

spirited women

AWAKEN YOUR FEMININE SPIRIT



NO ART
EXPERIENCE
REQUIRED

The Art of Self-Compassion

one day art therapy women's retreat

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

Life greets us with challenges, uncertainties, pressures and anxiety, leaving us stretched to the limit, all part of the human condition. This can lead to harsh self-judgment robbing you of joy in the present moment.

Take one day out of your busy life to tenderly care for yourself. Self-compassion is the pathway to wellbeing and transformation.

Make this your opportunity to warm your heart this winter, to let go, relax and re-set.

"If your compassion does not include yourself it is incomplete". - Jack Cornfield

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 self-compassion, blending ancient wisdom with contemporary living
- Restore your place of calm through self-compassion meditation.
- 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 21st July
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.