



Womenspace news

Edition 3, 2008
September - December

All events listed in this newsletter are at Womenspace unless stated otherwise.

Drawn from the Heart



Womenspace

Womenspace - a place of Beauty, Earthiness and Sacredness – A soul-space for women where we can share and reverence our life's stories in order to shape and challenge our society

Womenspace is a place of community for women and continues to change and to grow as new women discover what Womenspace offers. It is a place where women may nurture their spirituality in a holistic way. This may be through participating in rituals, attending workshops, joining a group, meeting women from their own and other cultures or through any of the other activities and experiences of Womenspace.

Telephone: 07 3357 7444

Address: 12-14 Homebush Rd,
Kedron 4031

Email: coordinator@womenspace.org.au
Web: www.womenspace.org.au

Coordinator: Glenys McChesney-Clark

Office and Library Opening Hours:
Tuesdays to Fridays: 10 am - 4 pm

ABN: 67 387 585 817

IN THE SECOND HALF OF THIS YEAR, OUR FOCUS IS ON TRANSFORMATION OF PLACE.

Place is where we are – the space we occupy locally and globally. How mindful are we of being responsible and respectful in our space? We accumulate so much stuff! We throw away so much stuff!

With this in mind, our art group is transforming used tea-light candles into words and a spiral for the walls of the Bakery. Recycling has always been an integral part of our installations and Cathy's suggestion of recycling the many tea-light candles used at Womenspace has produced a growing population of foil folk. Everyone is invited to participate and make their own foil folk or add to the magical spiral growing on the wall. Watch the email updates for times women get together to transform the tea-light candles.... or make some of your own at home.

Our place in Homebush Rd, Kedron is undergoing transformation. We have replaced much of the old furniture with new pieces – new couches, dining room table and chairs, sideboard, bookshelves, ottomans, tub chairs and a storage-box seat. The Bakery also boasts a brand new carpet. (We are asking anyone who uses candles there to be very careful to prevent wax spills on the carpet!)

Our place in cyberspace is being transformed too – our website and email updates continue to undergo transformation. Have a look at our updated website www.womenspace.org.au

Wendy Robertson is currently the liaison person for the art group. If you would like to know more about how you can participate or if you have some ideas to share, please contact Wendy on 3378 2075 or email wendy.robertson@uqconnect.net

W THINK TANK - 2009 AT WOMENSPACE

In October, there will be two gatherings for all women interested in discussing a theme for 2009 at Womenspace. We are planning to have just one theme with one installation for the year. We invite women to give some thought to ideas for next year's theme so that when we gather, there will be some suggestions to work from. There will be both an evening and a day time gathering in order to accommodate everyone who would like to participate.

These two gatherings are times for a sharing of ideas and discussion. Later in November, another gathering to make a decision our theme will take place. Between the gatherings, women will then have time to think about themes and possible ideas for an art installation that they might like to suggest when we meet again in November.

Evening Gathering

Date: Wed 1st October
Time: 6 – around 9pm
Please bring dinner to share

Day Gathering

Date: Thurs 2nd October
Time: 11am – around 2pm
Please bring lunch to share

Final Gathering

Date: Thurs 20th November
Time: 6 – around 9pm
Please bring dinner to share

Please contact Womenspace to notify your intention to participate.
coordinator@womenspace.org.au or 3357 7444

W SACRED HOUR

On Friday afternoons, Sacred Hour is offered at Womenspace. This is a time of reflection which may include readings, meditation and music. Sometimes Sacred Hour is centred around one of the main spiritual traditions and at other times, other traditions are used.

On the first Friday of the month, Mary Long facilitates a dream group as part of Sacred Hour. On the second Friday, the facilitator is Anne McLay. Brigitta Beer leads the third Friday and Judith Murphy, the fourth Friday. Sacred hour runs for about an hour, sometimes a little longer and you are welcome to stay on for a chat and a cuppa.

Date: Fridays
Time: 1.30 – 2.30pm approx
\$5 donation to Womenspace please.

W ENLIVEN YOUR SPIRIT

We find our inner dance, using the varied energies of the Chakras in turn and the connections to our body. Transform stress into positive energies with a moving flow.

As our Spirit breath resonates through movement and music, we connect to the wisdom of our true nature.

Day: Wednesdays
Time: 10 – 11.30am
Cost: \$10 or donation
(proceeds to Womenspace)
Enquiries: Please phone
Christine Fensham 3392 1246
to book.



