

Take a journey Deeper...

Deeper into our love, deeper into our depths, deeper into our healing, deeper into our feminine essence, deeper into our womanhood, deeper into our relationships, deeper into our darkness, deeper into our light, deeper into our dance, deeper into our song, deeper into our expression, deeper into our essence, deeper into our sexuality, deeper into our truth, deeper into our joy!

Vibrance Women's Celebrating Womanhood 2011

Program & Brochure

Vibrance Women's 2nd Annual Event. 2, 3 & 4 December, 2011. Coolangatta, QLD, AUSTRALIA.
Presented & hosted by  Vibrance Whole Health & Fitness. Phone: 0405 147 154 www.vibrance.com.au

Meet Our Presenting Team. See the Program & Sessions Descriptions.

Session Description Index: E=All Experiential. C=Combination Lecture & Experiential. D= Discussion.

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The Circle of Energy Holders for Celebrating Womanhood 2011

Movement and Self Expression - Kathy Popplewell.

Event Founder and 2011 Energy Holder for Movement and Self Expression.

www.vibrance.com.au



Kathy is passionate about helping people to live, love and laugh naturally. As the owner of Vibrance Whole Health & Fitness and the founder/creator of Vibrance Women's Celebrating Womanhood Conference and Tribal FyouSION, Kathy develops resources and facilitates workshops and retreats that incorporate yoga, laughter, fitness and dance into empowering personal development and wellbeing experiences.

Kathy is a qualified group fitness instructor, yoga teacher, holistic lifestyle coach, laughter yoga teacher and fitness professional who regularly presents at Australia's International Fitness Convention, Flex and is known for her down to earth, interactive, unique and holistic style. Kathy's programs encourage people to move in their own ways, honouring our individual needs, self love, connection with others and how everyone can move in their own beautiful ways.

Message from Kathy...

It is so exciting to be moving into our second year of the event. Wow, what a massive journey it has been. In birthing our first Vibrance Women's Celebrating Womanhood event last year I discovered that in creating the event I really do experience the living, breathing, embodiment of the theme in pretty much every aspect of my life. Those of you who joined us last year may remember that during the event it was almost like my body physically went through a 'labour' and then right at the end the 'birthing'. It was amazing. Then I had the revelation after the event last year on my way back home driving down the NSW coastline that it was like I now had a newborn!

The energy holders for this year are women specially selected and invited from last year's event who energetically are really in tune with our intention, values and vision for our VW Celebrating Womanhood and I believe I can speak for all of us in saying that in holding the energy for this year's theme of 'Deeper' we have all been experiencing the physical, mental, emotional and spiritual journey of 'Deeper' in many aspects of our lives.

There are so many levels of going deeper, and so many ways in which we can. Each woman is different, we all have a different flow, different experiences, different paths, different perspectives and different needs. And yet, we are still so much the same. What I've discovered in my own journey is that although we are all so diverse and different, we are also very much the same and in many instances reflections of each other.

In coming together, sharing space and exploring these places we can strengthen ourselves and each other in a natural, nurturing, non-invasive way and bring much healing to ourselves, each other and the planet. As we collectively share this journey we know that women all around the world are also experiencing this deepening.

It's so important to take the time for ourselves. We need time away from being the mother, grandmother, wife, partner, sister, daughter, carer, cleaner, business woman, entrepreneur, practitioner, teacher, superwoman so that we can delve into our own bodies, tune into our inner whisperings and fill ourselves to overflowing with love, connection and light.

When we remember how to listen, nurture and connect to ourselves, when we remember to pour love back into our own lives and bodies before that of others, we can then experience how it overflows from our beings to others with ease and grace rather than with effort and discomfort which may eventually become resentment.

Are you **ready** to take a three day **journey deeper**, and to **pour love** back into **you**?

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Ritual and Sacred Space - Jane Anderson.

