

Sacred Circle Women's Retreat

18th - 20th February 2011 Northern NSW



Experience a retreat like no other...

Spaces are limited so book early to reserve your place

EARLY BIRD PRICE of \$399!

www.emotionalhealingforwomen.com.au

or call Berni on 0418 845 178

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Welcome to Sacred Circle Women's Retreat - an intimate gathering set in lush rainforest with waterfalls, crystal streams, sacred fire circles, abundant birdlife and where the night sky sparkles with the splendor of the universe!

Four experienced facilitators will take you on a journey to rejuvenate, relax, inspire and support you in giving back to yourself more fully. Using ancient forms of healing through rhythm, dance, movement and sound, we'll celebrate our unique connection between Woman, Mother Nature and the Moon.

Experience a retreat like no other...

Held at beautiful **Sine Cera Rainforest Retreat** on the Border Ranges in Northern NSW, surrounded by the peace and quiet, you'll experience the healing power of **Mother Nature combined with life-changing and heart-opening workshops move your soul, release fear and step into the unique, amazing woman you are... (You can also treat yourself to some delicious pampering too!)**

This retreat is for you if you:

- give to others before giving to yourself
- are feeling stressed, run down & need to recharge your batteries
- feel unhappy in your relationships
- don't feel comfortable in your own skin
- want to experience emotional freedom and break old habits

By attending this retreat you will:

- Re-ignite your passion for life, love and relationships
- Connect with the unique woman you truly are
- Feel rejuvenated, refreshed and invigorated
- Learn ways to release old pain and hurt and reclaim your self-worth & confidence
- Experience the joy and strength of your physical body through nurturing yoga practices
- Celebrate your feminine spirit, your own strength and healing power
- Cleanse your body, mind and spirit
- Understand how to nourish and love your body as it is right now
- Explore your creativity and playfulness



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In the Sacred Circle Women's Retreat you will receive:

- Morning Yoga classes
- Meditation and breath-work
- 5 playshops with passionate and experienced facilitators
- A beautiful, feminine journal to start you on your journey
- Accommodation for 2 nights (includes linen)
- A Sacred Circle C.D with a collection of music from the weekend to take home with you
- Exclusive access to full facilities of Sine Cera Retreat (including sauna)
- All scrumptious vegetarian and gluten-free meals prepared for you with decadent deserts and more
- A warm, nurturing and fully supported healing environment with 4 facilitators
- All female staff

Your weekend is for you to enjoy, grow and feel rejuvenated. You will have precious "me" time where you can choose to read, write, put your feet in the crystal waters, pamper yourself with an optional extra massage or facial or go for a relaxing walk in nature...

A pick up and return bus service from the Gold Coast is also available for an additional \$30 per person.

Relax and revel in a beautiful, nurturing, feminine environment!

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The Retreat space

The Latin words Sine Cera mean openness. Openness is what Sine Cera is all about. It offers an open-hearted, open-minded retreat located in the heart of the rainforest in the World Heritage Border Ranges of Northern NSW. It has pristine forests, waterfall gorges, crystal creeks and one of the richest collections of plants and animals in Australia.

In **Fahr House** there are 12 comfortable twin share rooms with a communal lounge/tea area; all linen is provided for your stay. Each room has its own entrance onto the wrap around verandah and shares a bathroom with only one other room.



Discover more of who you are with *Feminine Inspired Playshops!*

Healing Hearts

Experience emotional freedom and release and leave old hurts behind. Move yourself into a place of acceptance and peace through the realm of colour and take a walk on your divine feminine creative side and discover the link between colour, emotions and expression... *Healing Hearts* is an extraordinary workshop: a safe, gentle and fun way to access your subconscious, discover what you need to let go of and make space for rejuvenation, peace, joy and love...learn tools to take home and experience emotional freedom anytime you choose!

Being Blissful In Your Body

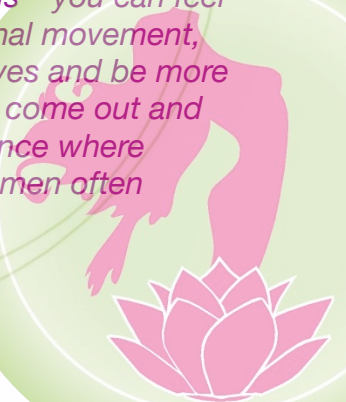
Being blissful in your body is all about loving what is, right now - not wishing you were different, not seeking to change anything but instead, celebrating the incredible thing we walk around in all day, every day. Too many of us, for too long have compared our bodies with others, have berated ourselves over eating too much or for getting fat and have felt self-conscious and uncomfortable. In this workshop, you'll learn how to feel good in your own skin, LOVE the space you take up physically, celebrate your shapes, curves, soft bits, wobbles and wrinkles!

