JACARANDA
WOMEN'S HUB

Jacaranda Women's Circle

Self-Love: A Celebration of You

Wednesday, 2 December, 12.30–2pm

Come & celebrate YOU! 💙

What does self-love really mean? And is it something we give ourselves enough of?

Join us for a warm & uplifting Women's Circle exploring what it means to appreciate, accept & care for ourselves. Through guided meditation, reflection, and a creative Self-Love Vision Board Activity, we'll explore the importance of nurturing a kinder relationship with ourselves - and celebrate what we love about ourselves.

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

Free to attend – Materials included.

Previous participants please bring your notebooks/journals.

Feel free to bring any specific printed images you'd like to cut up & include in your collage.

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.

THE BALANCE TECHNIQUE
JULIEANNE FORMOSA

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