



Women's Healing Sanctuary



A BONUS NIGHT FOR FREE

When you stay for 2 nights or more before the end of August.

Let us provide all you'll need to warm up from the inside out. Bring your slippers! Well, only if you plan on getting out of bed.

Your retreat - your way.

Book in, or gift a woman you care about





Escape for a few days

Winter at the Sanctuary your retreat – your way

Do nothing.
Or not.
You choose!

Hands up if you want to stay in bed on cold mornings?

Does it make your whole body smile if you can have your cuppa in bed?

Do you ever wish you can just pull the doona over your head and go back to sleep?



Bring your bestie and catch up - uninterrupted

We hear you! Let us warm you from the inside out.

Warm your toes by the fireplace

Warm your body in your heated room

Warm your fingers by hugging a hot chocolate

Warm your spirit by being surrounded with beautiful nature

Warm your heart by mealtime conversations with other like-minded women

Warm your soul with our hug-on-a-plate delicious food

Exhausted?
Overwhelmed?
Let us do all the work.

Dust off your journal

Find yourself.
Or lose yourself.
Whatever!

Book ahead for massage





Yearning for the time & serenity to write?

Writers Weekend August 26 – 28

Facilitated by our Live-in Manager - Janine Hanna

This weekend will allow time for reflection, writing and rest if desired. Designed to be a safe and gentle time to invite you to feel connected to self and encouraged in your creative writing. Janine will commence each day with a guided meditation for grounding and will share themed inspirational thoughts to help you focus. Saturday at 4pm and Sunday at lunchtime will be an opportunity to come together again to share some of what you have written, or what the actual process of writing has been like for you.

Need a prod of encouragement?



Enjoy creative companionship

Be inspired in community & boosted with encouragement



Optional opportunity to share your writing with other participants

Let your Inner Poet express what she knows


To the women writing research papers: WE SEE YOU! Need some uninterrupted time? We are happy to enable your need for cave-ish-ness and will deliver meals to your room if you wish



COSTS:
The usual cost of a 2-night stay depending on your room of choice - plus an extra \$100. (all meals included)
Please note this weekend offers you a later checkout time on Sunday of 2.30pm and includes Sunday lunch.



Open House High Tea

We held our first Open House High Tea - to increase our referral network to let other professionals know about Women's Healing Sanctuary and what an amazing space this is for women who need time out. We offered an information session, sharing why we exist and how we got here. They loved our Sanctuary and all it offers. 

They came with curiosity and left with enthusiasm for having a resource to offer their clients, regardless of individual financial situations. They also left with lighter purses after generously supporting our raffle! All funds received contributed to our Angel Program to provide sponsored stays for women in need. Since then, we have already had enquiries for workshops, and guests stay who have been referred by these professionals!



Raffle Prizes

We will offer more **Open House High Teas** in the future.

Contact us if you work with women who may benefit from staying at our Sanctuary and we'll add you to our list for the next one!

Delicious & Oh, so pretty!



DEEP THANKS to the businesses that generously donated our Raffle Prizes:

- Arise counselling Solutions**
- Skin Inspiration**
- Lose Your Wrinkles**
- GAELS Photography**
- DPM Consultancy Services**



More Angels needed to reach our target. Will YOU be our next Angel?

Many women desperately need an angel, someone who cares, to gift them a break.

Sanctuary Angels

As little as \$10 per week gifts a woman in need a 2-night stay once a year.

Become a 'Sanctuary Angel' by donating via weekly or monthly automatic recurring payment and join other amazing angels supporting women.

For automatic payment setup:

Please contact us for information on how you can sign up, and how we can help you help a woman in distress.

100% of your donations will provide Angel Stays for women in need and are tax deductible.



Twenty Angels for 20 Women

Between now and the end of this year, Women's Healing Sanctuary would like to support **twenty women** (from any walk of life) who might be traumatised, exhausted and financially challenged, to receive our care and nurturing whilst they deeply rest for a 2-night stay.

Your valued donation of \$40 per month to our registered charity with tax deductible status, will make this possible for one woman.

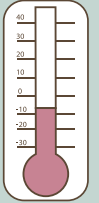
With twenty special donors we can make it possible for twenty women!

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

Testimonial

"I am speechless and don't even know what to think. I can barely believe that someone actually paid for me to gain respite here. Thank you!"





Fundraising Event

We're excited to let you know that we are co-hosting an event on November 25, designed to raise awareness of/ funds for our non profit endeavours on International Day of Eradication of Violence against Women.

Both hosting organisations share the pursuit of long term transformation for women who have experienced domestic and family violence, amongst other traumas.

We look forward to bringing you information about the event soon!

Me Time



Online monthly support group for past guests. To inspire and support each other, connected by our shared desire and intention to continue claiming uninterrupted time out for self. Invites arriving soon via email.

Exciting News



We are expanding in 2023 and we can't wait to show you what's coming! There'll be a new dedicated workshop space and rooms for more guests.

[Click here to DONATE](#) ●



A gentle reminder that we are a not-for-profit charity and your donations will enable many more women to experience the healing properties of rest, nurture and nature.

Donations can be made via our website or call us directly for more information.

MAILING LIST

To remain informed of what we've been doing and what's coming next,

● [subscribe here](#) to our *mailing list and newsletters*.

Or drop us an email and we'll sign you up!

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