

# Women's Wellbeing Weekend



Autumn Equinox 3pm 21st - 3pm 23rd September 2018 Gaunts House, Dorset  
p/p £290 shared room; £330 Single, £210 Non Residential (payment instalments available)  
[admin@gauntshouse.com](mailto:admin@gauntshouse.com) or 01202 841522; LIMITED SPACES



There is a magic when women sit & share together.  
It is transformational, it is pure Alchemy.

This weekend retreat was born of the tremendous feedback from the workshops I run at the annual Gaunts Summer Gathering. So many women calling for more women's focused sessions!

So, here is the first response. A weekend devised & offered to you from the hearts & souls of this group of sacred & sassy, wild & authentic women with our phenomenal combined gifts & skill sets to share with you.

My work is focused holistic health & wellbeing; self-empowerment & confidence.

Feeling the best you can & achieving all that you want in life. I specialise in women's hormonal health. This is something, not only determined by our genealogy, but also our daily self-care – what we eat, how we move & how we speak to ourselves.

By supporting your right physical, mental & spiritual relationship with yourself, your emotions & hormonal cycles, we are able to rebalance your holistic wellbeing.

I'm passionate about transformational work. I've had my own experience of the journey from negative menstrual cycles, depression & maladaptive behaviours to the place of contentment which I now occupy.

I recognise the courage & desire needed to work towards & achieve change & am testimony to how natural those techniques can become as routine in daily life.

Humans are complex animals, our primitive reptilian brain is still primed for fight or flight & too often, we listen, without question, to its continuous stream of negative self-deprecating chatter.

This permeates our feelings of self-worth & contributes to setting ourselves up for failure in both personal & work arenas.

It takes only 28 – 33 days to implement a new pattern of behaviour. That's just one month for a new habit to become commonplace to you. I truly believe that when you come to know your authentic self to understand & surrender yourself & be open to questioning why you repeat some of the ailing beliefs & behaviours you hold; then you can begin to alchemise the perceptions that do not work for you & reclaim the power to manifest the life you want.

I am an experienced Women's Workshop Facilitator of over 18 years, a certified Cognitive Behavioral Health & Wellbeing Coach & a qualified Neuro Linguistic Practitioner. I recently qualified as a BodyTalk access technician & am working towards being a practitioner of this deep & subtly powerful tapping technique.

I've been a specialty Vegetarian & Vegan Chef, professional Actress & Stage Manager & am a stand up comedian with my "Bleedin Stand Up" & "Blood, Sweat & No Fears" routines.

Most recently, I worked for more than a decade in NHS Mental Health.

All of the techniques which I employ in my unique practice are ones which I have beneficially experienced prior to training to use them myself & that is my recommendation to you!

[www.alchemywoman.com](http://www.alchemywoman.com), [www.facebook.com/alchemywomancoaching](https://www.facebook.com/alchemywomancoaching)

07769225086. Twitter: #alchemywoman

# Our Weekend Weavings

Over this weekend of wellbeing, I will hold safe space for you to explore what empowerment means to you, tuning in to your inner dialogue & tools to maybe rephrase some of it. We will rap hormone cycles, menstruation & menopause awareness & look to reframe any feelings of shame.

When we learn all that we are not taught about our fundamental female cycles, we are then better equipped to deal with the external world because of a greater understanding of our internal one.

Jo Pitcher will weave the deep feminine magic of her yoga & meditation practice throughout the weekend, starting with a grounding mediation on Friday afternoon once you have arrived at Gaunts House.

And along with Jaci Legge-Elliott on Saturday, we will lead you a merry dance & liberate your voices in a session of chanting! She will be leading a creative & colourful workshop earlier in the day.

Michelle Beagley invites you to experience the feminine resonance of her Sound Bath on Saturday night, & on Sunday morning I will lead you on a deep inner journey for feminine reconnection using shamans tool, the drum.

There will also be a few hours on Saturday afternoon for you to take self-time in the stunning setting of Gaunts House. Or to book a 1-1 therapy session with either Jo Pitches, Michelle or myself.

These are separate therapies to the cost of the weekend & are limited (Only 2 sessions per therapist) & based on a first come first booked basis.

I am truly inspired by the women who are bringing their complimentary wellbeing practices to your feet. I am sure you will be too.

Come & be nurtured, held; to share, listen deeply & be heard. Come & be moved as I forever am whenever I sit with sisters; women. All that & a whole heap of belly laughter of course!

