

MOTHER OF PEARL

Girls Coming of Age Program

There is nothing more wonderful than building a positive attitude towards being a girl and becoming a woman and all that that encompasses! During weekly gatherings we will happily anticipate and celebrate the girls' first menstruations and all their menstruations thereafter. Through stories, songs, yoga, dance, massaging, journaling, sharing and many more beautiful activities we will build a sacred circle of trust and confidence.

The building of trust and confidence within the group is essential and working on the social interaction within the group will be an important part of our work together. Eventually every girl will not only discover the goddess that she is, but she will also come to honour, respect and love all the other goddesses in the group. Thus the girls will learn to feel beautiful, valued, respected and celebrated from the inside out! It is my deepest wish to instil within these girls a confidence in themselves, so that when the time comes for them to fly out into the world they will do so wisely and gracefully!

Please note that this is not a medical class.

The mothers of the girls will be invited to work and celebrate with us on several occasions throughout the year!

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