



ReUnion Circles

Ceremonies that help us reUnite with our Sacred Mother

Are you feeling detached from Mother Earth?
Have you been pushing your feelings to the side?
Women, are you feeling disconnected from your sacred feminine power?
Men, are you uncomfortable with that feminine aspect of life?

Maybe it's time to join...Grandmother Wind
for a
ReUnion Circle.

Music Messenger and Medicine Talker, **Andrea Menard**, uses her teachings of the Sacred Laws to lead a ceremony that came to her through her ancestral teachers, the Patchwork Grandmothers. Andrea provides a warm, safe environment to reconnect with your Sacred self and the Sacred Mother, the feminine Source of Life. A **ReUnion Circle** is a warm, safe Indigenous ceremony that helps individuals:

- Nourish their Emotional Body,
- Empower their Voice,
- Reunite with the Sacred Feminine, and
- Ground themselves here on Mother Earth.

Andrea's traditional name is *Notigwew Yutin* - Grandmother Wind. She spent years walking the *Red Road*, expressing and releasing her own grief and shifting her mental habits to align with the Sacred Laws. The Patchwork Grandmothers helped Andrea see the connection between herself and All Her Relations. Now, she wants to help others experience that connection and find balance in their lives.

Andrea offers her **ReUnion Circles** to all who are called to reunite with their emotions and promote balance on the earth. She has held sacred circles in the privacy of her own home for years, and now shares her **ReUnion Circles** with the community.

Through sacred ritual, drumming, vocalization visualization and laughter, Andrea incorporates all the wisdom she has been taught and has gained on her spiritual journey to help others - both male and female - reconnect with Mother Earth and that feminine source of strength. Andrea likes to say, "*The Patchwork Grandmothers are a lot of fun. I get to play because I'm the Grandmother on the ground.*"

Experience an Indigenous way of healing and let Andrea's ability to listen to guidance and transmute great emotion, help you align with the Sacred Mother, whose wisdom fuels understanding of the Sacred Laws. *Pimatissiwini.*

Invite Andrea to hold a ReUnion Circle in your community's sacred space.

Set up time: 2 hours

Circle duration: approx 2 hours

To maintain the intimate setting, seating can only accommodate 12-15 people.

Contact Andrea Menard for bookings: expandreamenard@gmail.com