Yoga and Breath Work

Gently stretch, bend and breathe your way to open-ness and peace. In this workshop, you'll learn a style of yoga that is a combination of Hatha yoga – breath work , Iyengar yoga – alignment and structure of the body and Ashtanga Vinyasa – coordinating movement and flow of the breath with poses. This is a harmonious and balanced practice to assist the body, mind and spirit to let go, unwind and be here, now.

Improvisational Movement @ Story-making

Our bodies are our instruments or vessels – full of energy and resonance – or dissonance. Anyone who has been in an audience of a live performance will know this – you can feel the energy of the performers. In this workshop we will use improvisational movement, performance arts and writing to access our creative and imaginative selves and be more fully in our bodies. We're going to give permission to the child within to come out and play, to be imaginative and spontaneous beings. This will be an experience where uniqueness, fun and flying by the seat of your pants are celebrated. Women often surprise themselves with just how fantastic they really are!



Labyrinth Journey

Labyrinths have been around for over 4000 years and are found in just about every major religious tradition in the world. They have been an integral part of many cultures such as Native American, Greek, Celtic and Mayan. The Hopi called the labyrinth the symbol for "mother earth". Like Stonehenge and the pyramids, they are magical geometric forms that define sacred space and have long been used as meditation and prayer tools.

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The Labyrinth represents a journey to our own center and back again out into the world.

The labyrinth invites our intuitive, pattern-seeking, symbolic mind to come forth. It presents us with only one but profound, choice. Walking a labyrinth is a way of deeply connecting with your spirit and your innate wisdom. It is a special journey that provokes insights, creates inner peace and calm and instigates emotional release....

At its most basic level the labyrinth is a metaphor for the journey to the center of your deepest self and back out into the world with a broadened understanding of who you are. Experience the healing power of women as you walk this ancient circle.

Testimonials from Sacred Circle October 2010

"Going home refreshed, recharged, alive and enveloped in divine love and light... at peace and centred in my heart. Heartfelt gratitude to you goddesses for providing a beautiful haven for my soul to replenish." JULIE

"Thank you so much for organising this Women's Retreat! I look forward to you implementing a retreat at least four times a year! Your attention to detail and kindness was evident everywhere you looked. I just loved you all and thank you for the empowering journey you gave us all." VASI

"Excellent, amazing, wonderful weekend. I am looking forward to more of the same! Heartfelt thanks." MARY

"What an amazing weekend! Love, peace, harmony and many more successes!" LINDY

"The weekend continues. These wonderful feelings are coming home with me!" FRAN

"What an honour to be part of such a magical celebration of Womanhood. I feel myself becoming more of the woman I am in the presence of such fun and grace." JUANI

"I'm looking forward to the reunion!" BARBIE



About Your Facilitators



Bernadette Desmond

Passionate about the emotional health of women no matter what age and stage along their journey of life, Bernadette (Berni) is the founder of Emotional Healing for Women, Teenage Territory and Love Laughter Latte. She is actively involved in the development, design and facilitation of women's well being workshops and programs dedicated to inspiring, challenging and opening women up to optimum emotional, physical, spiritual and financial health.

Bernadette has run workshops for young women in over 16 high schools across the Gold Coast on topics such as self esteem, anger, body love and mother-daughter relationships. She also works exclusively one on one with women to assist resolving issues around unhealthy relationships, stress, anxiety, depression and a lack of self love.

Her belief is that no matter what we have experienced in our life if there is one thing we always have that is choice: the choice to move, change, evolve and flow with life in a way that brings us joy, happiness, fulfillment and a sense of peace. It is only when we are in this flow that we have the ability to positively impact our family, our community and our world.

Using holistic counselling techniques combined with alternative vibrational healing, creativity, intuition and her warmth, understanding and gentle humour, Bernadette inspires and challenges women to stand in their truth and discover and love who they are no matter where they are in their life...

