



Women's Embodied Expression Session

Event description

Women's Embodied Expression: Reclaiming Your Full Emotional Authentic Selves

For too long, women have been conditioned to suppress parts of themselves—to quiet their anger, soften their sadness, hide their fear, and make their joy more palatable. But what if we could reclaim the full range of our emotions, learning to express them in a way that is embodied, authentic, and empowering?

This experiential session is an invitation to explore **fear, sadness, anger, and joy**—not as emotions to control or avoid, but as messengers guiding us back to ourselves. Through **movement, breath, sound, and presence**, we'll learn to **tune into where emotions live in the body, release what's been stuck, and navigate life from a deeply embodied place.**

Each session in this ongoing series will hold space for the full spectrum of emotion, allowing us to **unravel old patterns, rediscover our innate wisdom, and step into greater self-trust and expression.** This is a space for truth, depth, and liberation—where all of you is welcome.

It's time to reclaim what has always been yours. It's time to come home to you.

LGBQ inclusive.

Come as you are and wear clothing that feels like YOU and that provides a little movement.

No experience necessary.

Please bring a plate of healthy food to share and water.

What do we do:

Check in and land slowly.

Experiential practices include embodiment, guided meditations, breathing techniques, movement, and reflective practices.

Heartfelt sharing.
Share food.

Sat, 21 Jun, 1:30pm - 5:30pm AEST

look forward to meeting you,

Elyse x