

CEREMONIES for LIFE'S MILESTONES

WITH TARA FRAZER

Four Trees
LIFE COACHING AND CEREMONIES

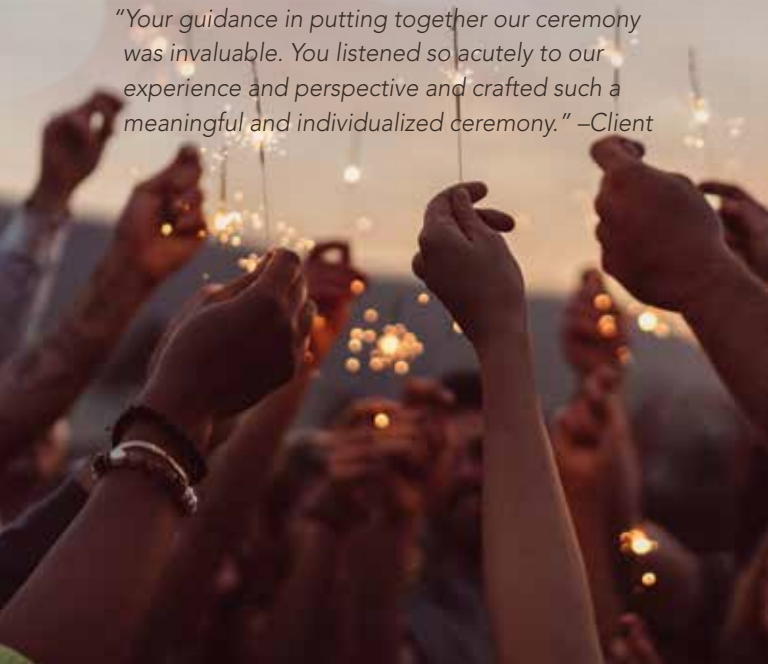
CEREMONY IS A POWERFUL, INTENTIONAL WAY
TO MARK A LIFE PASSAGE. IT CAN:

- help you summon strength and courage for an unfamiliar passage
- enable you to honor and put closure on an important phase of life
- allow you to share powerful emotions and intentions in a sacred space
- provide a potent container for your community to support you



RECOGNIZE | CELEBRATE | GET SUPPORT

"Your guidance in putting together our ceremony was invaluable. You listened so acutely to our experience and perspective and crafted such a meaningful and individualized ceremony." –Client





CEREMONY CAN BE CREATED FOR:

- Coupling or uncoupling
- Mother or father blessing
- Welcoming/naming baby
- Adoption
- Coming-of-age
- Leaving home
- Moving/blessing a home
- Seeking vision
- Setting intentions for yourself, your family or your business
- Coming out
- Milestone birthday
- Anniversary
- Career change
- Mid-life transitions
- Retirement
- Croning/eldering
- Major illness or difficult life circumstance

ALLOW YOUR COMMUNITY TO CELEBRATE AND SUPPORT YOU THROUGH CEREMONY!

TARA FRAZER M.Ed., is trained by the Celebrant Foundation and Institute as a Life-Cycle Celebrant in rites of passage theory, the hero's journey and the purpose, benefits and design of ceremony. She works with her clients to create personalized ceremonies for life's passages, 'from birth to earth.' As a Certified Life Coach, she also offers impactful support for facing transitions and approaching new possibilities in the realms of life purpose, career, family, relationships and parenting.



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