



Pricing Guide



www.wellwisewoman.com.au



HELLO!

Hi, I'm Katrina Christian—menstrual educator, teacher, and founder of Wellwise Woman. I create nurturing, empowering spaces for girls and their mothers to connect during life's big transitions. Through presentations, workshops, and private ceremonies, I help families celebrate growing up with confidence, wisdom, and heart.

Katrina Christian

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WELCOME

PARENTS & GIRLS

Hi there!

We're so glad you're joining us for a Moonwise Circle Rite of Passage Celebration – a beautiful way to honour your daughter's growth, changing body, and unique journey into young womanhood.

This info pack will help you understand:

- What the celebration involves
- How to prepare
- Price Guide

Whether your daughter has already had her first period or not, this session is designed to make her feel seen, valued, supported, and confident.

Katrina Christian

EACH SESSION IS PERSONALISED

THE JOURNEY



WARM WELCOME & BECOMING PRESENT

We begin with a grounding activity and a gentle check-in so everyone feels calm and relaxed.



STORYTELLING & SHARING

We talk about the journey into womanhood



INNER SEASONS & THE MENSTRUAL CYCLE

We explore the inner seasons of the menstrual cycle



BODY APPRECIATION & CONFIDENCE BOOSTS

A short activity to build body trust, self-worth and confidence.
(Gentle, creative and age-appropriate.)



CELEBRATING HER JOURNEY

A personalised ritual to mark her transition, honour her strengths, and share words of encouragement from parents and guests.



OPTIONAL ACTIVITIES

Depending on the group and preferences, we may include a creative craft or keepsake or a sacred gift giving moment.



CLOSING RITUAL

We end with a grounding moment, so she feels supported and empowered as she steps forward.

IMPORTANT NOTE:

These session are tailored uniquely to you and your daughter or your group of individuals.
The session can be more of a workshop style or more of a circle style or have elements of both.
I work closely with organisers to craft an experience that suits what is important and relevant for you.

WHO SHOULD COME?

This session is best shared with the important women in your daughter's life – a parent, carer, aunt, grandmother or trusted adult.

Some families choose to make this a mother–daughter moment. Others include close friends or siblings. It's completely up to you.

WHAT TO BRING & PREPARE

A Gift or Letter

From a significant person in their life.



ADVISE OF YOUR PREFERENCES

You can request favourite music or song, an activity or craft.

Comfortable clothes

for movement

Favourite snack

or special treat to share after the circle (optional)

Water bottle

Open heart and mind





1:1 Bespoke MOONWISE CIRCLES

A heartfelt and personalised mother-daughter experience to honour her transition into womanhood. This 2 hour session includes meaningful rituals, gentle education, keepsakes, and guided reflection—designed to deepen connection, celebrate her growing confidence, and mark this special time with beauty and intention. Perfect for girls who have recently begun menstruating or are approaching this sacred milestone.

WHAT YOU'LL GET:

- ✓ A beautifully guided ceremony tailored to your daughter's unique personality, interests, and stage of development
- ✓ A special keepsake, reflection activities, and a personalised take-home guide to remember the day
- ✓ A nurturing, memorable experience that strengthens your bond and celebrates the journey into empowered womanhood

YOUR INVESTMENT

\$400

- COSTING INCLUDES PRE-PLANNING, ALL RESOURCES AND MENSTRUAL CYCLE BRACELET ACTIVITY AND A FOLLOW UP CHECK IN TO SUPPORT INTEGRATION AFTER CEREMONY.
- BESPOKE PRIVATE CEREMONY AT LOCATION OF YOUR CHOICE.
- TRAVEL EXPENSES INCLUDED WITHIN ACCEPTABLE TRAVEL RADIUS
- DOES NOT INCLUDE VENUE HIRE



Private Group MOONWISE CIRCLES

A heartfelt and personalised mother-daughter experience to honour her transition into womanhood. This 2 hour session includes meaningful rituals, gentle education, keepsakes, and guided reflection—designed to deepen connection, celebrate her growing confidence, and mark this special time with beauty and intention. Perfect for girls who have recently begun menstruating or are approaching this sacred milestone.

WHAT YOU'LL GET:

- ✓ A beautifully guided ceremony tailored to the group's unique personalities, interests, and stages of development
- ✓ A special keepsake, reflection activities, and a personalised take-home guide to remember the day
- ✓ A nurturing, memorable experience that strengthens your bond and celebrates the journey into empowered womanhood

YOUR INVESTMENT

\$150 PER PAIR

- **COSTING INCLUDES PRE-PLANNING, ALL RESOURCES AND MENSTRUAL CYCLE BRACELET ACTIVITY AND A FOLLOW UP CHECK IN TO SUPPORT INTEGRATION AFTER CEREMONY.**
- **BESPOKE PRIVATE CEREMONY AT LOCATION OF YOUR CHOICE.**
- **TRAVEL EXPENSES INCLUDED WITHIN ACCEPTABLE TRAVEL RADIUS**
- **DOES NOT INCLUDE VENUE HIRE**

PLEASE GET IN
TOUCH

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WELLWISEGIRL



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