



WomensCircles



WOMEN'S RETREAT

Experience the intimacy, connection and growth of a Women's Retreat over 2 days on the rugged coastline of the Mornington Peninsula. Join a maximum of 7 women, with two experienced facilitators, to explore and celebrate your authentic Self.

Combining the wisdom, safety and support of the Woman's Circle together with the skills, insight and compassion of Gestalt psychotherapy, Mim and Zan will guide you through a weekend of gentle self-awareness, relationship and nurture.

What is a Women Circle and why be part of one?

A Women's Circle provides a sacred space for women to gather and

- share and process life together
- support themselves and each other and create more self awareness in the process
- acknowledge and celebrate life cycling in and around us.

What is Gestalt Therapy and how can it help me?

Gestalt Therapy is a relational, non-judgmental and holistic psychotherapy that seeks to foster self-awareness. With awareness, comes choice- the more I know about me, the greater my choices and the more empowered I become.

This Retreat offers skills and inspiration for those looking to:

- enhance intimacy, mindfulness and support in your home, work and relationships,
- gain greater self-awareness,
- connect more deeply with yourself and create more connection with other like minded women in a safe and supportive environment,
- quieten your mind and create more internal peace through learning to chant and meditate,
- experience the power of ritual and find ways to include it in your home, work and relationships.

About Mim Bartlett

Mim Bartlett is a qualified Gestalt psychotherapist. Mim has been a Facilitator of Women's Groups and Circles in Singapore, Sydney and Melbourne for over ten years. Mim has 3 boys and is thoroughly married.

Zan Goodrich

Zan is a qualified Gestalt psychotherapist in Sydney. In addition to her private practice, Zan teaches at Sydney Gestalt Institute and co-facilitates a large community project (for people in recovery from addictions) in Woolloomooloo. Zan is a mother of 4 boys and works hard at being in relationship with her partner.

Dates: 6pm May 1st-4pm May 3rd

Venue: 41 Pearse Rd Blairgowrie

Price: \$700 (Full amount payable on application)

Enquiries: Mim Bartlett 0417 011152 info@womenscircles.com.au