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Autumn is beautiful at the Sanctuary!

The grounds are lush after a replenishing summer of growth and the sun has lost it's sting, which means it's perfect for relaxing outside in a hammock, with a hot chocolate and a rug, watching the shadows growing longer.

We haven't quite needed the indoor fireplace yet but it won't be long, however our outdoor fire pit is in popular demand and copious amounts of toasted marshmallows have been consumed already.



Renovation Update

It's been a loooooong haul but our renovations are finally complete! We now have seven superb rooms for our guests, an extra bathroom, a brand new Studio for workshops, and a beautiful 2-bedroom Manager's residence.

So far, our Studio has been used for workshops, massage, and a fun Paint 'n' Sip. Will also be perfect for our guests who wish to practice their yoga indoors.

Huge thanks to [Shape Australia](#) for their significant contribution towards furnishing our upgrades. Special thanks to our builder [Wayne Croese](#) and his crew for the excellent workmanship, professionalism and especially for their respect and sensitivity shown to our mission and our guests.



Mother's Day Special

Not many sleeps left now! 20% discount on all bookings and gift cards purchased up until Mother's Day. If you've been thinking about staying but are still unsure of your dates, then consider buying yourself a gift card instead.

Forward this on to hint to those who buy you presents on Mother's Day.

Or . . . gift a retreat to yourself to replenish and rest from all the mothering energies you invest.

Or . . . perhaps to nurture yourself if you are grieving the loss of a child, or the loss of being able to have a child.

Whether we have children or not, we birth, create and invest in projects, people and circumstances that require and benefit from our mothering energies.

Phone 0456 150619 for info, bookings and gift vouchers or select Accommodation Options below . . .

[Accommodation options](#)



‘Turn Stress into Rest’

Retreat/Workshop Weekend

May 26 - 28

Many of our guests say they have no idea how to rest and struggle to switch off when they try. If this sounds like you, then you will love this weekend! Join us for the rest you need, along with practical tips to experience and continue to implement after you return home. There is currently an early bird \$55 discount if you book soon!

[More info](#)

[Accommodation options](#)

[Contact the Sanctuary](#)

Turn Stress into Rest...

Facilitated by
Kathryn Martens



May 26/27/28

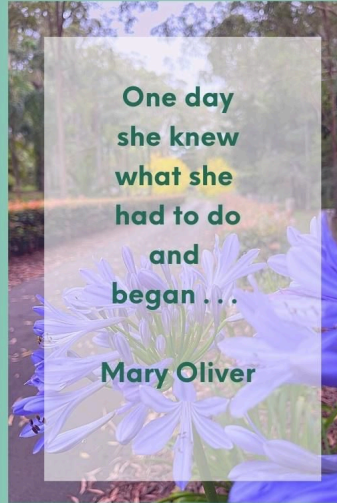
Join our weekend workshop.

The need for women today to find rest and a chance to recuperate is more essential than ever. Constant bombardment from screens, children, and the “noise” of modern life, can leave you worn out and for many, traumatised. Often, however, when we try to retreat, serenity is such a long forgotten feeling that we don't know where to start.

Does this sound like you?

REGISTRATION NOW OPEN BY EMAIL TO
info@womenshealingsanctuary.com.au
or call 0456 150619

Cost: Workshop - \$385 + Usual accommodation costs at the Sanctuary apply



One day
she knew
what she
had to do
and
began ...

Mary Oliver

Workshops/Events as Fundraisers for Women's Healing Sanctuary!

Consider using Women's Healing Sanctuary for your next workshop, special project, event or group function. Your booking will help us raise more funds to support women in desperate need of some respite from their stressful circumstances. Contact us to discuss how we can support your event.

For example, we recently hosted a **PASSAGE TO POWER** workshop - enabling women to gain understanding, wisdom and the confidence to reclaim their power.

Participants engaged deeply, ate heartily, bonded firmly and even jumped in the pool anytime they could between sessions with some even daring evening dips.

Here's what some of them had to say afterwards:

- *"It was a meaningful and deeply connecting weekend. Thanks so much. The other participants helped provide a supportive and safe environment to learn from each other and be empowered together. Thank you Women's Healing Sanctuary for providing a calming place that truly reflects its name."*

- *"Thank you for facilitating the workshop and holding space for us. Also for the warm-hearted hospitality and delicious food, and to the amazing women who I shared the experience with. I am blessed and full of gratitude to have walked this seemingly small but significant part of the journey with them. It was an amazing weekend."*



Ways you can help more women who need a break:

Donate

Gardening Volunteer

Bookings & Gift Cards

Buy our journal/pen gift set

Angel Sponsorship Program



For the cost of 2 cups of coffee a week you could help a woman in distress.

Be a **Sanctuary Angel**



100% of your donation funds stays for women in need.

0456 150 619
womenshealingsanctuary.com.au

Women's Healing Sanctuary is a registered charity & a DGR. All donations are fully tax deductible.



. , rest

(blog post by Janine)

It is necessary to first **stop** before we can **pause**, and **pause** before we can **rest**. (Oooooooo, perhaps I just created a new tattoo design with this heading!)

Our unique point of difference with other retreat centres is that our focus is on pausing and resting, as opposed to filling your days with activities and programs. Yes, at times we offer specialised workshops when needed as it supplements our fundraising to offer more sponsored stays for women who need it, but workshops are not our main focus.

Pausing allows you space to:

- rest, refill and restore, especially if you are grieving, overwhelmed, distressed or exhausted (or all of the above!).
- connect with what you need to hold you amidst your current circumstances.
- give your nervous system a chance to stand down so that your mind may calm.
- think (or not think).
- process and consider what steps you may need to move forward.
- listen to your body to notice what she needs you to do for her.

Resting can be essential for self-care. What is self-care and self-love anyway?

Perhaps **self-compassion** is a more helpful term. What does that look like in action?

It could be as simple as asking yourself first thing every morning, ***“What’s the kindest thing I can do for myself today?”*** You might be surprised by your answer! Sometimes, if life is extreme and you not coping it could mean letting yourself answer that question every five minutes!

Being kind and compassionate to yourself is likely the greatest gift you could ever give yourself. As women, we are great at offering kindness and compassion to others but it is when we are able to offer it to ourselves that things really start to shift within us. It challenges conscious (and unconscious) beliefs that we carry from generations (or millennia) of expectations that women

will always be available to care for the needs of others, even if it is to our own detriment.

Believing that you have a right to be kind and compassionate to yourself is a first good step but it is not enough. **Actioning** that belief is a powerful tool that will begin to rewire unconscious beliefs held within at a cellular level.

So What is the kindest thing you could do for yourself today?

*“Today I asked my body what she needed,
Which is a big deal
Considering my journey of
Not Really Asking That Much.*

*I thought she might need more water.
Or protein.
Or greens.
Or yoga.
Or supplements.
Or movement.*

*But as I stood in the shower
Reflecting on her stretch marks,
Her roundness where I would like flatness,
Her softness where I would like firmness,
All those conditioned wishes
That form a bundle of
Never-Quite-Right-Ness,
She whispered very gently:*

Could you just love me like this?” by Hollie Holden

**Watch this space for exciting
upcoming workshop weekends !**



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