2011 Energy Holder for Ritual and Sacred Space.

www.moonandearthconnections.com



Jane Anderson facilitates Women's Retreats, drum making and an online study course, Awareness Studies. She is a Spiritual Mentor, offering Shamanic Journey Work, meditation and Medicine Wheel Readings and is the founder and creator of own Moon and Earth Connections. Jane has worked for over 11 years with Women in Sacred space. A mother of four children, she believes daily life is our greatest teacher. She lives on a small farm in Southern Tasmania, where she explores nature's gifts in peace, living in awareness of how nature is our mirror and guide.

Jane is also passionate about helping girls and women to reclaim their feminine power by facilitating Menarche and Menopause ceremonies. She feels the way you treat your daughter as she walks through the gateway into womanhood will be with her forever. Celebrating Menopause, also, allows a deep celebration of the woman you were and the woman you are becoming, Wise One.

Message from Jane...

Welcome to Celebrating Womanhood 2011! What an honour it is to be an Energy Holder for this 2nd annual event... This year's theme will take you into the depths of your soul, with presenters from all over Australia sharing their gifts and wisdom, helping you, go Deeper...

As an Energy Holder and Sacred Space facilitator I will be available to people who need some time out from the group work, someone to talk to, someone who listens, without judgment, just to be there: for you... I will be helping open the event with a special invocation and prayer to ground the energies and protect us as a whole.

Celebrating Womanhood works on many levels, mentally, emotionally, physically and spiritually. We open our hearts and minds to new things, new energies, and therefore we become vulnerable. Our senses are heightened. Women are intuitive Beings and working in groups helps this opening to who we really are... Spiritual beings in a physical body, experiencing Life and sharing with each other! Woman in her natural state... wild and free, she dances and celebrates herself...

Creating a Sacred Space to work in deepens the experience, especially if we surrender to the process of healing and respect the sacredness of the work. The sacredness of each other as individuals, and the things we can learn from each other, as equals. A space of non-judgment is created, something that is generally lacking in society.

Celebrating Womanhood is a time of sharing, loving what is, and tuning into the deep well of feminine creativity.

Celebrating Womanhood is different from day to day life, and therefore your vibration changes, and your perspective changes. The people you go home to will have no idea of what you have experienced, and therefore you are vulnerable. Vulnerable in a good way, it leaves you open to new insights and deep healing, seeing life from a new perspective you can be freed from the past, liberated and healed. Be mindful when you return home of your vulnerability, tell people you are sensitive, and ask for Spiritual protection of your body, mind, heart and soul.

Blessings to you all as we journey closer to our time of sharing in December

Jane Anderson

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Creativity and Healing Womb - Keesha Goode.

2011 Energy Holder for Creativity and Healing Womb.

keeshagoode@bigpond.com



Keesha is an intuitive artist, holistic counsellor, energy healer, meditation and intuitive awareness teacher, mother and grandmother with a passion for life's journey to wholeness. Keesha is sensitive to energy and is therefore able to tune into others, assisting them, by holding a safe space for release and expression. Her compassion and ability to listen helps to empower and honor the individual. She is passionate about women's issues and balancing the divine feminine with the divine masculine.

Keesha works with geometric codes to channel healing energy through her intuitively inspired mandalas. Programmed for the receiver with pure intent, Keesha's sacred circles emit a gentle yet powerful vibration that helps to take you out of the mind and brings you into Heart Consciousness. These Mandalas can clear any personal blockages, or negative energy in a physical space.

Message from Keesha...

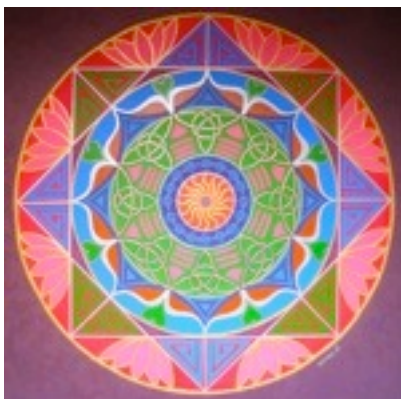
I feel blessed to be supporting Kathy as an energy holder for Celebrating Womanhood 2011. The first gathering in 2010 was very powerful with so much love shared and many new connections made. Joining in the closing ceremony I could feel just how much this sacred space will expand and grow. As an intuitive artist I was inspired to create the Healing Womb Mandala as a focal point for the gathering.

