

spirited women

AWAKEN YOUR FEMININE SPIRIT



NO ART
EXPERIENCE
REQUIRED

The Art of Simplicity

one day art therapy women's retreat

Our lives are beautiful opportunities to be a spirited woman and feel the magic of being alive.

Our culture however values the search for more - more things, more experiences, more professional success that can dampen our spirit cluttering our life and our self.

Why not make this your opportunity to re-set?
To feel the lightness whilst being pampered
and come to know the beauty of simplicity
that less is more.

"Once you remove all the things that have been covering you up and holding you back, you can step into yourself, back into your heart and be you again." - Courtney Carver



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 simplicity, blending ancient wisdom with contemporary living
- Surrender into a restorative meditation to find your place of calm
- Experience the joy of art making by being present to your imagination
- Enjoy a delicious morning tea, lunch and afternoon tea you didn't have to prepare yourself
- Simply take time to re-centre yourself and connect with the woman you are

Event Information

Sunday 24th March
Swell Centre
2 Minona St. Hawthorn
10.00am to 4.00pm
Cost \$160pp

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.**