

fra~z

A MULTIFACETED
FEMINIST JOURNEY
THROUGH THE CYCLE



UNSPOKEN



SAT 13 & SUN 14 JUNE 2026

10AM-2PM

HAUS WABI SABI, LACHEN (SZ)

FREE ENTRY. DONATIONS WELCOME.
EVENT LANGUAGE ENGLISH.



www.fra-z.ch



fra-z invites you to a weekend at Haus Wabi Sabi in Schwyz that names what we rarely do. Two mornings that circle around body literacy, solidarity and the politics of menstruation - through art, knowledge sharing and embodied practices.



SAT 13 JUNE

**Body Literacy & Menstrual Health
at Work and Beyond**

Input, Exchange & Self-reflection,
Yoga Nidra, Breathwork & Sound

Registration: sarah.winkler@fra-z.ch

SUN 14 JUNE

**Bleeding in the Shadows -
Menstruation in War and Crisis Zones**

Interactive Talk, Linocut Workshop,
Connection & Exchange through artwork

Registration: julia.emke@fra-z.ch



Know your flow: Its Rhythms. Its Politics. Its Power.
This weekend invites you to slow down,
learn and (re)connect with menstruation from
very different angles.

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