



RED MOON School of Empowerment for Women and Girls™

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OUR DAUGHTERS, OURSELVES

Mothers Welcoming Girls Into Womanhood

Were you ever welcomed into womanhood?

Was your coming-of-age empowering?

Are you ready for your daughter's coming-of-age?

Since most of us were not welcomed into womanhood, our 'INNER MAIDEN' is left inside hanging...
As mothers, we vow to create a different experience for our daughters, only to find them running away!

What's wrong with this picture?

The stepping-stone to welcoming your daughter into womanhood is addressing YOUR 'Inner Maiden',
who may have never been welcomed, or empowered, when you came of age.

The next step is strengthening the community in which your daughter comes of age.

Find the last MISSING PIECES of your Womanhood's JIGSAW PUZZLE!

STEP 1

Saturday: 10AM - 4PM

For: Mothers who wish to prepare for their daughter's coming-of-age, mothers of boys in same class, and women in a girl's family/ life

You will:

- ◆ Receive the coming-of-age experience you always wanted
- ◆ Reclaim inner peace about the girl YOU once were
- ◆ Deepen understanding of what your girl is feeling
- ◆ Become the role model you wish your girl to witness

STEP 2

Sunday: 10AM – 3PM

For: Girls 11 and up, and all women who participated in Saturday Workshop

You will:

- ◆ Deepen trust with your daughter
- ◆ Lay a foundation for lifelong openness with your daughter (or girl in your life/community)
- ◆ Gain practical skills for welcoming your daughter into womanhood
- ◆ Create a mentoring network to collectively support girls' coming-of-age journey

FACILITATOR: DeAnna L'am, internationally established expert on Menstrual Wellness, author of 'Becoming Peers - Mentoring Girls Into Womanhood' and 'A Diva's Guide to Getting Your Period' Founder of Red Moon School of Empowerment for Women & Girls™ and of Red Tents In Every Neighborhood – Global Network.

Fondly known as 'Womb Visionary', DeAnna has been transforming lives worldwide for over 20 years, teaching women and girls how to love themselves unconditionally!

She guides women to dissolve PMS symptoms by drawing spiritual strength from their cycle; Helps mothers welcome their daughters to empowered womanhood, and teaches women how to hold Red Tents in their communities. Visit her at: www.deannalam.com

TESTIMONIALS

“It made me calmer, more relaxed about talking things over with my Mom.”

~ **5th Grade girl, San Francisco**

“What I liked about this workshop was that it explained that no one can tell you that you aren't beautiful!”

~ **5th Grade girl, Sonoma, CA**

“It made my relationship with my Mom better!”

~ **A.C. 11 years old, San Francisco**

What a transformation! To come back to my body, spirit and soul... You have given me insights to connect with myself, as well as my mother and my daughter!

I hope women around the world will come to experience such connection and transformation. Thank you with all my heart!

Ilke Sternberger, Doula, Teacher, L.A., CA

“DeAnna is great! I have known most of the mothers in my daughter's class for many years, but in DeAnna's workshop my connection to them became much stronger because of the depth of sharing that happened between us. I believe it is because of DeAnna's powerful holding of the group that allows for this level of trust. She is wonderful at creating safe and sacred spaces so that women can share honestly.

When DeAnna worked with both mothers and daughters of our 6th grade class, it was lots of fun. Although the girls were hesitant at first, by the end none of them wanted to leave! Everyone enjoyed all of the activities but the favorite was the crafting project. Mothers and daughters alike took great care in their creations, and their sharing was touching. The girls took this project very seriously.

DeAnna has a subtle but powerful presence; she gently guides the group and brings awareness to its members with graceful skill and ease. She has the capacity to work with the very different energies of moms and daughters, and create harmonious connection between the two. This is a great gift! I highly recommend working with DeAnna.”

Valerie Raineri, EFT practitioner and Reiki Master, Santa Rosa, CA

“Thanks to DeAnna I have many tools necessary to help my daughters transition into womanhood with grace and strength. The workshop let me glimpse

my coming of age: understand and appreciate more fully what it is to be a woman, biologically and spiritually. Our work illuminated how crucial it is for girls of any era to celebrate their passage into womanhood, and learn how to embrace their monthly cycles as full of power & life.”

Annie Bjork, Marketer, Writer. Greenbrae, CA

“I highly recommend DeAnna's work! She crafted experiences for the girls that were fun and engaging. Under her leadership ritual seemed like a natural thing to do. My experiences with her were deeply meaningful and enjoyable.”

Bridget Palmer, Director: Santa Rosa Children's Theater; Director: 6th Street Improv; The Art of Living Institute, Santa Rosa, CA

“It's evident that DeAnna's intelligent and grounded work comes from years of self-exploration, a deep ritual life, and her lived experience of working with women and their daughters. She tells us the truth: that mothers must first do their own precious work, experience their own initiation ceremonies, and recognize their own sacred feminine, so they can then welcome their daughters into authentic womanhood. DeAnna can midwife us through this process.”

Dianne Jenett, Ph.D. Co-director: Women's Spirituality Masters Program, Institute of Transpersonal Psychology, Palo Alto, CA

“This is the most important work a woman can provide for herself and for others. My relationship with my body and my cycle has completely transformed thanks to DeAnna and the Red Moon Training.

With extensive knowledge and wisdom, DeAnna has created a training that increased my awareness and facilitated my healing process. I have gained a deeper understanding and appreciation of the challenges, the gifts, the beauty, and the power of our womanhood.”

K. Hill, M.A., MFT, Bay Area, CA

DeAnna's commitment to honoring the transition from girl to womanhood is bold in its vision, and effective in practice. I appreciate how skilled DeAnna is at creating a caring, mutually respectful environment for self-discovery and healing. She serves as a leader and guide with a deep respect for the power of group process.

B. FitzGibbon. Teacher, Sebastopol, CA