W SPRING EQUINOX RITUAL

At the Spring Equinox, the day and the night – or at least the light and the darkness - are of equal length. We celebrate the arrival of Spring and the symbolic coming of new life – a time for regeneration and renewal. Please check the email updates leading up to the event, for more details of this celebration and what to bring.

We had intended to include a Sheela na Gig in the ritual but the figurine is not yet ready to be installed in the garden. Instead, there will be a separate event for this when the Sheela na Gig has been completed. Watch the email updates for a date – probably in October.

On the afternoon, we will also be holding a second hand book stall. We invite you to bring in any books that you no longer require and would like to donate.

Date: Sun 21st September
Time: 2pm – 4pm
\$5 donation (or gold coin)
please and a plate to share
for afternoon tea
Bookings and enquiries to
Womenspace on 3357 7444

W REFLECTING ON TRANSFORMATION

Transformation of Place

Come and be a part of an interesting conversation about the ways you experience transformation of place – your own place – your home; your city; your country; the world and beyond. What are the implications and outcomes of transformation?

Date: Fri 31st October
Time: 7 – 9pm
Cost: \$5 or donation please
Bookings: Womenspace
3357 7444 or
coordinator@womenspace.org.au
Please bring a small plate
for supper

W SUMMER SOLSTICE RITUAL

We will be celebrating the Summer Solstice at our Christmas – End of Year break up on 14th December. Please check the email update closer to the time, for more details of this celebration.

Date: Sunday 14th December
Time: 2- 4pm
Cost: \$5 or donation please
Enquiries: Womenspace
3357 7444 or
coordinator@womenspace.org.au
Please bring a plate to share for
afternoon tea



Womenspace Events

MEMBERS' DINNER

This is a special, annual event for current members only. It is a time to meet up with other members and share an enjoyable social evening. There is no charge for the evening, but please bring food to share. Drinks will be provided. If you are not yet a member and would like to support Womenspace in this way, contact Coordinator Glenys for a Membership Application form. Current members need to renew their membership by 10th October.

Annual membership \$40 (\$15 concession)

Date: 10th October

Time: 6.30 – 9pm

Bookings to Womenspace

3357 7444 or

coordinator@womenspace.org.au

ANNUAL GENERAL MEETING

All women are invited to our Annual General Meeting on Saturday 18th October.

Stalls and Morning tea 9.30 - 10.30

Ritual, Women's Circle and Business 10.30 - 12noon

Spend a pleasant morning catching up with friends and enjoying the wonderful Womenspace atmosphere.

No charge but please bring a plate to share for morning tea.

Non-members are welcome.

Date: Sat 18th October

Time: 9.30 am – 12 noon

Contact: Womenspace

3357 7444 or

coordinator@womenspace.org.au

Lifestyle & Energy Balance

Elena Lymbery, M.Sc.

- * *Heal your past*
- * *Release stress*
- * *Improve your emotional well being*
- * *Find your passion*
- * *Create a life of your dreams*

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Flower & White Light Essences**

0447 169 693 elena.lymbery@optusnet.com.au



Megan Williams
Personal Growth Counsellor

- Personal growth
- Tarot counselling
- Creative living
- Clarity and Awareness

For more information, call Megan on:

0411 510 676

Or visit my website at:

www.meganwilliams.com.au

Megan
Williams

Workshops, Courses, Activities



THE ART OF MINDFUL BIRTHING

A series of four workshops supporting women to connect with their inner resources to birth.

- Practising the art of listening to body, heart, and mind
- Developing focusing techniques to help open to the power and mystery of birth
- Celebrating birth as a powerful rite of passage
- Awakening our joy, creativity and inner guidance through the process of art and writing exercises

Date: Commencing Thurs 28th August for four consecutive weeks

Time: 7-9.30pm

Cost: \$140 for entire series (including art materials)

For booking information please phone Georgina on 3289 0083 or 0438 519917 or email georginakelly@bigpond.com

Facilitator: Georgina Kelly, midwife and mother of three children. She has been working for over 10 years supporting women as they embrace the transformative power of their pregnancy, birthing, and mothering experience.



