

The Spirit of Us



Workshops for Women

Songs of our Lives

Songs can move us, speak for us and provide the soundtracks of our lives.

In this workshop, we explore the songs we love.

Tell me more! We come to your group, and lead you in a workshop that is creative, fun and insightful. In surprising ways, we encourage you to access your own wisdom and that of other women. Women often tell us they are surprised at how much fun they have, and yet how much they learn.

Gather together your women's group or a group of friends. 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.

Contact us:

via **Phone:** 0400 123 399 **Email:** connect@thespiritofus or visit the **Website:** thespiritofus.com

Looking forward to meeting you! Regards,

Jo and Sarah