The Healing Womb Mandala helps us to feel safe as we dive "deeper" into our relationship with ourselves. It nurtures the creative feminine essence helping us to enjoy the time together forgetting about the day to day, often stressful lives balancing family and work etc.

Throughout the centuries women have suffered and sacrificed themselves for others resulting in subconscious emotional pain held within the womb. Feeling the beauty and power when we look upon or meditate with this Mandala will help to heal our past emotional as well as physical wounding. We need to honor our own birth, pregnancy and childbirth, the menstrual cycles and menopause

This time spent together will inspire us to live our truth through the joy of being women. By reconnecting to the magic within we will become more aware of our needs and start to truly look after and nourish ourselves. As we gather together during this amazing event supporting each other we can heal the past and let the goddess within shine through.

Celebrating Womanhoods **Healing Womb Mandala** created by Keesha...



- The circle represents sacred energy and symbolizes the cycles of life.
- The squares and triangles bring in to balance the divine masculine and feminine within us all.
- Bright colours show the vibrant energy we all hold within that is bursting to come out.
- The triple goddess is a very powerful symbol showing the three parts of a woman's life (the young girl, the woman and the wise woman).
- The heart represents the giving and receiving of love.
- Lotus flowers help to bring us out into the world and express our true beauty.

See and sit with this beautiful and original creation of intuitive artwork on canvas, the Healing Womb Mandala at the event!

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Presenters for Celebrating Womanhood 2011



Cassandra Eve

www.livingfeminineessence.com

Cassandra Eve is a writer, senior teacher of The Form – Reality Practice and facilitator of Spiritual Human Evolution (SHE) courses. She is deeply inspired by human potential: our capacity to touch and inspire each other, share, love and grow together. Her passion is to lovingly meet every aspect of life and to support the growth of consciousness in humanity.



Emma Creed

www.emmacreed.com

Emma Creed is The Self Expression Specialist whose mission is to creatively and playfully empower women to create stillness in the busyness of life so that they can then BE all they are with grace and ease. Emma loves sharing the power of sound, song, stillness and silence in assisting women to return to their gentleness and be their fullest self expressed with every breath.



Izabella Siodmak

www.izabellasiodmak.com

Izabella is a therapist, writer and retreat founder and facilitator of over 10 years. She loves to support clients, and you, to reconnect with your deepest, juiciest, most peaceful and loving self via mental and emotional wellness retreats, her inspirational writing and her passionate, loving nature.



Jennifer Robinson

www.whitelotusinspiration.com

Jennifer Robinson is a Spiritual Teacher, Healer & Life Consultant who previously worked in the Corporate World both in Australia & in Europe. She has studied with some of the great Healers & Teachers & Philosophers around the globe. Her message is simple & pure: "Do you have the compassionate courage to be you?" Jennifer is a teacher for our time, whose focus is to inspire humanity to live in Harmony.



Melody R Green

www.melodyrgreen.com

Melody R Green is an angel intuitive, inspirational teacher successful author, poet & international radio host of the Creative Soul Cafe Radio Show. Trained in energy modalities, Melody works with women around attracting the life they have always yearned for rich in texture & meaning. Her workshops are a transformative journey of self-discovery lovingly filled with laughter, joy & a wonderful heart expansion.



Ninindi Johnstone

www.ninindijohnstone.com

Ninindi Johnstone, singer, songwriter, whose original music is inspired by nature, tunes into natural surrounds to produce wonderful harmonizing music which amplifies the forces of nature that sustain us. As a mother of five, painter and sound sculptress, Ninindi's music will transport you to a world of authentic peace and connection with all things.



Rene Bahloo

www.facebook.com/weaverywork

Rene Bahloo from weavery is a weaver, a teacher, an artist and a speaker. Rene's passions stem from her experience of Australian Indigenous culture, leading to doctoral studies based on Indigenous culture, women's business, creativity and weaving journeys to wisdom. Her goal is for us all to weave our world into a better place, to weave ourselves in healing and wellbeing, to weave our environment with passion and purpose.



