



Reclaiming the Red Tent

At The Yoga Shack, Mayland, Essex

Since the beginning of time, women have gathered to honour their menstrual cycle at the time of the new moon for rest and self care. This sacred space is known as the Red Tent.

We aim to recreate and reclaim this tradition, by meeting the Sunday evening closest to each New Moon. Joining as sisters to honour our cycles and the inherent power of being a woman!

Reclaiming the Red Tent evenings are designed to promote a space for women to open to their creative cycles physically, spiritually and emotionally. We do this through contemplation, meditation, chanting and healing.

We will be meeting on 7th Feb and 7th March at 7pm to prepare for our first official Red Tent Opening and Ceremony on Sunday 11th April.

For further details and to register your interest contact Emma or Sam at

reclaimingtheredtent@goddess-yoga.co.uk

