

The Spirit of Us



Workshops for Women

Coming Home to Self

**Give yourself the gift
of time and space for you.**

We provide a safe, joyful and creative space and give you the tools and time to come home to yourself. In gentle, simple and powerful ways, reconnect with your inner voice and spirit.

Tell me more! We come to you, and lead you in a workshop that is enjoyable and enlightening. Workshops can be from 2 hours to all day, and tailored to suit your needs. The cost of a 2 hour workshop is just \$15 per person.

So gather your women's group or friends and book a session. We also have many other topics, specially for women.

We have a background in counselling, social work and the arts, but more importantly, we are women like you who want to live, love, learn, laugh and thrive - together.

Contact us: via Phone:
0400 123 399 Email:
connect@thespiritofus or
the Website:
thespiritofus.com



Looking forward to meeting you! Regards, Jo and Sarah