



Women Who Run with Wolves

Series of mini-workshops

I – Hania Gorski - feel inspired to design this very special series of mini-workshops - by my own story of healing and growing, by stories of women in my family, and by countless stories I've heard from great women showing in my everyday practice.

I saw many of them lost, exhausted in giving and in pleasing others, longing for deep connections, feeling unlovable, and never good enough. Sometimes their light - shining within - was almost extinguished.

For exhausted Feminine there is no solution in cutting off from others or pursuing self-realisation in an aggressive way. The Feminine Way for dealing with exhaustion would be to nurture and heal, and to connect lovingly and kindly with True-Self.

That is the goal for the workshop series – to connect deeply with, to heal and nurture Feminine.

Tools And Ways Used In The Workshop Series:

- Transformation of unhealthy habits (healing busyness, multitasking, excessive giving etc.)
- Building Resilience and Emotional Self-Regulation
- Advance Communication Skills
- Assertiveness Training
- Bodyworks: blend of Qi-Gong/Yoga/Tantra exercises for energy building, healing/integrating body movements, deep healing through breathwork
- Basic physical self-defense workshop (facilitated by a guest – a Martial Artist)
- Mindfulness practices
- Healing through sound and rhythm workshops
- Creative expression practices
- Feminine Archetypes exploration (inspired by findings of the author of Women Who Run with Wolves)
- Intimacy development

Inclusion: five mini-workshops, 4 hours each, small group

Day/Time: 1st Saturday of the month, from 12pm to 4pm

Cost: \$150 per workshop, (\$750 total); there are available Medicare rebates for eligible persons (max. total amount of rebates is approx. \$105, please ask Hania for details of eligibility).

Who would benefit? Women who want to increase their self-confidence and develop their relationships. Who want to connect in a deeper way with their Feminine inside, and to grow in self-awareness towards more fulfillment in Life.

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