Sabine Steiner

www.fabhealthfit.com.au

Sabine is born in Europe and has been active in the health and fitness industry overseas and in Australia since many years. Having studied social work and psychology Sabine is working on a holistic approach to combine body and mind. Empowering the individual to go deeper and reach her full potential, achieve her goals on a physical, mental and spiritual level.



Savitri Freya Sampson

www.shantimission.org

In 1999 Savitri experienced a spiritual awakening in which she became a divine channel for miraculous healing, this propelled her on a journey of self discovery. She is passionate about the empowerment of the individual to create global change, peace & harmony. Savitri is a practitioner of Ignite Your Spirit Therapy, Crystal Dreaming & Pranic Healing & mentors many in developing skills for life mastery, using tools from The Path of Ease & Grace, the life's work of Shakti Durga.



Shannon Ichikawa

www.genkiasanything.com.au

Shannon has many loves in this life and one of her biggest passions is Aikido, closely followed by juggling, drama, song, yoga, dance, languages, inner work like co-counseling, group work and EFT, being with children, games and nature. She facilitates workshops in play, drama and Aikido and teaches english to adults from overseas. The aim her work is supporting people to live full, joyous, healthy and happy lives!! She also loves being in conscious community celebrating life together!



Stephanie Lister

www.crystalicious.com.au

Stephanie's journey with crystals was activated at a critical time in her life and evolved into a deep passion of the tools the earth offers us for healing and support. Her intention through ceremony is to provide tools to nourish our infinite potential and to awaken the divine Medicine Woman that resides in us all. Stephanie now lives in Maleny and offers beautiful Crystalicious Massages and Meditation Gatherings which help support our evolution in this sacred time on earth.



Susan Living

www.beingblisfulinyourbody.com

Susan is a community focused facilitator, writer, living room dancer, amateur singer, ukulele playing cat-lover and perfectionist who thinks too much (WAY too much!). She's been exploring extraordinary health, meditation, the sacred feminine and other paths to internal peace for over 17 years and is a trained facilitator in The Work of Byron Katie. Susan is deeply devoted to any practice that takes a woman from her head to the beauty of her heart and the wisdom of her body.



Wendy Batchelor

www.walkaboutswithwendy.com

Wendy follows her heart. When she took a journey to France and its places of Divine Feminine energies her life was transformed unexpectedly and deeply. She now lives there and facilitates pilgrimages in Europe and Australia that support others to listen to their hearts and remember their life's purpose. An inspiring and skilled facilitator with 30 years experience Wendy teaches yoga, is trained in Hakomi (body-focused psychotherapy) is a mother, grandmother and was a lecturer at University of Sydney.



Yvonne Lumsden

www.heartoftheflower.com

Yvonne is a Tantric relationship and sexuality coach, specialising in sacred sexual healing with men. She is also a traditional Reiki Master, teacher and practitioner, as well as a bodyworker and aromatherapist, talented artist and photographer. With love, she guides individuals, couples and families to develop a deeper understanding of themselves, create more intimate relationships, and lead lives of greater consciousness.

Celebrating Womanhood 2011 - Special Features

Welcome to our Journey Deeper - Event Opening

Kathy Popplewell, event founder. 60 minutes.

Let us take a moment to reflect on our lives as women, let us recognise and honour the many wonderful qualities we already embody. As we prepare to journey deeper let us also acknowledge how very far we have come. Together we will soften our edges, melt our resistance, open our hearts, expand our awareness and allow ourselves to be supported into diving, sinking, falling, floating our way deeper into our experience and exploration of celebrating womanhood and our feminine hearts.

Creativity and Healing Womb.

Keesha Goode and soul sisters. Space open during the whole weekend.

The Creativity and Healing Womb will be a specially dedicated space at the event where you can drop in anytime to rest, create and heal. Everyone attending will be invited to contribute something to the womb which can be used by any of the women attending to create into something of beauty, something of healing or something to celebrate being a woman; so that you can drop in anytime and just create. It's also a space where you can come and integrate yourself or process emotions and feelings that may surface for you during the weekend in a nurturing, supportive and caring space.

'Deeper' Closing Ceremony

Jane Anderson. 90 minutes. E.

