



## *Journey to womanhood*

*This is a profound journey for your daughters which will be held over three weekends. A journey to help them deepen into their sense of self, discover who they are becoming and build resilience and strength during their adolescent years. These weekends are also designed to help you on your own journey as a mother as your daughter begins to separate from you.*

### *27th – 28th July*

*This first weekend is designed around a physical journey on the river in a canoe and a camp out. The river and canoe are a profound metaphor for the experience your girls are having in their lives right now. Teachings will include connection to their own inner river and guidance, the building of their little boats of self and how to navigate the journey ahead as they push away from the shore of girlhood and set out for the bright lights of the outside world and womanhood. What do they need to carry them safely across the waters to the unknown? What do they need in their own boat? What can we give them to take with them and guide them on their journey? By using storytelling, Ceremony, teachings on the circle of courage and physical challenges this sacred river canoe journey will help prepare them for the separation challenge of the next weekend.*

### *22nd – 23rd September*

*With help from their families and their community the girls will set an intention for their time alone out on the land. During this vision quest there will be an option of fasting. There will be an invitation at the beginning for the mothers and daughters to take part in a beautiful 'letting go of the ties that bind' ceremony to help them both to move forward in their lives in a good way. There will be a teaching circle and ceremony and then the girls will sleep out alone on the land. The fire will be tended by two adults as support for the girls through the night. A welcoming back and honouring ceremony will be held by the women of the community the next day after the girls have had their stories held and witnessed by the elders.*

### *13th October*

*The final weekend will see the harvesting of the fruits of the first two weekends and the integration of the lessons learnt in relation to their own unique journey through adolescence. This will be held by a circle of grandmothers/elders after a purification ceremony in the sweatlodge. All three weekends will be held by a team of experienced facilitators. To keep the cost down we also ask for your support in practical ways to make this happen. We will be working closely with you to co create the honouring, witnessing ceremonies so they feel held in strength by their community as they move along the spiral in the rites between first blood and first flight.*

*Investment in this journey is sliding scale £250 – 350*

*For more info and questions contact Eartha or Jenny*