



Jacaranda Women's Circle

Lightening The Load

Wednesday, 26 August, 12.30–2pm

Relax, reflect, & create in a supportive circle of women, with space to connect, share, & enjoy some time for yourself.

What are you carrying that may be ready to release?

Join us for a gentle, playful exploration of the thoughts, worries, responsibilities & feelings we sometimes carry. Through guided meditation and creative activities, we'll explore what is within our control, what we can let go of, & where we can choose to place our energy.

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

Free to attend – Materials included.

Previous participants please bring your notebooks/journals.

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 - Julianne Formosa, Guided Meditation & Mindfulness Consultant, & Wellbeing-Mentor,
The Balance Technique