ONE OR TWO DAY WORKSHOPS

DANCING WITH SPIRIT

Julie is the author of *Dancing with Spirit* and a gifted clairvoyant, facilitating workshops to see life from the other side as she answers life questions regarding Spirit. You will learn to access your sixth sense and open your third eye, enabling physical, emotional and spiritual healing. In this heart warming workshop you will also learn about crystals, animals, money, children, past lives, sacred contracts and so much more! Let this one day workshop guide you towards awakening your soul to the possibilities of life, *love your soul, find your freedom.*

Date: Sat 13th September

Time: 8am – 5pm

Cost: \$160 or \$300 for both days

For more information and

bookings: 0418 765 634

www.purereflections.com.au

ANJEWELS AND GEMS

Karen unlocks the door to the crystal world giving you an insight into the history, wisdom and knowledge of crystals. Learn about their magical qualities of protection & guidance and how to manifest your intentions. Understand their healing aspects and the power of the Master Crystals - an amazing group that mirror, amplify and ignite the master within. Discover the art of constructing grid patterns and how to use them in your home and work. Meditate & communicate with crystals & learn how to unlock their secrets & stories. A must for all crystal lovers!

Date: Sun 14th September

Time: 8am – 5pm

Cost: \$160 or \$300 for both days

For more information and

bookings: 0408 987 487

www.anjewelsandgems.com.au

INTRODUCTION TO SHOEMAKING

Do a 1 day workshop and walk out with a fabulous pair of leather summer sandals. Unique designs - fitted to your feet. No experience is necessary as all materials are provided.

Date: 14th September

Time: 9am – 4pm

Cost: \$120

Please bring lunch

For information and bookings contact Tracy Smith on 0432 846933



WORKING WITH ANIMAL SPIRITS

Shamanic Drum Journeying

For millennia shamans, sangomas, druids, medicine people and tribal people all over the world have encouraged special relationships with animal spirits for power, protection and mutual respect.

Through ritual, self awareness and practice these people tuned into the spirits, learned about their 'medicine', their gifts and abilities, and brought these to life within themselves.

Working with animal spirits can reawaken and develop our own creative abilities. As we look out through the eyes of the animals, we can get a better understanding of ourselves and develop a deeper appreciation and respect for the connection that exists between all beings.

In this 4 session series we will be journeying on the deeply resonant sound vibrations of the medicine drum, to find, meet and work with our own personal animal spirit helpers, totems or familiars.

Facilitator: Jane Williams is a Native American trained Ceremonial Leader (8 year apprenticeship) and a Master Practitioner of NLP, Hypnosis and Time Line Therapy. She has spent over 20 years dedicated to helping people unlock their inner creative abilities for healing, growth and raising consciousness.

Dates: 24th Sept; 8th & 22nd Oct; 5th Nov

Time: 6.30 to 9.00pm

Cost per session: \$25 waged; \$20 part-waged & WS members

Bookings/enquiries, phone Jane on 3289 0151

Please bring a small plate for supper

WOW: WOMEN'S WORKSHOPS

CREATIVE ART, POETRY, STORY, SONG, MOVEMENT AND MUSIC

WOW (Women Out-of-control Workshops) are creative playspaces for women of all ages. These sessions explore women's stories in celebratory ways through a range of media including visual and tactile art, poetry, sound, music, song, movement and theatre. Absolutely no experience is required. WOW playspaces offer a safe opportunity to relax and connect with self and others, and to rekindle a sense of community.

Kate Costigan is an arts practitioner/social worker with a practice-based PhD in women's community cultural development. She has facilitated playspaces in Far North Queensland with women from diverse social and cultural backgrounds, young women, older women and Indigenous women. She refrains from grand claims however the feedback she continues to receive, sometimes years later, is that the playspaces are very powerful and resonate strongly with many women for a long time.

Date: Sat 27th September
Time: 10am – 3pm
Cost: \$65 or \$55 Concession and Womenspace members
Bookings essential, \$25 deposit.
Contact Kate Costigan Ph/SMS: 0400-000-968
kcostiga@gmail.com

AN OPERA OF INANNA AND TALK OF MATTERS GODDESS

This is an evening that begins with a bit of story about Inanna, Goddess of ancient Sumer who was celebrated for 3,500 years as Queen of Heaven and Earth. Her story of descent and return is the oldest tale humans have of death and rebirth – all others since (Persephone's, Jesus' and that of Orpheus) are based on Her story. Inanna's is likely based on the Moon's cycle.

We will then be treated to a DVD of an opera of her story, recently composed by Marcia Burchard and performed at the Dominican University of California.

The evening will conclude with discussion of the video, Inanna's story and other matters Goddess.

