



Art for Wellbeing

one-day retreat for women exploring

The Art of Knowing you are Enough


Society and social media often pressure us to believe we are not enough, showing idealised images of who & what we should be. Believing you are enough is the foundation of your wellbeing, it frees you from the endless treadmill of comparison & helps you embrace your true self.

This retreat isn't about artistic skills; it's about being in a nurturing space where you can celebrate your worth and reclaim your story.

Through guided art processes, journaling, reflective questions and meditation you will explore & honour the empowering truth - You are enough.

Art materials provided, and delicious morning & afternoon tea.

No art experience required



**Sunday, 24th
May 2026
10:00am -
4:00pm**

Cost: \$185

www.spiritedwomen.com.au

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Venue: Swell Centre, 2 Minona St, Hawthorn, Victoria