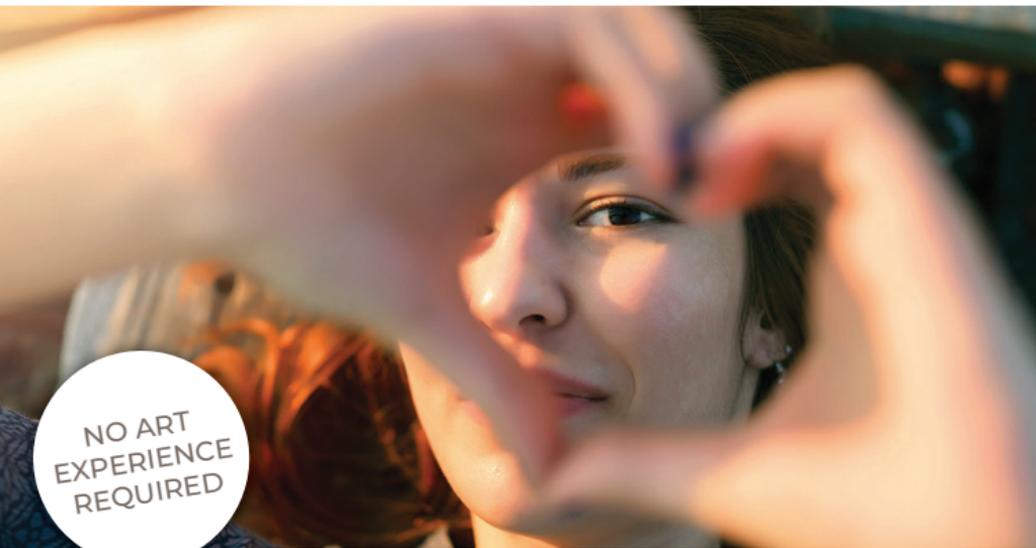


spirited women

AWAKEN YOUR FEMININE SPIRIT



NO ART  
EXPERIENCE  
REQUIRED

## The Art of Slowing Down

### One-Day Art Therapy Retreat

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Life for a woman comes with expectation that you take care of everyone and everything. Well it's time you take care of yourself.

No need to ask if you are busy, of course you are, you're always rushing.

Sure you can find time 'between the cracks' for a coffee but maybe you need to find some 'real time,' like a whole day to simply slow down to find your place of calm.

Why not make this your opportunity to be pampered and be present to yourself?

*"The high value put upon every minute of time, the idea of hurry-hurry as the most important objective of living is unquestionably the most dangerous enemy of joy." - Hermann Hesse*

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



Facilitated by  
**Amelia Suckling  
& Carla Temple**

Educators, authors, art  
therapists, ACA registered

Two spirited women, Carla and Amelia create a sacred space for you to rest, and refresh your mind, body and spirit.

- Engage in transformational stories that share the importance of slowing down, blending ancient wisdom with contemporary living
- Surrender into a restorative meditation to find your place of calm
- Relax into an aromatic footbath as you reset your speed dial
- Experience the joy of creativity by being present to your imagination.
- Enjoy a nutritious morning tea, lunch and afternoon tea you didn't have to prepare for yourself.

### Event Information

Sunday 28th October  
Swell Centre  
2 Minona St Hawthorn  
10:00 am - 4:00 pm  
\$160

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### Booking Information

0458 221 666  
hello@spiritedwomen.com.au  
www.spiritedwomen.com.au

“A day just for me. I was immersed in a beautiful space where I felt nurtured in mind, body and spirit. Amelia and Carla facilitated the space where I felt the freedom to explore, create, reflect and connect and I've never done any art. Yes it was a retreat.” MARG S.