

# Awakening to Goddess

## Course Dates

### **Weekend One – Imbolc, 3rd and 4th February 2024**

Working with the healing energies of Brigit, Goddess of Healing and Poetry, and Maiden Nolava

Learning about the different faces of Goddess that we will work with during the year – Maiden, Lover, Mother and Crone

Sharing Circle

Healing Circle

Sound Journey and Intention Ceremony

### **Weekend Two – Beltane, 27th and 28th April 2024**

Working with the energies of Rhiannon, Goddess of Love and Nolava the Lover

Exploring the Blood Mysteries, Self-love and Soul Gifts

Sharing Circle

Movement and dance

Menarche Ceremony

### **Weekend Three – Lammas, 27th and 28th July 2024**

Working with the energies of Ker the Grain Mother and Great Mother Nolava

Stepping into our power/moving through the blocks that hold us back.

Sharing Circle

Empowerment practices

Fire Ceremony

### **Weekend Four – Samhain, 2nd and 3rd November 2024**

Working with the energies of Dark Goddess Cerridwen and Crone Nolava

Exploring our inner wisdom / where we are heading next / what we are calling in.

Sharing Circle

Movement practices

Embodiment Ceremony