



Jacaranda Women's Circle

Mindful Talk – Conversations that Connect

Wednesday, 7 October, 12.30–2pm

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

Join us for a gentle, playful exploration of conversation, connection & self-expression. Through guided meditation and a mindful conversation card activity, we'll explore thoughtful questions that encourage self-reflection, genuine conversation, and the sharing of ideas. There will also be an opportunity to reflect on the experience and create some of your own conversation cards to take home.

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