

# Women's Creative empowerment weekend

10am-5pm Saturday 29th & Sunday 30th August

How often do we women not express what we really feel and think?

When we come together in the circle, we are teachers for each other and we can find new ways to tell our stories.

The more centred we are in our bodies, the more open our throats when we speak, the clearer we communicate our feelings and thoughts.

## Your Facilitators:

Christina Brockdorff, Cath Connelly, Isobel Forster, Jenny Hill, Emma Johnson, Yolette Levy, RuthAnne Molloy, Isha Molloy and Joy Serwylo

Invite you to go on a journey with them to explore:

SATURDAY 10-1am

Breath and Sound We express our soul's essence through our voice, which is unique to each person.

SATURDAY 2-5pm

Movement and Dance Embodied knowing: tuning-in to the wisdom of our bodies.

SUNDAY 10-5pm

Real-life Stories & Short Readings from three Plays  
In telling our stories, we co-create the future. Bring something symbolic of a time you have been inspired, eg. from nature, a photo, a family memento...

Art in Craft and Craft in Art With our hands, we integrate and interweave our experiences.

Improvisation Music, chant and dance, drumming bringing all of the above into a fire-in-the-belly celebratory expression

Refreshments provided, BYO lunch or order from the Burrinja Café  
Registration 9:30am each day at Burrinja



**WHEN: 10am-5pm Saturday 29th + Sunday 30th August 2009**  
**WHERE: Burrinja—351 Glenfern Rd Upwey (enter via Matson Drv)**  
**COST: \$33 full w/end, \$22 p/day, \$11 p/session (Saturday only)**  
**BOOKINGS ESSENTIAL—book through Burrinja on 9754 8723**