"She went out on a limb, had it break behind her and discovered she could fly"



Helen Langston

Helen has worked in the health and wellbeing industry for 18 yrs as a highly specialised chef catering for alternative health diets and allergies and in the process gaining a wide understanding of the use of nutrition to maintain the body, mind and spirit .

Helen also has 15 yrs experience as a massage therapist and has worked at many of Australia's leading Health Retreats and had many opportunities to massage overseas and work at retreats in Sri Lanka, Greece, India , Africa and the UK.

Helen 's other passion is yoga and she has studied under some of Australia's leading yoga teachers and other teachers in India, Sri Lanka and the UK . Helen is currently running yoga classes on the Gold Coast and Northern NSW, including teaching kids yoga at schools, festivals and her own classes. Helen lives with her partner and their two boys in Fingal head and loves nothing else as much as chilling out with her boys on the weekend.





Susan Living

Susan Living is a community focused speaker, workshop facilitator, writer and health coach extraordinaire! She shares her insights into whole food nutrition, the psychology of eating and food addiction with those wanting to take their health to the next level. Susan's down to earth and practical thoughts on health and wellbeing are applicable to anyone with a body.

From bandaids on Barbies as a child to making her own toothpaste as a teenager, meditating for 10 hours a day and completing a 40 day fast, Susan has studied nutrition, food as medicine, anatomy and physiology, counselling, acupuncture, remedial therapies, psychology, herbal medicine, chinese dietetics, yoga, exercise therapy and adult learning and education. Susan is a fellow of her professional association and has stood on it's National Council. She has developed and run preventative medicine programs at The Emotional Fitness Foundation, volunteered at drug rehabilitation centres and worked with the Queensland Program of Assistance for Survivors of Torture and Trauma. She's travelled around rural Queensland helping truck drivers stop smoking and in her own clinic, specialised in addiction, stress and relationship issues. Susan has been in the health and wellness industry for over 14 years.

Susan is currently writing a book all about our relationship with food and emotional eating and can be contacted at www.susansfoodforthought.com



Cait Devey

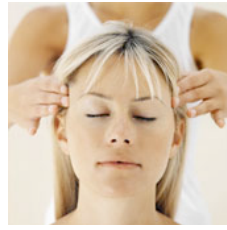
For Cait, what we create or craft, is a potent way to express who we are and helps locate our tūrangawaewae or place to stand. In the past, when living on Great Barrier Island, Aotearoa (NZ), it lead her to form her own theatre troupe Bushmen & Poets, perform her own plays and poetry, write her children and grandchildren stories drawn from their own life experiences and keep her hands and heart connected with handcrafts, painting or sculpture.

Working at grass roots level within her community and guided by relevant Trusts, Cait established an art & craft gallery and organic vegetable garden, still vibrant and strong long after her departure and both sustained by that precious resource – volunteers, the vast majority being women.

Looking for change and further growth, Cait moved to Australia 2½ years ago with her best mate and settled in Brisbane. She works with adolescents and their families on the Gold Coast – a vastly different community and cultural setting – yet the universal concerns around the need for a loving caring and connected family prevail. Cait facilitates improvisational movement and theatre/storytelling programs in schools and for other youth services. She is a student of the Melbourne Institute of Experiential & Creative Arts Therapy and is completing a Post Graduate Diploma incorporating multi-modal art forms and co-creative and collaborative inquiry.



Personal sessions for your health and healing!



If you'd like a little more pampering you can choose to use your **"me time"** over the weekend to experience some of our luscious optional extra treatments listed below.

Bookings and payment for these extra services must be made prior to the retreat. There may be opportunity for you to squeeze in another treatment if you want on the weekend, if you feel this may be you, please bring cash as the retreat centre has no eftpos facilities available.

With Karen

Kahuna massage
Polynesian Floor massage
30 min \$20
1 hr \$40

With Paula

- Foot & Hand Reflexology
- Remedial Massage
- Relaxation Massage
- Hot Stone Massage
- Indian Head Massage
- Reiki Treatment
- Crystal Healing
- Organic Facials

All Treatments
30 min \$25
1 hr \$40

With Inma

Aura Photography and aura readings
\$30 per photo
(Special Sacred Circle Retreat offer, normally \$45 p/photo)

