

WILD WOMEN'S WISDOM



with Naomi Wild
Artist - Therapist - Educator

In this workshop we will spend time connecting with the core of who we are within our most authentic selves. We may have to follow the tracks of a wolf to find where she can be hiding, but the gifts that await us when we do are truly transformative.

We will be looking at techniques for healing, growing and empowering. Using Creative processes, Somatic Awareness (how your body communicates to you), Myth, Archetypes, Meditation and Mindfulness.

Whether you are wanting to practice more self-care, a more fulfilling life experience, ways to move through personal blocks or are already a seasoned traveller on the path to self-awareness, there is something here for you.

In our busy and often stressful lifestyles we can lose touch with a more soulful way forward. We can forget the intrinsic feminine gifts that can empower, inform and heal.



Our themes will be ~
Listening
Connecting
Remembering
Reclaiming



Listening

- ~ Making time to listen - which you can thank yourself for doing by attending the course
- ~ Tuning in - learning to hear and interpret your emotional, physical, mental and spiritual aspects
- ~ Using Mindfulness to grow a state of witness to your experience in every moment (even awful ones)
 - ~ Developing and trusting your intuitive nature

Connecting

- ~ Once you make space for your heart to communicate with you, stuff comes up, so how do you hold space for yourself instead of pushing it back down or numbing it out?
 - ~ What does healthy connection with yourself look like and how do you grow it?
 - ~ Relationships improve when you are more connected with yourself, so how does this work?
- ~ Finding your unique way to stronger connection with your life experience; whats your flavour?

Remembering

- ~ Listening & Connection - the maps to remembering who we truly are and coming home to ourselves
 - ~ Ancient wisdom - our feminine mythology as guide posts to wholistic, healthy, fulfilling lives
 - ~ Pain as our teacher - strategies for processing individual & collective grief
- ~ Finding your thread in the great tapestry of human experience - what our stories can tell us and how we can become the author of our own lives

Reclaiming

- ~ Stoking the fire in our belly - finding your voice & speaking your truth
 - ~ Answering the call - aligning with your life purpose
- ~ Dissolving the barriers - healthy ways to clear your blocks so that you can step up
 - ~ True beauty - soft, strong, deep & sacred
 - ~ Dream big - manifesting without limitations

**“Naomi was so engaging and knowledgable,
definitely would recommend this course to anyone
and everyone”**

PARTICIPANT - CREATIVE TOOLS

"A woman in harmony with her spirit is like a river flowing. She goes where she will without pretence and arrives at her destination prepared to be herself and only herself."

Maya Angelou

**Investment \$180 - %50 deposit to secure your place,
payment plans available**

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