



Menstrual Support and One to One Programmes

Menstruation is stigmatised, which keeps us distanced from experiencing our bodies and the menstrual cycle as an integral biological experience indicating health and wellness, an opportunity for deeper understanding of our emotions, experiencing what it means to be cyclical and the opportunity to reclaim our bodies from patriarchal expectations and narratives.

Working with Grace through a one to one programme will give you the opportunity to begin to address and reframe your menstrual experiences whilst learning ways to explore and honour your cyclicity.

Programmes tend to take place on a once monthly basis, over a 6 month period (I am open to working within other time frames too). All programmes are individually tailored to meet your specific situation, experiences and needs.

Using a mixed skillset, we co-create a programme from which we will work together which may include; womb massage (if you are local or self-care womb massage if you are further afield), considering your menstrual story and experiences, cultural messaging and narratives, menstrual context and theory, emotional cycle tracking, whole cycle perspective, revisiting menstrual education, embodiment techniques, visualisations and exploring earth based ritual and practise.

Introductory calls are 15 minutes and free of charge.

Should you wish to work with Grace via a programme, sessions are 1.5 hours in duration and the current investment is £95 per session. Sessions can be in person or over zoom.

Please contact Grace via the contact page or via email graceinfrome@gmail.com