



"Connecting and being with our mothers and really talking about all the important parts about puberty." - a girl participant



*My most important experience was, "The bonding that continues to happen between my daughter and I, and the wisdom and understanding that she got."
"A source of wisdom and intuition lives in each of us. Moon cycles are a source of feminine energy creativity and knowing that supports us, not something to hide."
-mom participants*



*What girls have said,
"The most important things I learned: to love your body, be brave, be careful..."
"I felt better about my puberty and I learned more about puberty."
"I love art, so I especially enjoyed the decorating the boxes and coloring the moon girl."*



BEAUTIFUL YOU! From Girl To Woman
A Girl-Mom Course about a girl's journey of change
October 22, 9:30am-12:30pm, \$ 85-(sliding scale avl.)
in Sebastopol, CA
707-364 6484

We invite 9-13 year old girls and their moms to come explore and have fun! These are the topics of the day:

- * What to expect during puberty - the Physical, Emotional and Spiritual changes happening in a girl's life
- * How girls and moms can understand each other and stay connected through good communication
- * The menstrual cycle - how it works and how you can take great care of yourself
- * What a blessing it is to have a female body, a temple of wellness, pleasure and creative power!
- * Creative Art Projects to take home

This course is an opportunity for girls and moms to be in safe, inspiring community with other moms and girls and talk about 'big' topics. Find out through Q&A, teachings and guided journey how to nurture a girl's spirit during her once-in-a-lifetime-metamorphosis!

With Georgette Star, MA, D.Min and Pamela Wirth, Transformative Coach
To register, please contact
maidenspiritproject@gmail.com 707-364 6484
www.maidenspirit.com



