

spirited women

WELLBEING FOR WOMEN



NO ART
EXPERIENCE
REQUIRED

The Art of Connection

Art for wellbeing retreat day

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

We are living in a time of disconnection, yes, we have technology but it's not enough. As humans we have an inherent need for face-to-face connection for our wellbeing.

Maybe you've felt stuck during COVID, deprived of the social connections needed to feel alive and inspired.

Why not relax into beautiful space where you get to connect with yourself and others, knowing that when women come together, we open up possibilities for one another?

Give yourself a day where art making is your creative tool to work with life.

*"As the world becomes a more digital space we cannot forget about human connection."
- Adam Neumann*

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. During the day you will:

- Engage in transformational stories that explore the importance of connection, by blending ancient wisdom with contemporary living
- Surrender into a restorative meditation to find your place of calm
- Experience the joy and power of art making to express what is stirring within
- Journal as a creative tool for self-reflection
- Enjoy a delicious morning tea, afternoon tea

All art materials provided

Event Information

Sunday 27th March 2022
Elwood & St. Kilda Neighbourhood Learning Centre
87 Tennyson St. Elwood
10.00am to 4.00pm
Cost \$165pp

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.