

Renew your Sacred Feminine spirit with our Spring Womens Workshop

“Celebrate the Goddess Within”



Join us for an empowering afternoon of guided meditation to rejuvenate, rituals to embrace & honour your creative feminine wisdom. Incorporating cleansing yoga postures, breathing practices and acupuncture to release ways of being that no longer serve you, re-birthing the Spring Goddess within. This workshop draws on teachings from Traditional Chinese Medicine, Shamanic & Esoteric Practices.

About the facilitator

Angelica Chrisanthi Hristakos is a registered Dr of Chinese Medicine & Acupuncture, mother & practitioner of Holistic Counselling, Shiatsu & Energetic Medicine. She has worked in Health & Wellness for over 15 years. Angelica also facilitates Womens workshops for healing, personal growth & transformation and at Odyssey House for recovery. Angelica is passionate about Womens Health, Spirituality and Sacred Feminine Wisdom, Earth Medicine and Body-Mind Awareness. Angelica's workshops are a holistic, nourishing and empowering way to understand ourselves on a deeper level, recreating our relationship to the Divine nature within.

Date: Saturday 10th November: 1.30-4.30pm

Cost: \$125/\$115 conc. (Includes a tailored bottle of flower essences, herbal tea & yummy snacks)

*Bring a friend and receive \$10 discount!

Location: Level 3, 370 Queens pd, Clifton Hill

For bookings: email Angelicahristakos@gmail.com or call 0433 080 837

www.therapiesfortransformation.com