Glenys is visiting from the Blue Mountains, to attend the Australian Goddess Conference on the 10th – 12th October where she will present a keynote address, facilitate the Friday evening community ritual and also give a presentation on her work PaGaian Cosmology.

Date: Thurs 2nd October
Time: 6.45pm for 7.00pm start – 10pm
Cost: \$20 or \$15 for Womenspace members and concessions. Supper included.
Facilitator: Glenys Livingstone Ph.D.
Glenys' book PaGaian Cosmology will be available for purchase
Bookings: Email Glenys pagaian@bigpond.net.au or phone:(02)4751 6100

PRANIC HEALING

Patricia Cummins MA, Certificate of Gifted Education, Registered Teacher of Pranic Healing. Patricia trained in Sydney with Master Choa Kok Sui and senior teachers of NSW Association for Pranic Healing. She is a trained teacher of more than 40 years and recently was invited to teach Pranic Healing in Queensland.

Enjoy better health with Pranic Healing, a no-touch energetic healing based on 2 laws – Self Recovery and Prana or life energy.

Disease first appears in the bioplasmic body before appearing in the visible physical body. Pranic healing techniques remove the negative energy from the outer auras and energy centres (chakras), thus increasing the body's rate of healing and self-recovery. Pranic Healing, tested and perfected over twenty years by its founder, Master Choa Kok

Chui, will leave you feeling better immediately. Patricia will be teaching Basic and Advanced Pranic Healing in two 2-day workshops – The Basic course teaches the skills of scanning, cleansing, energising and disconnecting safely from the sick person as well as an understanding of the chakras and their associations with physical organs, diseases and the maintenance of good health. Advanced Pranic Healing teaches the safe use of coloured energy for healing all types of physical ailments. With Basic skills, you can maintain your family's health, send distance healing and self-heal. Advanced skills allow you to treat most physical ailments assisting and quickening the healing from traditional medicine. International Certificates are awarded for all courses. Courses include theory, practice and a lot of fun! Participants receive much healing and experience the Twin Hearts Meditation for self-healing and World Peace.

Dates: 11 & 12 October (Basic Course) 1 & 2 November (Advanced Course)
Times: 10am – 5pm each day
Cost: \$300 per course
10% discount for taking both courses or introducing a friend to the Basic course. Text book, CD available. All-day refreshments. Bring lunch to share.
Contact Patricia Cummins 0414 761 783 for advice or information pack.

TRANSITIONS - A GROWTH AND SUPPORT GROUP FOR MOTHERS OF NEW BABIES

Pregnancy, birth and motherhood may cause changes in our relationship with our partner, friends, and family and may even challenge our sense of self. What does Transitions offer? A safe space to explore feelings, share our stories and gain awareness. Six sessions in a small group of 6-10 participants (babes in arms only) A chance to make deep connections with other mothers of young children.

Facilitators: Jane Campbell-Kaye is a gestalt therapist and yoga for pregnancy teacher and has 25 years of experience in working with women in the childbearing years. Suzanne Lister is a gestalt therapist, occupational therapist and is the mother of a five year old daughter.

Time: Thursdays 9.30-12.30
Dates: 6 weeks 23rd October – 27th November (We may also run a six week course on Thursdays in late August and September, depending on interest.)
Cost: \$180 for 6 weeks (Medicare rebates available to eligible women)
Bookings essential. Contact Suzanne Lister on 3266 2697 or suzlister@hotmail.com

Regular Activities

YOGA

You are welcome to come along and experience the profound benefits of Yoga Chi Gung for yourself at the open classes held on Tuesday Mornings 9.15 - 10.45am (except school holidays). These classes are suitable for women of all fitness levels. The practices and routines are gentle, yet profound and the benefits will stay with you long after the class has finished.

Tuesdays 9.15 – 10.45am

Cost \$15 per class

**Enquiries and bookings: Livia
5429 0369 mob 0400654991**

CUPPA & CHAT

Come along to Womenspace for a casual and relaxing time. Twice a month, there is an opportunity to drop in and chat with old and new friends. While you're here, have a browse in our wonderful library.

**First Wednesday each month,
12.00 noon – 1.30pm**

Please bring your own lunch.

**Third Friday each month
3.30 – 5pm**

Tea/coffee and biscuits provided.

Cost: \$5 donation to Womenspace.
Enquiries: Womenspace 3357 7444



DREAM “BAKING” WORKSHOP

Just come along & bring your dream with you!

