

You're invited to



**Womenspace** *Soul Space for Women to Connect*  
A Not for Profit Organisation

## Wise Women's Circle

### Connect with your Conscious Living Body of Wholeness

Wednesday 3 February

Wholebody Focusing is a relational and experiential process which reconnects us to our innate Body Wisdom. During this workshop we will awaken the consciousness of our Living Body and directly experience its unique vitality and intelligence. In a safe and structured way, we will reconnect to our own bodily knowing, as part of the living body of our environment. Through inner directed movements of the body's own making, we discover a sense of ourselves in our own wholeness and life possibilities. This allows us to open up to a connection with others in surprising and mutually enlivening ways.

Wise Women's Circle is a regular monthly group held on the first Wednesday of the month, in Sandgate. Womenspace invite a range of exciting facilitators each month to offer a sample of their wisdom to enlighten our souls, nurture our spirits and educate our minds.



February Presenter, Lynette Lancini is a Professional Wholebody Focusing Trainer (Focusing Institute, New York) and artist/practitioner at play across the fields of music, movement and wellbeing. Her music has been broadcast nationally and internationally, and performed and toured by The Muses, Topology and The Queensland Orchestra.

A dedicated Focuser for over a decade with hundreds of hours of Focusing sessions with mentors, peers and now clients, Lynette is also a long-term student of Gene Gendlin's Philosophy of the Implicit with 'Sherpa' Rob Parker, Ph.D.

**Location:** Womenspace, 2/11 Second Avenue, Sandgate

**Date:** Wednesday 3 February

**Time:** Arrive 7:15pm for 7:30 start - 9:30pm

**Cost:** \$15 non-members (\$12 members)

**Bookings:** Please secure your booking at [womenspace.org.au](http://womenspace.org.au)

Email: [coordinator@womenspace.org.au](mailto:coordinator@womenspace.org.au) or phone 0431 112 721.

*All Womenspace events are designed for women, unless otherwise notified.*