

spirited women

WELLBEING FOR WOMEN



Pause & Change

retreat day

This one-day retreat is held in a nurturing space. It informs, normalises & supports women transitioning menopause.

Many women ask:

- Why do my moods swing?
- Why can't I think straight?
- Why have I run out of steam?
- Why do I feel like I'm going crazy?

The menopause transition can be a vulnerable and challenging time where hormones change and so do you. It's a journey no woman should do alone.

Make sense of your symptoms.

Understand the significance of this transition in reshaping the next phase of your life.

find out more at: www.spiritedwomen.com.au

Menopause your time of transformation

Two spirited women,

Carla Temple & Amelia Suckling

Educators - Authors - Art Therapists - ACA registered

Is it time to talk about the big M, the menopause transition?

Maybe you just don't feel like yourself because there is so much going on at every level.

Many women feel unprepared and unsupported.

Join us if you simply feel you need the space to laugh, cry and explore what's going on with your fluctuating hormones to normalise and make sense of your experience.

Our retreat day embraces women from peri to post menopause, offering information, practical strategies to manage your symptoms and insights into how this transition effects a woman in mind, body and spirit.

Join us for a day of self-care with like-minded women to pause and change.

A delicious morning and afternoon tea provided



Pause & Change Retreat

Sunday 16th November 2025

Venue Swell Centre

2 Minona St. Hawthorn

10.00am to 4.30pm

\$185pp

(bookings essential)

"A beautiful nurturing retreat day full of good information, practical ideas & transformative wisdom. Amelia & Carla are dynamic facilitators offering a fresh voice to this significant phase in a woman's life." Monica

Booking Information

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