At the end of the journey we are still, we reflect, we feel the transformation, we are different, we are more whole. Our closing ceremony will bring together all you have experienced and witnessed. Be ready to embrace, to inhale the essence and feel the deepening that is now part of you. Jane will utilize the power of the medicine drum, song and ritual to ground the energy of the group, the weekend and anchor the healing, for continued transformation and awakening within you. As we leave this place of sharing, we are released back out into the "real world" vulnerable, yet wiser, cleansed and empowered, Wild Woman is ready now to live a life of Truth.

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Celebrating Womanhood 2011 - Sessions and Descriptions

*Please note that although we plan to have all sessions below on offer the program may change at any time without notice.

S.H.E. Spiritual Human Evolution; Your Calling Deeper.

Cassandra Eve. 60 minutes. C.

The potential is for a leap of consciousness in these times is vast. It is time to let go of limitation and become the limitless power of consciousness that we already are! It is time to give birth to new forms of self-expression, communication and loving as individuals and a new global culture of integrated conscious caring. Come and explore Spiritual Human Evolution - engage, enthuse and enquire on the cutting edge of a new way of being.

Go Deeper in Love; with Yourself, with Life and with your Beloved.

Izabella Siodmak. 60 minutes. C.

Join Izabella and explore how to; clear the obstacles in the way of your deepest Love, discover your unique feminine flavour; open more deeply to Love, celebrate the gift of Love, evoke care, love and fulfilling intimacy from your Beloved, learn practices to help you go from seeking Love to EmBodying it for yourself and shining it out to the world.

Intuition? Developing the Connection to Your Own Inner Guide.

Jennifer Robinson. 60 minutes. C.

What is intuition? Why connect to your inner Guide? How to develop and deepen your on board life navigation system so you can enjoy being you more and more. We are living in what is termed the "Energy Era". This lecture is a good place to start to learn how to more effectively live a fulfilled life guided by your own energy voice.

Deeper into the Depth & Darkness of Woman.

Kathy Popplewell. 90 minutes. D.

Join Kathy as she shares her story and leads an explorative dialogue and discussion of the stigma, social conditioning and belief systems that have restricted us as women from finding and expressing our wholeness. How would you feel if you allowed yourself the space to flow through a full spectrum of feelings and emotions and express yourself free from guilt and shame? What if you could allow yourself to honour and feel your deeper, dark places with love, compassion and understanding?

Laughing Your Way Deeper into Your Joy!

Kathy Popplewell. 60 minutes. C.

Join Kathy for a morning laughter yoga session combining breathwork, relaxation, gentle yoga stretches, childlike playfulness and simulated laughter exercises designed to unleash the fountain of your natural, spontaneous laughter and discover how you can choose to heal, sparkle and shine from the inside out no matter what is happening around you. Using non-humour based laughter allows you to set the mood for your day and get your endorphins flowing allowing you deeper into your joy!

Deeper into Empowerment, Empowering Relationships.

Savritri Freya Sampson. 2 hours. C.

An incredible journey & exploration of your multi-dimensional being. Clearly illuminating how your relationship with you, defines all the other relationships in your life. Providing practical tools, techniques & practices of how to become masterful in relationship with your multi-dimensionality. Enabling you to refine your expression too self and of self in the world. Empowering you to renovate your relationships creating a amazing joy filled miraculous life experience!

Crystalicious Earth Magic.

Stephanie Lister. 90 minutes. C.

As we connect our delicious hearts to the heart of Mother earth, we explore the amazing tools the earth offers us for healing, support and transformation. Through dynamic interactions with crystals, essential oils, sound and meditation, we activate our innate wisdom and awaken the divineness of who we really are. Supporting the Earth and ourselves in a powerful process of evolution.

Going Deeper and Deeper 'down there'.

Yvonne Lumsden. 90 minutes. C.

Vagina, muff, cunt, yoni, toosh, pussy, the list goes on but how often do we actually talk openly about our 'bits down there', the pleasure they give us or not? Or that question you or your daughter may have asked "what are other women's vagina's like and am I normal?" In this session you are invited to love yourself and ask those questions you have always wanted to & come learn more about your Yoni in a safe and loving environment.

