

spirited women

WELLBEING FOR WOMEN



NO ART
EXPERIENCE
REQUIRED

The Art of New Beginnings

One-day art therapy retreat

Our lives are beautiful opportunities to be a spirited woman by embracing new beginnings.

Do you need one day out of your busy life to tenderly care for yourself? A day to pause, breathe and focus on the changes you want to make to enhance your life.

For some new beginnings happen spontaneously whilst for others are more planned.

New beginnings offer us a chance to reset and make a fresh start by leaving our old habits and patterns behind to embrace something new.

Art-making is a creative tool to explore new beginnings whilst having fun and gaining insight.

"And suddenly you know: It's time to start something new and trust the magic of beginnings." - Meister Eckhart

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 retreat you will:

- Engage in transformational stories that explore the importance of new beginnings 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

**When we come together in a creative space,
we open up possibilities for one another.**

Event Information

Sunday 24th March 2024
Caulfield South Community House
450 Kooyong Rd. Caulfield South
10.00am to 4.00pm
Cost \$175pp

Booking Information

Carla 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.