

spirited women

AWAKEN YOUR FEMININE SPIRIT



NO ART
EXPERIENCE
REQUIRED

The Art of Wonder

one day art therapy women's retreat

Wonder opens the door to possibilities.

Has your busy life dampened the curiosity and imagination you once had as a child?

Why not take a day out of your life to reclaim your sense of wonder?

A day for you to step back into the magic and be open to what will unfold.

A day to give yourself time to feel curious and excited.

A day to enter into creative processes to journey towards yourself.

Make it your day to recapture that 'sense of wonder' and be the artist of your soul.

*"Wonder is the beginning of wisdom."
- Socrates.*

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.

- Listen to transformational stories that blend ancient wisdom with contemporary living to invite you into a sense of wonder.
- Immerse yourself in a space to reflect, allowing you to creatively integrate wonder into your life story.
- Experience the joy of art making by being present to your imagination.
- Restore your place of calm through meditation.
- Enjoy a delicious morning tea, lunch and afternoon tea that's warm and nourishing.

Event Information

Sunday 27th October 2019
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.