

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:

- waluing 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
- tonfident 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
- multiple control 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.



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

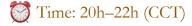


All sessions via Zoom

Free Intro Session
Wednesday 18 September, 20h–22h (CCT)

Course Dates

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



- Contribution:
 - £40 per session
 - £175 full course



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