Dive Deeper with The Form; Reality Practice.

Cassandra Eve. 2 hours. E.

Introduction to evolutionary meditation practice The Form. This daily practice reconnects you with profound stillness and opens a new way of being as radiant aliveness. You are the creator of your own life expression. The potential is you and your love of life never stop growing! The Form is here to align and integrate your full potential, to facilitate a shift of consciousness in humanity. In this Masterclass you will learn a small part of this evolutionary meditation.

Woman's Song; Creating Inner Harmony.

Emma Creed. 90 minutes. E.

Nourish your soul in this beautiful session. Discover and create a profound connection to the unique and natural gifts of your voice and experience new levels of self expression. Utilising breath, movement, sound, song and stillness get back to your heart and body, reconnecting to your authentic, gentle self. Allow yourself the joy of this participating in this awesome and transformational healing fun. Come, let us be inspired together and sing and play to our heart's content as we delve deeper to soar higher.

Enter the Realm of Divine Sound, Soul Song, Dance & Enjoy Being You!

Jennifer Robinson. 90 minutes. E.

Experience the power of opening your Soul Song & Dance Channel. Learn how to communicate with others using your Soul Song & Dance. Learn how to use these joyful tools to Heal & Transform all aspects of your life, from the depth of your own Soul. Access the power of your own unique Sound & Dance by opening your Heart to celebrate the beauty & the deepening of this wondrous communication with your own Soul.

Wild Warrior Women; Dancing for Transformation, Liberation & Freedom.

Kathy Popplewell. 60 minutes. E.

Turn up the heat, set your spirit free, uplift your soul and unleash your warrior warrior woman. In this session we will be utilising dynamic movement and breath to express, transform and shift negative emotions that are being held in the body in a healthy, healing and non-harmful way which allows you to experience liberation, freedom, inspiration and feel empowered. This whole body workout that will leave you feeling uplifted, energised, connected and high on life!

Yoga to Soothe the Feminine Soul.

Kathy Popplewell. 60 minutes. E.

Start your day with a morning yoga practice to soothe, awaken and nourish your feminine soul combining breath-work, hatha yoga and gentle flowing movements inspired by tai chi and dance that celebrates the way your body moves, your feminine flow and cycles as you open and support yourself to rediscovering and experiencing the wonderful woman you are and the gift of living life in your body.

Songlines - The Journey of Earth and Heart.

Melody R Green. 2 hours. E.

Trace your soul's many journeys on Earth. Where have you loved with abandon or ached with sadness? Where are you drawn this lifetime and why? As you travel through the workshop you trace your journey, finding the hidden treasure of remembrance that frees your magnificence, your song and shows the gifts, talents, insights and wisdoms for your journey forward. You map where you and Mother Earth are one. Take this uplifting, magical journey into the deeper realms of your being - you'll be amazed at what you discover!

Sacred Sound Meditation.

Ninindi Johnstone. 60 minutes. Performance.

Sitting in a circle while tuning in to sounds, as well as making them, is an ancient and celebrated practice that has been, and still is, used by many indigenous cultures throughout the world to connect with the earth and divine inspiration. Be uplifted and feel the connection to the earth and divine beings that are there with you when you participate in this guided Sacred Sound Meditation. These meditations take you to a place of deep connection with the earth and inner connection with your spirit and soul.

Open Your Voice, Open to your Sound.

Ninindi Johnstone. 45 minutes. E.

Celebrate the power of your own voice. Enhance your natural tone of your voice and sound out loud with others in a supportive group, so your confidence may grow. In Open Your Voice, Open to your Sound, you will explore sound, singing, toning, and exercises to open your throat chakra to your unique sound and to remind you to use your voice and sounds as a spiritual tool for grounding, earthing, centering, and relaxing, allowing for greater access to intuition, clarity and calmness.

Weave Your Way to Wellbeing.

Rene Bahloo. 2 hours. E.

