

spirited women

WELLBEING FOR WOMEN



NO ART  
EXPERIENCE  
REQUIRED

## The Art of Change

Art for wellbeing retreat day

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

The reality of life is that change is inevitable whether big or small, painful or joyful, expected or unexpected.

It is easy to resist change and be stuck in what is familiar and comfortable. Life can become stagnant when we don't explore and embrace change. Change invites opportunity. Come join us.

Why not relax in a 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.

*"The secret of change is to focus all of your energy not on fighting the old but on building the new." - Socrates*

[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. During the day you will:

- Engage in transformational stories that explore the importance of change, 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 29<sup>th</sup> May 2022  
Swell Centre  
2 Minona St. Hawthorn  
10.00am to 4.00pm  
Cost \$165pp

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### **Booking Information**

0458 221 666  
[hello@spiritedwomen.com.au](mailto:hello@spiritedwomen.com.au)  
[www.spiritedwomen.com.au](http://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.