



### **A Women's Rite of Passage – Menarche Recapitulation Ceremony**

**When:** January 21st 10:00 AM to 4:00 PM

**Where:** Ixchel Center 23 Wilson St. Hartsdale, NY

**Who:** Women of all ages and stages of life with or without physical wombs

**What:** Initiation into the Blood Mysteries

When you first menstruated were you celebrated? Did you understand what was going to happen to you? Were you aware that you were becoming a young woman? Were you initiated, celebrated and showered with love? Were you taught that women were Holy?

**Dear Sister,**

It is with deep joy and a full heart that we invite you to join us for a sacred re-capitulation initiation ceremony to fully honor your first menstruation and your feminine power. We are creating a divine experience for you to awaken, reclaim, and lean back into the truth of who you are ...**A Holy Woman – A Queen.**

Together in sisterhood we will dive deep into the subconscious and journey through time to alchemize your womb and life giving blood. This spiritual process is deeply potent and is life affirming!

#### ***What are Feminine Rites of passage?***

Rites of Passage are sacred ceremonies and rituals of initiation (e.g. menarche, marriage, motherhood, menopause). They mark and honor times that prepare for letting go of the old cycle and transition into the new phase of development. These ceremonies create openings for a woman to birth herself, and to reclaim her authentic feminine nature.

## **Blood Mysteries- Menstruation – Menarche**

The blood mysteries are the most important rite as this milestone paves the way for a woman's entire cyclical life. The way she connects with her blood will be reflected in the way she relates to all areas of life and relationship. Blood is life!

A women's monthly cycle is a journey through creation and death and is a spiritual path. Menarche awakens our sexual and fertile nature and transforms us from girls to women.

### **Some Benefits of this Re-Capitulation Rite of passage –**

- \* Dissolve emotional trauma, ancestral & societal imprints & conditioning
- \* Activate stem cells and regenerate blood pathways to open Divine DNA
- \* Release dis-ease handed down generationally
- \* Open your ancestral/lineage wisdom & power and embody it
- \* Heal your cycle and re-connect with the sacredness of life
- \* Ease of menstrual cramping and flow
- \* Receive the blessings and bounty of your lineage
- \* Reclaim your power and take your place in the world

**Your Facilitators:** Jacqueline Rolandelli and Cathy Lipsky

**Exchange:** \$70 includes ceremonial flowers & supplies

**Registration is required - Limited to 12 participants**

Call Cathy: 914-912-2351

Or email: [cathy@holisticnp.com](mailto:cathy@holisticnp.com)