



AWAKEN YOUR FEMININE SPIRIT



# Pause & Change

one day workshop

## Who am I?

During menopause hormones change and so do you,  
in ways you never imagined.

Many women ask themselves:

- Why do my moods swing?
- Why can't I think straight?
- Why have I run out of steam?

Our bodies become unpredictable, just managing our menopausal symptoms seems like a full-time job. Menopause is a journey no woman should take alone.

**Make sense of your symptoms.  
Join our Pause & Change workshop.**

find out more at: [www.spiritedwomen.com.au](http://www.spiritedwomen.com.au)

# Menopause your time of transformation

## Two spirited women, Carla Temple & Amelia Suckling Educators - Authors - Art Therapists - ACA registered

Gain practical strategies to manage your symptoms

Understand how menopause affects your mind, body and spirit

Normalize and make sense of your experience, understanding it's not just you

Feel more accepting of your changing body

Awaken your feminine spirit to guide you in shaping the next phase of your life

Understand the significance & power of this transition



Pause & Change workshop  
Habitat Centre Hawthorn  
Sunday 26th August  
10.00am to 4.00pm  
Cost \$125 pp  
or \$199 for two

"A beautiful nurturing workshop full of good information, practical ideas & transformative wisdom. Amelia & Carla are dynamic facilitators offering a fresh voice to this significant phase in a woman's life." MONICA

## Booking Information

0458 221 666 [hello@spiritedwomen.com.au](mailto:hello@spiritedwomen.com.au)

[www.spiritedwomen.com.au](http://www.spiritedwomen.com.au)