My research analyses the different aspects of female religious life within English and french Poor Clares convents of the early modern period through a comparative study of the characteristics of contemplative lives.

I've found that English and French Poor Clares convents are located in the same geographic area, thus, it makes the comparison even more relevant. This research projet will determine the influence of the religious and political context upon the creation of each convent's identity and its impact on the French and English nuns' daily religious practices. This work details the political and religious context that forced the catholic nuns to leave England, but also focuses on the rule of St Clare and its fundamental values. It also includes the hierarchical status, conflicts and violence within the convent. I pay a particular attention to the various religious practices and experiences of the Poor Clares in two different contexts: stability for the french nuns and precariousness for the English nuns. I pay a particular attention to the female body that I defined as locus, vector but also enemy of the spirituality and holiness. This research deals with the role of senses in the spiritual experience because if they are supposed to be annihilated, we can observe that they have a particular presence in the daily religious lives of these women.