

Event Information for Vibrance Women's Celebrating Womanhood 2011.

Hi beautiful woman,

With less than two weeks until we are gathering together here are some important details for you to help you get prepared for a great 3 day event. Please note it is important to make it for the event opening and to attend as much as possible to support both your personal journey and the collective journey of the whole event safely, supportively, softly, deeper...

Where...

The Greenmount Beach Resort, Eden Ave, Coolangatta, QLD.

Celebrating Womanhood 2011 TIMES (all in QLD time)...

Friday, Saturday and Sunday (2-4 December).

Event timetable...

In keeping with holding the energy of this years event of going deeper into our feminine we are choosing not to give out exact session times and the timetable until you arrive at the event on Friday. Part of the reason for this is to help us connect to our feminine energy of flexibility, adaptability and flow... All will be revealed as the weekend unfolds in her journey deeper.

Friday

Participant Registrations: 8.30am and 9.45am

Official Event Opening: 10am Friday 2 December.

Day program: 10am - 6.30pm.

Saturday

Optional early morning class: 6am til 7am.

Day program: 8.30am - 6pm

Optional night program: 8pm - 9.30pm.

Sunday

Optional early morning class: 6am til 7am.

Closing Ceremony: 2.30pm-4pm

Day program: 8.30am - 4pm

Event Finish 4pm Sunday.

PACKING LIST

Some things you may like to bring for the weekend:

- Scarfs or sarongs to dance with (requested for some of the sessions).
- Cushion to sit on.
- Yoga mat.
- Notebook or journal and pen.
- Swimmers (the gorgeous ocean is just across the road).
- Comfy clothes that celebrate YOU.
- Bottle of water.

MEALS

You may like to bring your own snacks and meals which you can enjoy during breaks down in the park or sitting on the beach (which is right across the road from our venue) or there are many places in the local area just a short stroll down the street in Coolangatta where you can go to purchase lunch or relax over a cuppa.

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ACCOMMODATION

If you have not arranged your accommodation yet I recommend doing it asap. You may like to stay with friends, family or book into somewhere in the local area. Accommodation is also available onsite for as little as \$55pp per night in a triple share room which includes breakfast. If you need me to partner you up with other crew members let me know. Please refer to event brochure for directions on how to book your accommodation at the conference rates, there are rooms put aside in a special folder for us.

BRING SOMETHING TO CONTRIBUTE TO THE CREATIVITY SPACE

Also we are asking every woman involved in this years event to co-create with us and to bring something to contribute to the creativity and healing womb space, a place where women can wonder into at any time during the weekend to create...

- It could be something you already have at home
- Something you collect out in nature in the lead up to the event
- Or something you purchase especially to bring to the event

Some ideas of items you could bring to contribute to the creativity and healing womb space are;

- Wool
- Ribbon
- Feathers
- Fabric
- Beads
- Needles and cotton
- Or Other items of beauty found in nature that you collect and feel are particularly beautiful (leaves, flowers, twigs, stones, crystals, shells or natural items which can be weaved with).

*Please NO paint or glue.

The women's creations will then be displayed in the main room... So the space will evolve throughout the weekend as we all journey deeper together and they can take their creations home with them at the close of the event. We hope every women (including YOU) will make the space at sometime during the weekend to go in and create something in the Creativity and Healing Womb....

Thank you beautiful women, we are soooo looking forward to a wonderful weekend of journeying deeper and Celebrating Womanhood with you.

Also a reminder to those who have a pre-purchased ticket and been issued with a ticket number, to speed up the registration process for you at the event it would be great if you could complete the online registration form at http://www.vibrance.com.au/VWCW_rego.html.

**Please note for the pre-paid (pre-sale) passes you must have a valid ticket number, one per person.*

Please enter your ticket number (issued on your receipt or receipt of the purchaser as **VWCW2011_‘your ticket number’**) **as your PROMO CODE** and then disregard the auto-mated payment prompts which are emailed to you.

See you next Friday!

Love & Laughter

Kathy Popplewell

Vibrance Women's Celebrating Womanhood Founder &
2011 Energy Holder for Movement and Self Discovery.

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www.vibrance.com.au