

Avalon Blossoming Woman & Kathy Sparky and Shady



invite us to a Women's Wolf Pack

Full Moon Howling Circle

To release what is no longer serving us and
prepare us for what we are here to do.

Little Diggers Beach
Sunday 19th December

4pm - 6pm

What to bring:

Towel, tissues, water, a piece of fruit, swimwear optional,
\$ note for the ceremony, notepad and pen if you choose.

What to expect:

Mental, emotional & physical release of energy
(venting, crying and howling)

Sisterhood and connection

Communion with Mother Earth

A clearer connection with Spirit (or your word for it)

It will be low tide so we can park at north end of Diggers, Firman Drive or Aanuka car park
and walk across the rocks. Please leave children and pets at home. 



For more details contact
Kathy 0409 711 608 or
Avalon 0422 379 722