



Women's Circle - Real and Raw AF Event description

Real and Raw AF.

Show up as you are – maskless, and let's embark on this path together.

Self-discovery,

Self-expression,

Self-compassion.

A complete Reclamation of our Bodies, our truth and our voices.

What do we do:

Check In,

Cover the theme of the evening,

Learn useable upleveling skills

, Short practices that include guided meditations, light breathing techniques,
movement, embodiment, expressive arts and reflective practices.

Heartfelt sharing.

Share food and drinks.

If you're longing for deeper connections with others and, more importantly, yourself, a greater sense of authenticity, and a supportive community of soul beings, then I invite you to join us in our Women's Circles.

Let's be real and raw AF together.

Soultree Moves

Croydon Nth

\$38.88pp

These offerings are LGBTQ inclusive.

Facilitated by Elyse, from Soultree Moves, who works predominantly with women using her multi-modality Holistic techniques to ensure a trauma-informed, safe and nurturing environment. She guides and holds space for participants to realise their own power and resource their own inner wisdom, and to allow processing of trauma, grief, shame, sadness, anger and pain to find deeper connection to self.

She has a deep reverence and connection to nature and the human experience and holds an endless love for learning about the mind-body-soul connection.

Please bring a small plate of food to share, a journal, cushions and blankets to make your spot nesty.

I look forward to sharing this time with YOU. x

Elyse