



Bloom Within Womanhood Circle

PROGRAM DESCRIPTION

Bloom Within Womanhood Circle is a spiritual, emotional, and mental wellness program designed to help women reconnect with themselves, release emotional burdens, and rise into their most aligned and empowered selves. The circle blends healing practices with sisterhood support.

PROGRAM PURPOSE

To provide a safe, nurturing, and sacred space where women can heal emotionally, grow spiritually, and strengthen mental wellness through guided practices and community support.

PROGRAM PILLARS

- Spiritual Healing: Meditation, grounding, energy clearing
- Emotional Wellness: Inner child healing, boundaries, self-worth
- Mental Strengthening: Stress management, coping tools, clarity practices
- Sisterhood Support: Group sharing, accountability, connection
- Empowerment: Visioning, confidence building, purpose alignment

PROGRAM SERVICES

- Monthly healing circles
- Guided meditation & spiritual practices
- Emotional wellness workshops
- Womanhood and identity discussions
- Journaling, creative therapy, vision boards
- Guest facilitators and healers
- Seasonal retreats and pop-up workshops

WHO WE SERVE

Women ages 18+ experiencing:

- Emotional overwhelm or burnout
- Anxiety or stress
- Grief, loss, or heartbreak
- Spiritual disconnection
- Life transitions or motherhood challenges
- Desire for sisterhood and support

PROGRAM GOALS

- Support emotional and spiritual healing
- Build inner peace and self-awareness
- Strengthen intuition and alignment
- Encourage self-care and healthy coping
- Foster community, sisterhood, and connection

PROGRAM STRUCTURE

- Monthly or bi-weekly sessions
- 90-minute healing circles
- In-person, virtual, or hybrid format
- Open enrollment year-round