

[View this email in your browser](#)



SUMMER HOLIDAY GREETINGS!

Christmas is over but the holidays continue! We hope you found connection with someone dear to you, in person, via phone/text/email or held within your heart. We know that for some this can be the loneliest or hardest time of the year. For this reason, Women's Healing Sanctuary is open over the Christmas and New Year period.

The week(s) after Christmas can be unique. The busyness of preparations are over, and for many women it can be a time for more relaxation, more opportunities to be carefree, and some rare moments when others may have less expectations of you (or you have less expectations of yourself). Treasure those moments!



THANK YOU

As we prepare to say farewell to 2022 we take a moment to pause and reflect on the year that was and acknowledge that this year has been an opportunity for us to connect more with you, to grow our network and supporters and to support many more women in need of a safe place to pause, rest and heal. We are so grateful to all of you who have been involved with Women's Healing Sanctuary, one way or another.

We are also incredibly grateful to our supporters, partners, volunteers and guests, and say a VERY BIG THANK YOU to you all. We appreciate your commitment to strengthening our community by supporting women to maintain good mental health by taking regular opportunities to pause, reflect and decide how best to continue. Each of you help keep the vision of Women's Healing Sanctuary alive and growing



Because of your donations we can continue to offer rest and respite to women whose financial situation may otherwise stop them from having a much-needed break.

We want to help even more women, and you can help us increase the number of women we are able to gift sponsored stays in 2023 by:



- Signing up to become one of our amazing Sanctuary Angels
<https://womenshealingsanctuary.com.au/angel-program/>
- Purchase a Gift Voucher for a special woman in your life who needs rest
<https://womenshealingsanctuary.com.au/product-category/gift-cards/>
- Make a donation <https://www.givenow.com.au/womenshealingsanctuary>
- Make a booking for yourself for a much-deserved break.
<https://womenshealingsanctuary.com.au/womens-healing-santuary-rooms/>
- Share our social media posts.

WHAT'S COMING IN 2023 . . .

More information for each event coming early 2023

PASSAGE TO POWER WORKSHOP

ARISE COUNSELLING
SOLUTIONS

Feb 24/25/26

Join our weekend workshop (Friday evening to Sunday Morning), exploring who you are, how you got here, and where to next!

REGISTER NOW BY EMAIL TO
SHARALYN@ARISECOUNSELLINGSOLUTIONS.COM.AU
AS SPACES ARE LIMITED.



**You are
so much
more than
what
happened
to you.**

Cost: \$250 plus accommodation

Yearning
for the time &
serenity to
write?

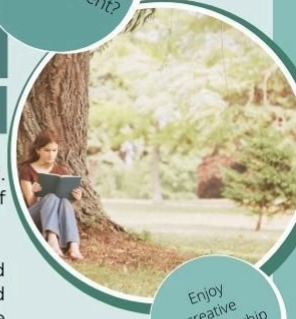
Writers Weekend March 17 – 19

Need a prod of
encouragement?

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.

Each day will commence with a guided meditation for grounding and inspirational thoughts on a theme 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, if you wish to.



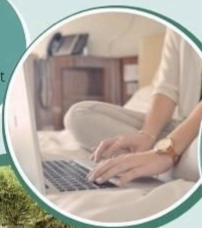
Enjoy
creative
companionship

Optional
opportunity to
share your writing
with other
participants



Let your
Inner Poet
express what
she knows

Be inspired in
community &
boosted with
encouragement



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
includes a later checkout time
on Sunday of 2.30pm and
includes Sunday lunch.

BOOKINGS: 0456 150619 info@womenshealing sanctuary.com.au

Turn Stress into Rest...



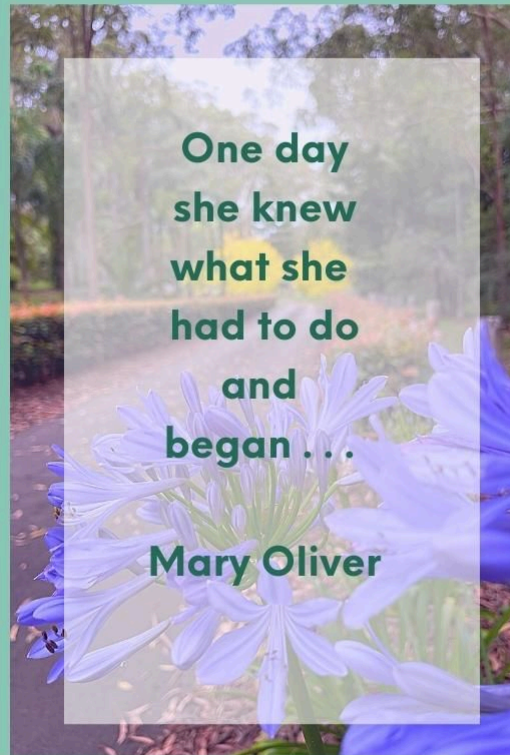
May 26/27/28

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?

REGISTER YOUR NOW BY EMAIL TO
info@womenshealingsanctuary.com.au
or call 0456 150619



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

Mary Oliver

Cost: Workshop - \$185 + Usual accommodation costs at the Sanctuary apply

DATES TO BE CONFIRMED - CONTACT US TO REGISTER YOUR INTEREST AS NUMBERS ARE LIMITED. <http://info@womenshealingsanctuary.com.au>

Grief & Loss Retreat

Grieving is what prepares our hearts for recovery from the trauma of loss. Loss is a universal human experience, yet are we taught 'good grieving'? Be held and nurtured in a safe environment, with compassionate women sharing good food and understanding.

Programme details available early 2023

Carer's Retreat

If you are a Carer, let us care for you this weekend! Switch off from your caring role and rest in our peaceful and serene rural property. You can have breakfast in bed, enjoy home cooked meals, sleep in, relax in a bubble bath or float away in our pool. You rest and enjoy while we do all the work so you can refresh and restore your energy.

WE ARE AVAILABLE ALSO FOR YOUR SOLO RETREAT OPPORTUNITY, OR SIMPLY TO TAKE A PAUSE IN LIFE. COME ALONE, WITH A BESTIE, OR GATHER YOUR GROUP OF FRIENDS AND BOOK IN.

THREE THINGS TO REMEMBER:

As long as you're dancing, you can break the rules.

Sometimes breaking the rules is just extending the rules.

Sometimes there are no rules.

Mary Oliver

As 2023 approaches . . . we hope you choose YOU and dance often!



Copyright © 2022 Women's Healing Sanctuary, All rights reserved.

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

Grow your business with  **mailchimp**