Whether it is having better health, getting a new job or finding your soul mate ...

It doesn't really matter, the technique is the same ...

- Learn to energise your body with 5 super easy & quick exercises (save yourself from several cups of coffee a day!)
- Balance your energy with 7 sacred sounds
- Learn how to harness the power of your unconscious mind with guided meditation, creative visualisation, sound & drawing activities.

... & YOUR DREAMS WILL BE CHASING YOU!!!

This is intended to be an ongoing workshop, so feel free to join anytime.

Date: Resumes Friday 19th September

Time: 10am – 12 noon

Cost: \$5 donation to Womenspace.

**Contact Elena Lymbery 3356 7832 or
0447 169 693.**

SUPPORT GROUP – BREAKING THE SILENCE

A support group for women who have experienced sexual violence and abuse meets monthly at Womenspace.

Date: First Friday of the month except September & October when Mary will be away.

Time: 11.00 am – 12.30pm

**For more information, please contact Mary
Matthews Ph: 0431 489191**

Gold coin donation. Bookings not necessary.

YOGA

Beginners & open classes
Facilitated by Livia Lerkenfeldt
(Member Yoga Teachers Association, Teaching Yoga 11 years)

Enjoy active and passive exercises to help you

CENTRE
INTEGRATE
CONNECT

Tuesday Mornings from 9:15 - 10:45am
\$15 per class

At Womenspace, 12-14 Homebush Rd, Kedron

Enquiries and bookings
Ph. 0400 654 991 / 5429 0369
livia@yogachigung.com.au
www.yogachigung.com.au

General info

ASTROLOGY REPORTS

Would you like to receive a personalised astrology report? You can choose from Goddess, Angels, Health, Zodiac Child and Synastry (Relationships). Anne McLay is offering your emailed report for \$20 or a posted/hard copy for \$25.

You need to send your date, time and place of birth to Anne.

Funds raised go to Womenspace.

For more information or to request a report, please contact Anne on Ph 3355 7502 or email ymclay@bigpond.net.au.

DREAMWORK CONSULTATIONS

One-to-one dreamwork is available on appointment. This is an opportunity to share your dream with an experienced dream-worker in a safe and private place and to use processes that may not be possible in the more open Dream Circles.

The fee of \$30 per hour will go to Womenspace.

All Enquiries:

Mary 07- 3359 4640

BUSINESS MEMBERSHIPS

We are currently working on new membership packages. As well as our regular membership, we will be offering tax deductible membership packages to members who are in business and wish to use Womenspace as a venue to hold workshops or offer services. Business membership will include advertising at Womenspace and on our new website. Watch email updates for more details.

EMAIL UPDATES

This newsletter is produced three times a year. If you are a member of Womenspace, the newsletters will be posted to you free of charge if you request them.

Non-members may have newsletters posted to them for \$10 per year. The newsletter is also emailed to those who request electronic newsletters only and to all on the weekly email update list.

Other events and information frequently come in between newsletters and so we also produce a weekly email update. If you would like to receive this free of charge, please send an email to coordinator@womenspace.org.au requesting your name be added to the list.

FINANCIAL SUPPORT

Have you considered making a regular contribution in support and appreciation of Womenspace? Direct debit is an easy way to do this. Phone and ask for a form to be sent to you or pick one up when you're next at Womenspace. Your financial support is very important to help ensure that Womenspace continues to provide a safe and sacred place for women.

If you are not able to make a regular financial contribution, you could consider becoming a member. Your annual membership will assist in maintaining Womenspace.

LIBRARY

Mary Long & Maureen Walsh

Calling all Readers –

Books are now being displayed in the Bakery as well as in the Library. The librarians Mary Long and Maureen Walsh would love to have more women make use of our wonderful library.

We need your support firstly by clearly marking your name and phone number on the card when you borrow and secondly by returning books on time so that other women may use them. You will soon be receiving a phone call if you have overdue books. Please oblige by returning your overdue books as soon as possible.

We invite you to visit our website www.womenspace.org.au and click on Services then Library to see a catalogue of our collection of Spirituality books.

We are reflecting on the collection you would like next on the website - feminist theology or women's issues. Please email to let us know your thoughts. We appreciate any feedback you care to give. Email coordinator@womenspace.org.au

ROOM HIRE

Womenspace is an ideal venue for your workshops, meetings, training and seminars.

We also have a therapy room available for practitioners to hire as well as a small counselling room. For more information and details of room hire fees, please request a brochure from coordinator@womenspace.org.au or 3357 7444.

