



Jacaranda Women's Circle

Finding Your Voice – Through Poetry

Wednesday, 23 September, 12.30–2pm

A gentle & creative Women's Circle exploring the ways words can evoke memories & emotions, while connecting us with our senses & imagination. Through guided meditation & playful poetry activities, including haiku, participants will have space to pause, create, reflect & express themselves.

No previous poetry or writing experience is needed — the focus is on creativity, self-expression, reflection & discovering the joy of finding your own voice through words.

Spots are limited - Register via: info@jacarandawomenshub.org.au

Free to attend – Materials included.

Previous participants please bring your notebooks/journals.

(Note: If you'd like to lie on the floor for the short guided meditation component, please bring your yoga mat. You're also welcome to remain seated).

Location: Jacaranda Women's Hub, Pagewood, NSW

Sessions begin at 12.30 pm – please arrive a few minutes early to settle in comfortably.



Facilitated by - Julieanne Formosa, Guided Meditation & Mindfulness Consultant, & Wellbeing-Mentor,
The Balance Technique