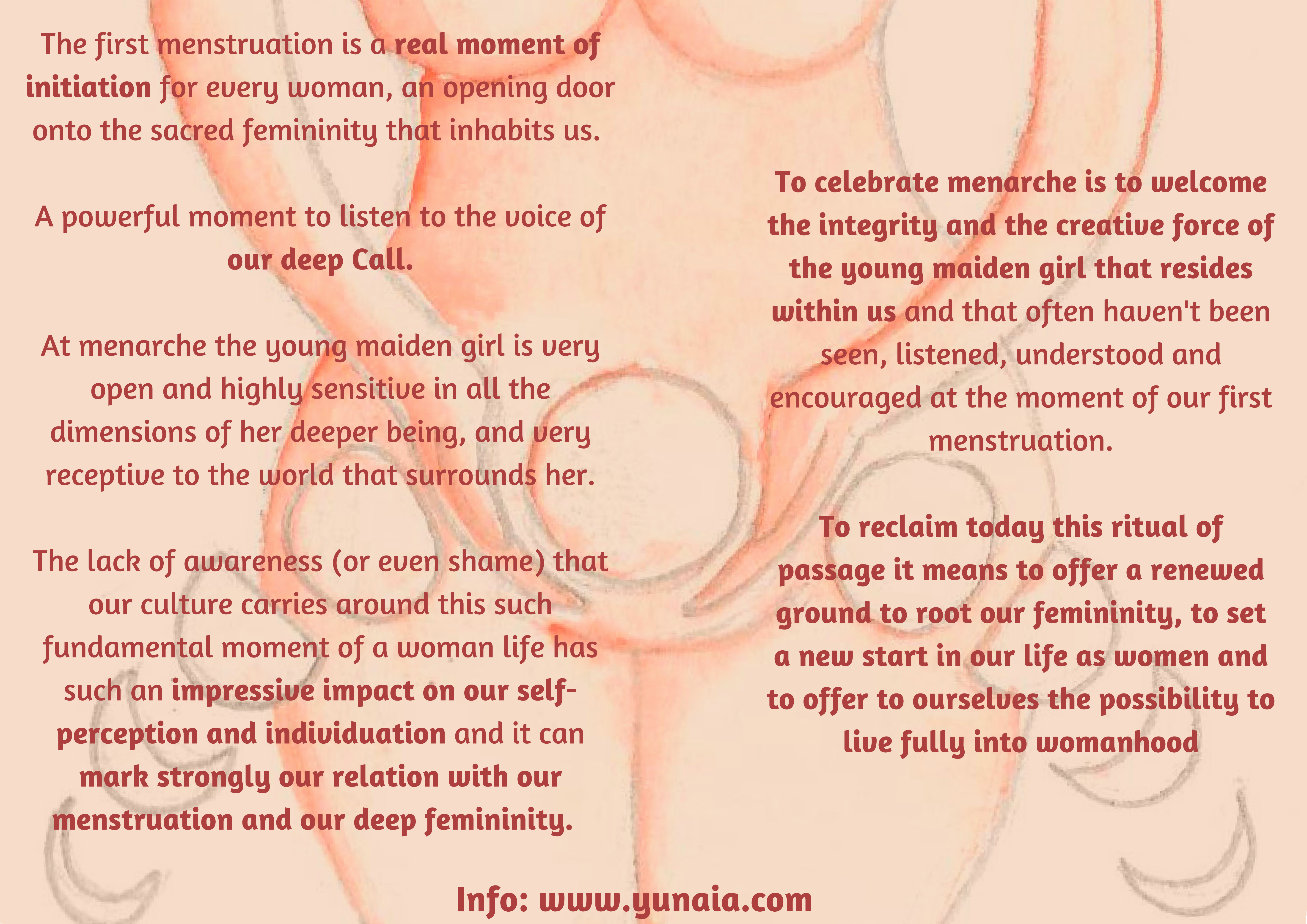


Menarche Ceremony

with Marta Mezzino

**29th September,
Hohenschäftlarn, Munich**

Info: www.yunaia.com



The first menstruation is a **real moment of initiation** for every woman, an opening door onto the sacred femininity that inhabits us.

A powerful moment to listen to the voice of **our deep Call.**

At menarche the young maiden girl is very open and highly sensitive in all the dimensions of her deeper being, and very receptive to the world that surrounds her.

The lack of awareness (or even shame) that our culture carries around this such fundamental moment of a woman life has such an **impressive impact on our self-perception and individuation** and it can **mark strongly our relation with our menstruation and our deep femininity.**

To celebrate menarche is to welcome the integrity and the creative force of the young maiden girl that resides within us and that often haven't been seen, listened, understood and encouraged at the moment of our first menstruation.

To reclaim today this ritual of passage it means to offer a renewed ground to root our femininity, to set a new start in our life as women and to offer to ourselves the possibility to live fully into womanhood

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What to bring: comfortable celebration clothes (something you feel beautiful with), a small cup that you like, a flower, a present for yourself, a picture of you at the age of your menarche, an object for the altar (something that represents for you the Deep Feminine), pictures of the women of your lineage, a candle, 4 m red ribbon, a drum (if you have it), a small towel

When : Saturday 29th September, from 9.30 to... (ritual timing ;-)!

Where: Hohenschäftlarn, Munich

Price: 120 euros

**To book or inquiry :
info.yunaia@gmail.com**



Marta Mezzino

Since i was a child I have been fascinated with the mystery held in ancient stories and mythology around the Great Mother and the Deep Feminine. I've been studying researching and travelling in many places around the world, held by this strong connection with Her.

Discovering day after day how this connection resonates in all the layers of my body and how, as women, we resonate this power collectively.

Being and working with women I see everyday a wonderful fabric emerging out of the golden threads that each one of us holds, the golden threads of a forgotten story that has been hidden and denied. I love to create spaces where women together remember the inner wisdom held in our depths, unleashing the unique beauty and power that pulse inside of each one of us.

For more info about my work: www.yunaia.com