

creativity ~ play ~ ME ~ authenticity ~ self-compassion ~

Daring to be our Authentic Self



... a journey for women

Over 7 weeks explore 7 concepts for living an authentic, whole-hearted life. Join us for one, several or all 7 sessions as we explore creativity, authenticity, self-compassion, connection, courage, vulnerability, trust, intuition and letting go!

When: Tuesdays 7pm - 9pm starting 29 April 2014

Where: TBA in Mudgee

Investment: \$50 per session or \$300 for all 7 (must be paid in advance).

Bookings essential by Friday 18 April as spaces are limited.

Contact: Susan - 0426 241 435 or susan@theoceanoracle.com

Fiona - 0407 727 083 or fiona@youtopialifecoaching.com.au

About Us:

Susan Marte is a healer with a creative edge. She is passionate about helping people to heal their physical, mental & emotional stories through modalities such as Bowen Therapy, art therapy and creative healing workshops. She created The Ocean Oracle (deck & app) and has a line of original lino print cards. She continues to work on her Self and is whole-heartedly (trying) to embrace the dance between the masculine and feminine and her own creativity.

Fiona Brown is a woman on a mission. She has many strings to her bow that enable her to support others in their own healing and personal growth and development. Fiona is a Registered Nurse, Reiki Master, Certified Angel Intuitive, Crystal Healer and Teacher, Max Potential Program Manager and Accredited Life Coach. She has a passion for learning and teaching and empowering others to believe in themselves and live an authentic life.

letting go ~ spirituality ~ stillness ~ trust ~ intuition ~ knowledge

vulnerability ~ confidence ~ community ~ connection ~ gratitude ~ joy

expression ~ communication ~ truth ~ courage ~