

## Workshops for Women

### HOME

#### KEY FOCUS: Presence, Self-awareness, Rest



Often we are so busy giving out, it's hard to find the time to stop and connect with ourselves.

#### In this workshop:

- Take time to rest, restore, replenish
- Listen to your body and soul
- Come 'home' to yourself.

In this workshop we slow down, rest and nurture ourselves. We enliven our senses. We give ourselves the gift of time, space and the tools we need to listen to ourselves, build self-awareness, pay attention to our needs, and reconnect with our passion for life and our dreams for the future.

Through feasting and reinvigorating our senses, using and reconnecting to our bodies, playing with art materials, using music and our powerful imaginations, we allow ourselves to sink into the luxury of just being who we are.

**Tell me more!** We come to you, and using art, music, and movement, we lead you in a creative 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 have a background in counselling, social work, and the arts. More importantly, we are women like you, who want to live, love, learn, laugh, and thrive – together.

**Pricing** - For a 2 hour workshop, pricing starts from just \$15 per person.

For further enquiries or a custom quote, contact us:

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