

The Dawn of Motherhood




A journey to embody, root, and awaken the true Mother within

Motherhood is an art — one that many of our ancestors were unable to pass on to us. ✨

For centuries, women have carried cultural limitations that silenced our natural wisdom. As a result, many of us were left without guidance on how to support our children in creating healthy, embodied bonds.

Unconditional Love Begins Within

The love expected from a mother starts with self-love:

-  valuing ourselves
-  forgiving ourselves
-  embracing our freedom

Only from this foundation can we offer unconditional love to our children — without falling into co-dependence, fear of rejection, submission, or rebellion.

Rooted in the Body, Rooted in the Earth




One of the greatest gifts a mother can give is to be:

- ✨ grounded in her body
- ✨ connected to the earth
- ✨ confident in her essence

When we embody self-love, creativity, and freedom, we awaken our children's inner sense of worth and belonging.

Breaking the Chain

This new cycle of The Dawn of Motherhood will guide us to:

-  recognise the shadows we inherited
-  uncover the patterns we unconsciously repeat
-  receive tools to “break the chain” of generational conditioning

We will move from fear, duty, and effort → into adventure, intimacy, and freedom. From here, we can experience love and connection with our children from a new place: the authenticity of the Mother we truly are. 🌸

🌟 What You Will Receive

In this 5-part intimate online journey you will:

- 💬 Explore open communication with your children — even around taboo topics
- 🌱 Learn how to support them in today's changing world
- 🕊️ Free yourself from inherited limiting beliefs
- 🧘♀️ Cultivate a healthy, strong, and free bond with your children

📅 17 Practical Information

All sessions via Zoom

📅 Free Intro Session

Wednesday 18 September, 20h–22h (CCT)

📅 Course Dates

- 1 October
- 15 October
- 29 October
- 12 November
- 26 November

🕒 Time: 20h–22h (CCT)

💰 Contribution:

- £40 per session
- £175 full course

🌸 Join Us

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