

*The*  
**REFLECT – RECHARGE – REBOOT  
EXPERIENCE**  
*for*  
**FABULOUS WOMEN**

*Do you find yourself asking where did the year go?  
Are you feeling that an opportunity to draw breath is  
well and truly overdue?*

*Have you longed for some “me” time to reflect and recharge your tired  
mind, body and spirit?*

**Reflect  
Recharge  
Reboot**

**Date:**  
**November**  
**11 & 12**  
**10.00am -**  
**4.30pm**

**Venue**  
**The Monastery**  
**15 Cross Rd,**  
**Urrbrae**

Then, I invite you to imagine yourself, relaxing in a tranquil and healing environment, surrounded by gorgeous gardens, delighting in mouth-watering food, engaging in uplifting conversation, being immersed in a restorative sound bath, learning the soothing art of self-massage, and so much more.

Are you, at this moment starting to feel a sense of calm coupled with a tingle of readiness to take time for yourself?

As women, we give so much of ourselves to others, both, in our professional and personal lives. We often put ourselves last or perhaps not even consider our own needs with any great seriousness.

This two-day workshop, is for you, to press the pause button, take time to breathe, regroup and consciously prepare yourself for a fabulous and fulfilling 2018.

For this workshop, we offer you a wonderful line up of accomplished facilitators whose skills range from psychology, human resources with a twist, art, massage and vibrational therapies. Details of our facilitators are on the next page.

We look forward to welcoming you to *the* **REFLECT, RECHARGE & REBOOT EXPERIENCE for FABULOUS WOMEN**

**Our booking form is attached.**

**Please bring:**

- By way of introduction to the group, on the first day, please bring an item that symbolises something about who you are and that you feel comfortable sharing. For example, a photo, book, a piece of art or music that is meaningful to you
- An eye covering of some description
- Cushion if you prefer to sit on the floor, blanket
- Pen and paper
- Wear casual and comfortable clothing

**Please note:**

This two-day workshop has been designed with interconnecting themes spanning two days. Unfortunately we cannot provide a one day option.

***We look forward to seeing you there!***

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## Meet Your Facilitators



### **Anastasia Goussios**

Your lead Facilitator is Anastasia Goussios, Founder and Director of Compassion Fatigue Australia. She is passionate about her work with women, feeling a deep sense of vocation in this regard. She has designed and facilitated many thought provoking and transformative workshops and seminars for women, believing myths and stories are medicine for the soul and maps for the psyche to navigate this journey called life. Anastasia is a psychologist and teacher. Her passion for finding the best in people and inspiring them to live meaningful and authentic lives has spanned over 30 years in a variety of settings, including corporate, government and private practice.



### **Joan Carpenter**

Joan is passionate about helping people learn to massage. Another part of this, is that she loves to support women to build connection with themselves and to grow in self-care and self-love. Massage is one way to make this connection, through touch, relieving tension and letting go of stress. Letting go, gently, and mindfully. She will show you how easy it is to do self-massage through your clothes. That way, you can use this technique to relieve physical tension regardless of where you might be. You will experience relaxation through self-massage at the workshop. Breathe deep and seek peace as you let the body and mind reset itself. You won't be disappointed.



### **Tanya Potter**

Tanya is a Wellbeing Facilitator. Her passion is to create an open-hearted space which allows for each person to feel welcomed and important. You will be treated to a BLISS Soundbath where you will be immersed in the magical sounds of singing bowls, crystal bowls, gongs and therapeutic percussion. This deeply relaxing experience is relatively new in Australia but has been practised for thousands of years within the eastern cultures. While you are laying down in comfort, your whole being is finding balance on all levels: physically, emotionally, mentally and spiritually. BLISS Soundbath participants feel more relaxed, alert and have more clarity in their thinking after this magical experience.



### **Monique Garrood Sengpiel**

Monique lives and breathes art and is inspired by all that provides an avenue to better mental health and well-being. Monique wants to bring her skills to life with a short transpersonal art therapy workshop 'Rediscover your Inner Strength & Embrace the New'. She has studied at Ikon Institute Adelaide and completed an Associate Diploma of Transpersonal Art Therapy.



### **Helen Hartley**

Helen uses your personal clock (horoscope) to provide you with insight about how to use timing and critical cycles for life decisions or developmental directions. This enables you to maximise your resources and excel personally and professionally. She is the founder of Astrology Matters, has been a practicing astrologer since 1980 and she lives between the corporate and astrological worlds! She is able to translate complex astrological information into everyday language and present it in a pragmatic, humorous and caring manner. Helen's astrological career encompasses personal & business consulting, radio, public speaking and written publications.