

SUPPORTING THE MOTHERHOOD JOURNEY

# UNEARTH YOUR INNER TREASURES

Join us for an online retreat of nature-based practices and ritual guidance dedicated to supporting mothers on their journey through the child-bearing years. Honour your unique experience and discover 4 portals to access inner resources needed for your motherhood journey. Through a carefully-woven container, we will come together as a community of mothers to explore this rites of passage through shared inquiry and heart circles, nature-based practices and meditations, and take-home ritual invitations. Let's apprentice to full-presence sensing, fully-embodied feeling, deep imagination, and heart-centered thinking - invaluable allies for *thrive* on this path.

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**ONLINE RETREAT - CHOICE OF 2 FORMATS:  
6 WEEKLY SESSIONS | THURS 5:30-7PM (PT) | JAN 13 - FEB 17  
OR, 2 SATURDAYS | 10AM - 3:30PM (PT) | JAN 15 & JAN 29  
SLIDING SCALE 75\$-150\$ (TOTAL)**



**FIND OUT MORE: [FIREANDHONEY.CA](https://fireandhoney.ca)**

I RESPECTFULLY ACKNOWLEDGE MY PLACE AS A SETTLER ON THE  
UNCEDED TRADITIONAL TERRITORIES OF THE LƏK'ƏNƏN PEOPLES.



fire : honey  
CEREMONIES