

The Well of Being Weekend - A Space for Women Change-Makers

Friday 29th May – Sunday 31st May; Mount Christopherson Retreat

Are you looking for positive and sustainable change? Do you want to enrich the way you think? Are you passionate about developing your unique gifts? The Well Of Being retreat will empower you to connect to your source and recognise your life as an unfolding work of art. Your next breath is a gift you receive – the greatest gift you can give is your presence. Use it to change the world.

Social Artist and Storyteller, Iris Curteis, brings you ‘stories of the well’. Through Story Vision (archetypes, deep-conversation, mindfulness, drawing, writing), she’ll show you how to *Take Initiative*, trust your original intentions and recognise adversaries as ‘helpers in disguise’; *Find Inspiration*, bind random information and fragments into meaningful connections needed ‘in the moment’; *Access Intuition*, use the tension between where you are and where you want to be to your best advantage and *Gain Inner Freedom* to integrate your evolving self.

Initiatic Art Therapist and Clayfield Practitioner, Jenni Francis offers you creative activities that nurture your reflection, open your self-awareness and enrich your exploration of the themes. With Jenni you will explore creativity without judgment or comparison, cultivate a process of transformation and hold a space for a ‘haptic experience’ with a heart connection.

Life Alignment Practitioner, Astrologer and Herbalist, Jeanette Jones, guides you on a journey through the astrological wheel and the archetypal signatures towards the recognition of your inherent ability to heal what is fragmented or disconnected and return you to your rightful ‘sovereign self’. By exploring your own mythical story – of light and shadow, wounds and strengths – you can recognise who you are and launch yourself into your intentional future.

Massage and Beauty Therapists Sisters, Maggie, Deb and Rosie Cairns, will provide each of you with a 30-minute deeply nourishing, aromatherapy massage tailored to your individual needs.

Cook Extraordinaire, Lynne Tarleton, sees cooking as an alchemical art form. “My food is designed to inspire eating in accord with your needs and in harmony with the seasons; to refresh your attention, restore your enthusiasm and nourish your body.”

We are offering a space of renewal for you, who want to make a real difference in your own lives so that you can be your best self and creatively contribute to positive, lasting change within your life and your communities. We will support you to dive deep into your well of authenticity, take hold of your creative, spiritual resources and meet your emerging self.

Give yourself a gift this Mothers' Day or give a gift to one of the beautiful women you cherish. Places are restricted.

For further information: Contact: Iris Curteis iris@storyvisionsource.com
Bookings: Helen Wallace; **Phone:** 02 6657 5333; **Email:** info@mountchristopherson.com.au
Website: <http://mountchristopherson.com.au>