

This workshop has arisen from the requests of women who have enjoyed the one day workshops and want extra time to depth into the flow.

So, you are invited to this women's weekend event.

You will be deeply supported in whatever way is necessary to say your say, and plumb the deepest of your own truths as a woman.

There are major 'crossings' or rites of passage in life beginning as far back as conception. In most cases the natural flow of events is not accorded respect in western culture. The playing out of these moments for a woman, whether it be our own birth, the first bleed, the first sexual experience, or our children's birthing and the attitudes of those around us at the time, all have a huge impact on our developing psyche. If there was an interruption or incompleteness the organism seeks to heal again and again through to menopause and death.

What will we be doing?

Gentle and active meditations, deep silence, moving, singing, laughing and sharing our lives in a trusting environment.

Being with the feminine – what it means to be a contemporary woman, who wants to blossom and wants to be healed.

Who can come?

Women aged anywhere from 20 – 120. You may have no or some experience with group circles or personal development work.

Babes in arms are welcome.

What will I bring?

Comfortable warm layers to wear including a shawl, 2 towels, a pillow, doona or sleeping bag and bottom sheet.

Times: 9:30AM sharp - Sat Oct 23.
4.00 PM – Sun 24th

Testimonials

"I was depressed for years until I started this work – Now life is fun !"

Denise, Horsham

"I would recommend participating to any woman who feels the need of developing a deeper sense of connection within themselves and in their other relationships."

Sharon, Glenorchy

"The awareness I get from participating in Unmani's circles is very empowering. I benefit and so does my family."

Tania, Marnoo

"It's incredibly liberating – it's like spring cleaning your soul."

Amanda, Glenorchy

*This weekend is an opportunity to look
at some of these moments in our own*



FOR CURRENT INFORMATION ON THESE SESSION PLEASE CONTACT UNMANI - ON PH: (03) 5359 6246

Wimmera Women's Circle Two Day Retreat Booking Form

Name _____

Address _____

_____ PC _____

Phone (h) _____

(w) _____

Email _____

Two Day Workshop Options

OPTION 1.

EARLY BIRD: \$240 pay by 08.10.010

OPTION 2.

DEPOSIT: \$100 by 8.10.010

BALANCE: \$190 by 23.10.10

FULL PRICE: \$290

The non-refundable deposit will secure your place.

Fee includes accommodation, all meals and retreat.

I enclose Early Bird or Deposit of \$

DUE DATE 09.10.09

Return this form with payment to Unmani

c/- PO BOX 7 Marnoo Victoria 3387



Unmani has been part of an ongoing women's circle for over a decade, led by a remarkable woman – Shivam Rachana. This experience helps provide her with an understanding of the power that comes from a group who listen, validate and respect each woman as she speaks her story.

Unmani has been a re-birthing practitioner, and has studied Tantra and hypnosis with the centre for Human Transformation. She currently works with The International College of Spiritual Midwifery helping promote gentler birthing options and practices.

In the Wimmera over many years, she has pioneered belly dance as a beautiful art-form which celebrates women and their bodies. Currently, she is a private piano teacher, choir leader and proud grandmother of three.



All enquiries to :

**Retreat starts 9.30am sharp,
Saturday October 24th – 25th**

Tania Walter – Telephone. 03 5359 2332

Or Unmani – Telephone. 03 5359 6246



**WIMMERA
WOMEN'S CIRCLE**

**TWO DAY RETREAT
October 23 - 24**

A group of women in the Wimmera
doing something extraordinary
and yet ordinary –
Gathering near Nhill for two days

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