Let your spirit fly, connect to self, community, and the environment as you immerse yourself in the healing process of active meditation. Take time to weave your way to wellbeing and connection in this holistic basketry workshop with Rene Bahloo, Empress of weavery. Learn to use local natural fibres and to weave them into objects of beauty and purpose in a focused weaving circle.

Natural Balance – Yoga for Menopause.

Sabine Steiner. 60 minutes. E.

The session will incorporate 3 important phases of Pranayama, preparing your body for practice and an example for daily Yoga for Menopause Session. Yoga for Menopause is dedicated to women in menopause or nearing menopause, feeling insecure in entering this phase of their life to gain knowledge and better understanding of processes within this lifecycle. Incorporate specific postures into your daily yoga practice, have the results of decreased menopause symptoms, practice postures that guide the energy to glands and organs responsible for creating and maintaining hormone levels.

Express Your Divine, Dramatic Self!

Shannon Ichikawa. 60 minutes. E.

Expression through laughter, movement and energy- the stuff of life, diving deep into these practices can connect us to our divine selves- waiting for an opportunity to play! In this session, we will use techniques of Aikido, Drama, Laughter Yoga and Play to express and revel in our Divine Selves!! Drama- vivid and moving, come to see what we create. We are all divine sparks, and it is my desire to help people realise and express this more fully.

Being Blissful In Your Body!

Susan Living. 90 minutes. E.

For too long we've compared our bodies with others, berated ourselves over how we look and felt self-conscious and uncomfortable. These thoughts do not serve us as Women so in this workshop we go directly to the depths within. You'll learn how to LOVE the space you take up physically and own your curves, wobbles, wrinkles and soft bits. Feel good in your skin, embrace your shape and transform bad body thoughts into deep peace and celebration of your own beauty!

A Pilgrimage to Your Own Heart's Knowing.

Wendy Anne Batchelor. 90 minutes. E.

In this workshop each participant will take a mini pilgrimage and walk a labyrinth that will be created by themselves. They will experience walking mindfully with open heart into the mystery of the Divine Feminine heart. Here waits each person's wisdom and deepest knowing of who they really are and their unique expression of that. Deep connection to Great Mother Earth is also experienced as we walk in this sacred space.

*Is it time you took a
journey deeper into
YOU?*

Registration Prices

| Vibrance Women's Celebrating Womanhood 2011, 'Deeper'. | EARLY BIRD REGO Until 31 October. | STANDARD REGO 1 November until 30 November. |
|---|---|---|
| Single Registration | \$349 | \$395 |
| Two Registrations | \$650 | \$698 |
| Group of Three | \$900 | \$975 |

*Please note accommodation, meals and refreshments are NOT included.

Register at http://www.vibrance.com.au/Women_conference.html
or contact Kathy on (+61) 0405 147 154.

Conference Times.

9am on Friday 2 December until 4pm on Sunday 4 December.

A detailed timetable will be available closer to the time of the event.

The Conference Venue

The Greenmount Beach Resort is perfectly located directly across the road from beautiful panoramic Greenmount Beach at Eden Ave in Coolangatta on The Gold Coast of Queensland, Australia and is just a short drive from Coolangatta airport.

Visit www.greenmountresort.com.au for more details.

Accommodation

We recommend our conference venue, The **Greenmount Beach Resort** for it's reasonable room rates, great location and convenience for attending the conference. Also Vibrance Women's attendees receive special room rates (see below) if staying onsite and the venue has put a number of rooms aside specially for our group.

To book phone the Greenmount on **07 5536 1222** and **quote** Folio Number **3202** (or mention that you'll be attending the Vibrance Women's event) **to receive the following attendee rates** which includes hot and cold buffet breakfast.

Single: \$120 per night
or superior room \$140

Double: \$135 per night
or superior room \$155.

Triple: \$165 per night.

Of course there are many other places you could check out in the area or you may like to stay with a friend. For more ideas on where to stay try lastminute.com.au.

Vibrance Women's 2nd Annual Event. 2, 3 & 4 December, 2011. Coolangatta, QLD, AUSTRALIA.

Presented & hosted by  Vibrance Whole Health & Fitness. Phone: 0405 147 154 www.vibrance.com.au