

# Celebrate your Ageless Goddess!

*I thoroughly enjoyed this wonderful workshop. There was a great balance of education, relaxation and spirituality. Rituals and vision board were empowering. Christine, 45*

*A relaxing way to learn about my "Goddess within" and to learn how to focus on getting what I want from my life. Colleen, 56*



## Join us for this informative, practical 4.5 hour workshop

- ★ Get tips for feeling healthy, active and joyful as you get older
- ★ Create an inspiring wellness vision & action board to keep
- ★ Set achievable, motivating goals to create healthy habits
- ★ Learn simple rituals for letting go and moving forward
- ★ Meet like-minded women in a supportive, nurturing environment

**Date: Sunday 20 November 2016**

**Venue: Mt Martha House**

**Time: 10.00am- 2.30pm**

**Cost: Just \$50 for two tickets includes workbooks & light refreshments (BYO lunch)**

**More information: Sharyn: 0417 977 072 / Karen: 0424 261 171**

**[www.facebook.com/events/1741459682769866/](http://www.facebook.com/events/1741459682769866/)**

**Bookings: <https://trybooking.com/NNMO>**

**Sharyn Paul is an authorised celebrant with a 30-year background in ceremony and ritual, and has an honours degree in psychology.**

**Karen Sprey is an accredited, experienced Wellness & Health Coach with qualifications in coaching and a Graduate Diploma in Wellness.**