



Week One: Inner Wisdom

An intuitive journey back to you, as the true, absolute, only expert of your birth, where we will:

- Revisit Herstory and its relevance in your life
- Address responsibility and our culture of outsourcing
- Experience alignment and anchoring exercises
- Begin to unearth your intuition once again
- Gather the innate wisdom that only you hold, to use as your guide for birth and Mothering
- The Life Spiral Art Session to reveal patterns and themes in your life

and many musings more...





Week Two: Birth Blueprint

A deep exploration into Mother Nature's perfectly designed blueprint of birth, mentioning:

- Birth as an Holistic Journey and Rite of Passage
- The hormonal orchestration, nervous system and brain throughout labour and birth
- Undisturbed, unhindered birth and what this truly means
- Birthing within (and out) of the system
- Ending with a Birth Art Session (clay) inspired by "Birthing From Within,"





Week Three: Fears & Tools

As an added layer to your already incredible birthing wisdom within you, this session offers:

- Practical elements and tools to support you for birth and into your postpartum period, including EFT (emotional freedom technique), using your BRAIN, visualisations, meditations and more
- The portals of entry and exit
- Information about energy in your birth space
- A look into societal, cultural and personal beliefs and underlying fears surrounding birth
- Powerful Burning Ritual for alchemising fear





Week Four: Gentle Postpartum

Preparing for and celebrating the Fourth Trimester, where we talk:

- Postpartum confinement, the sacred time for bonding and healing
- Boundaries, realities, relationships & communication
- Gentle and conscious mothering
- Maiden to Mother and an introduction to Matrescence
- The Mother Blessing
- Where to seek help and receive further information and support
- Finishing our time together by taking a magical journey through The Labyrinth





Full Bloom

Within the Sacred Circle...

We are not meant to walk this path to Motherhood alone.
It is time to gather and celebrate the magic of pregnancy and birth.
Just as our Ancestors did.

Be fully held in the safety and fullness of the Circle.
Share the Wisdom of Women.

While our time together is about unlearning and untangling all we thought
we knew about birth and potentially ourselves, there is also the space for us
to connect.

Create beautiful, meaningful relationships.
Form your Village.



If you feel this calling, the Full Bloom portal is opening in March.
Reach out if you would like more information, I'd love to hear from you.
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