

spirited women

WELLBEING FOR WOMEN



NO ART
EXPERIENCE
REQUIRED

The Art of Flow

One-day art therapy retreat

Our lives are beautiful opportunities to be a spirited woman and feel the magic of going with the flow of life.

However, life doesn't always go as we expect as it is filled with unpredictability requiring us to bend and flex or as we so often hear it said, 'just go with the flow'. Join us for a day to let your creative spirit flow free from expectation.

A day to create using alcohol inks, that are easy to use, fun and filled with possibility. It's art-making that anyone can do. It has a magic that will surprise you as the vibrant colours flow on the page creating fascinating effects.

A beautiful way to relax, unwind and express what is stirring within. A day that invites you to simply go with the flow and let the alcohol ink do its magic.

"If you can't control the current of the river then don't fight it, just go with the flow." - Anonymous

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 going with the flow 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 27th October 2024

Swell Centre

2 Minona St, Hawthorn

10.00am to 4.00pm

Cost \$185pp

Booking Information

Carla 0458 221 666

hello@spiritedwomen.com.au

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"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.