

spirited women

WELLBEING FOR WOMEN



NO ART
EXPERIENCE
REQUIRED

The Art of Transition

One-day art therapy retreat

Our lives are beautiful opportunities to be spirited women and feel the magic of taking time to explore our thoughts through creative processes.

The reality of life is that transitions are inevitable and can generate stress, whether big or small, painful or joyful, expected or unexpected.

Transitions are often signs of growth, and happen at every stage of life. Transition points invite opportunities to let go of the old, rethink priorities and make way for something new.

Why not give yourself a day to tap into your inner resources to re-imagine possibilities and see a broader horizon?

"Transition isn't pretty, but stagnation is hideous." - Nikki Rowe

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 moving through transitions 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 2nd March 2025
Caulfield South Community House
450 Kooyong Rd, Caulfield South
10.00am to 4.00pm
Cost \$185pp

Booking Information

Carla 0458 221 666
hello@spiritedwomen.com.au
www.spiritedwomen.com.au

"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.