T SHIRTS

Our own beautiful Womenspace T Shirts are available in lime green and lilac in sizes from Small to 5XL. They are good quality cotton T shirts. The price is \$30 or \$25 for current members and concession card holders.

For more information, please contact Glenys at Womenspace 3357 7444 or coordinator@womenspace.org.au

VOLUNTEERS

Volunteers are always needed to ensure the efficient running and maintenance of Womenspace. If you would like to assist in some way, please contact coordinator@womenspace.org.au or phone 3357 7444.

Assistance is needed in areas of

- Office administration
- Event organisation
- Marketing
- Fundraising
- Hospitality & catering
- Gardening
- Cleaning
- Maintenance/handywoman

Programme in Brief

September

September	
02 Yoga	6
03 Enliven Your Spirit	2
03 Cuppa & Chat	6
04 The Art of Mindful Birthing	4
05 Sacred Hour	2
09 Yoga	6
10 Enliven Your Spirit	2
11 The Art of Mindful Birthing	4
12 Sacred Hour	2
13 Dancing with Spirit	4
14 Anjewels & Gems	4
14 Shoemaking Workshop	4
17 Enliven Your Spirit	2
18 The Art of Mindful Birthing	4
19 Sacred Hour	2
19 Cuppa & Chat	6
19 Dream Baking	6
21 Spring Equinox Ritual	2
24 Working with Animal Spirits	4
26 Sacred Hour	2
27 Women Out-of-control Workshop	5

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State Member for Stafford

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October

01 Enliven Your Spirit	2
01 Cuppa & Chat	6
01 Think Tank (evening)	2
02 Think Tank (day)	2
02 Inanna's Story & Matters Goddess	5
03 Dream Baking	6
03 Sacred Hour	2
07 Yoga	6
08 Enliven Your Spirit	2
08 Working with Animal Spirits	4
10 Dream Baking	6
10 Sacred Hour	2
10 Members' Dinner	3
11 Pranic Healing (Basic)	5
12 Pranic Healing (Basic)	5
14 Yoga	6
15 Enliven Your Spirit	2
17 Dream Baking	6
17 Sacred Hour	2
17 Cuppa & Chat	6
18 Annual General Meeting	3
21 Yoga	6
22 Enliven Your Spirit	2
22 Working with Animal Spirits	4
23 Transitions Workshop	5
24 Dream Baking	6
24 Sacred Hour	2
28 Yoga	6
29 Enliven Your Spirit	2
30 Transitions Workshop	5
31 Dream Baking	6
31 Sacred Hour	2
31 Reflecting - Transformation of Place	2

November

01 Pranic Healing (Advanced)	5
02 Pranic Healing (Advanced)	5
04 Yoga	6
05 Enliven Your Spirit	2
05 Cuppa & Chat	6
05 Working with Animal Spirits	4
06 Transitions Workshop	5
07 Dream Baking	6
07 Support Group	6
07 Sacred Hour	2
11 Yoga	6
12 Enliven Your Spirit	2
13 Transitions Workshop	5
14 Dream Baking	6
14 Sacred Hour	2
18 Yoga	6
19 Enliven Your Spirit	2
20 Transitions Workshop	5
20 Think Tank – final	2
21 Dream Baking	6
21 Sacred Hour	2
21 Cuppa & Chat	6
25 Yoga	6
26 Enliven Your Spirit	2
27 Transitions Workshop	5
28 Dream Baking	6
28 Sacred Hour	4

December

02 Yoga	6
03 Cuppa & Chat	6
05 Support Group	6
05 Sacred Hour	2
12 Sacred Hour	2
14 End of Year Break-up & Summer Solstice	2

Jane Williams

Personal Consultations and Coaching

- health, personal development, relationships, education and learning, spirituality and work.
- helping people access their own vast inner storehouse of knowledge, resources, abilities and talents by
- going beyond their perceived boundaries to live a more purposeful, satisfying and happy life.

Drawing from over 20 years of practical experience and research in both modern sciences and traditional energy awareness Jane uses an integrated range of practices that includes

Time Line Therapy TM, Hypnosis, Ideomotor Self Accessing techniques, Neuro Linguistic Programming, Applied Kinesiology and Emotional Freedom Technique.

Contact Jane (07) 3289 0151

Cost: Special Introductory offer September and October, for sessions held at Womenspace \$60 per hour