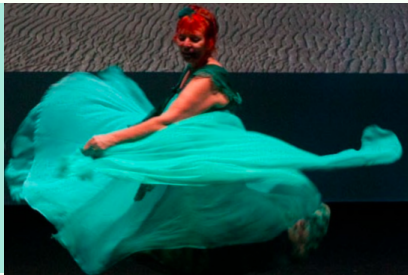


AWAKEN WISE WOMAN, AND DANCE YOUR WAY TO YOUR TRUE HEART'S DESIRE

Are you at a stage in life ready to move into your full potential?



Do you have dreams and passions yet to unfold?

This workshop is for women on the verge of a new phase of their lives.

Set in the beautiful sunshine coast hinterland, step through the doorway of the heart to dance your own unique path. Over the weekend you will be invited to explore creatively using movement, art, voice, and stillness. There are no prerequisite skills required apart from the desire to give yourself this precious time to dive deep and allow your body's innate wisdom to take you on a journey of discovery.

When: Friday 1st September 5pm to Sunday 3rd September at 3pm

Where: Tensegrity Studio, 306 Keil Mountain Rd, Kiels Mountain

Registration and information email:

Virginia Woods www.virginiawoods@gmail.com

Price: \$420 Earlybird: \$390

ABOUT THE FACILITATORS

Alice Owen is a Dance Movement Therapist with a deeply held belief and experience of the healing power of dance as a medium for personal exploration, expression and change in many dimensions - physical, emotional, intellectual, spiritual. Alice will be encouraging movement and voice improvisation using a supportive safe nurturing process informed by her Speech Pathology Dance and performing arts practice Spiraldance

Virginia Woods is a body-oriented psychotherapist, dance movement and creative arts therapist, psychologist. She is a spiritual seeker, has had a long practice of meditation, and trained in Shamanic healing. Virginia is an experienced therapist who confidently supports people to work through old patterns into being in their true experience of self, supported by the latest in neuroscience and drawing from experience in meditation and the arts.