If you are reaching out for right change, right now, then come on this weekend, we are here.



# Jo Pitcher



## Sacred Journeys

Deeply nourishing, empowering & releasing whilst connecting earth, heart & womb.

Heart of Living Yoga Teacher, Advanced Moon Mother, Physiotherapist, Holistic Therapist & Healer helping you reconnect to your purest essence & light.

Gently guiding as your path unfolds in the present moment to find your own inner truth, inner voice & to trust the essence of your being.

Working with women to realise & live their authentic femininity & true potential. Female Energy Awakening (Womb Blessing Energy Attunement) to help awaken more of the Divine Feminine energy within.

Womb Healing & Female Soul Healing (Advanced Womb Healing) to bring balance & harmony to the archetypal energies and their many paths of expression.

Women's Mentoring to bring this expression & balance more fully into everyday life.

# Jo Pitcher



## Friday Meditation with Jo

Fully arrive in the space & within ourselves as we deeply centre in stillness & the Peace of the Heart. Connecting Earth, Heart & Womb.

## Saturday Morning Yoga with Jo

Returning to stillness we explore our body, mind & inner environment through the beautiful practices of meditation, breath, hatha yoga & mudra flow.

## Sunday Morning Yoga with Jo

Explore & ground the energies & experiences of the weekend through this beautiful yoga practice as we release, integrate & harmonise through the body, breath & subtle energy bodies.

Jo Pitcher, Physiotherapist, Holistic Practitioner, Yoga Teacher, Moon Mother

For total health & well being, Inspiring & guiding you to have the life & lifestyle you really want

07835 212426, [www.sacredjourneys.org.uk](http://www.sacredjourneys.org.uk)

# Jaci Legge-Elliott



## The Mother Sparkplug

The workshop will be a delve into our creative spirits & a joyous playing with colour.

The emphasis is on the creative process, & not to create something pretty, although that may well happen. By diving into our creative souls we can free up a huge amount of energy that we've kept untapped. Lets have fun, like when we were kids!

I coach mothers using gentle, nurturing methods to re-find themselves after having children. Working both in person & online, I combine coaching, NLP, transformational creativity & energy release work to dig into a woman's true soul desires & helps those desires to see the light of day.

My background is varied but includes NLP, dancing, gymnastics & mechanical engineering. I have 3 children, & was poleaxed with PND & anxiety after the second child & had to rebuild myself from the ground up (because I was on the floor - it was the only place to start).

My work is a culmination of everything that helped me get back on my feet,  
& I am passionate about helping other mothers find their spark.

But you don't have to be one to benefit from this session!

[www.mothersparkplug.com](http://www.mothersparkplug.com)

# Michelle Beagley



## Body-Rhythms

I am a woman who is passionate about being the best that I can be in this world.  
About finding ways to smash down the self imposed limitations & to find ways to connect  
deeper & deeper to myself & others.

I am a qualified fitness instructor who spent over 15 years in the industry mainly working with  
people on the fringes of society & spending a lot of my time working with mental health  
organisations & on acute inpatient wards, supporting people to 'come back home'  
to themselves through movement.

I then trained in reiki, holistic massage & body work, sound therapy & Ecstatic Awakening  
dance to be able to bring all elements of 'getting in touch' with oneself through varied mediums.

I am coming into my magic years & realise the importance of finding ways to flow with one's own  
'body-rhythms' & to be with your body & move your body & connect with your depths through  
sound & touch. To listen in deeply to its wisdom. To hear its wants & needs & to express yourself  
for yourself to enable you to shine your beautiful unique light onto this world.



# Therapy Sessions

## Saturday Afternoon

Michelle Beagley

Holistic Massage

Massage can support you through many of life's challenges & health issues by releasing the deeply held tensions & emotions that create disease & stress which are held within the systems of the body.

Through bodywork, your wellbeing & vitality can be increased.

Having trained in Swedish massage, deep tissue massage, neurological muscular techniques, subtle energy fields & trauma release work, I ensure the session is centred on the whole person.

£45

Sound Therapy

Sound Therapy can be used in conjunction with massage or used as a stand alone treatment. It will help you to tune into your depths & realign your energy, allowing you to experience a pure sense of peace & serenity. Using singing bowls, tuning forks, drums, voice & other instruments, Sound Therapy will rebalance & rejuvenate your physical, emotional & energetic self, sending you into a wonderful state of calm. Sound Therapy uses the vibrations of the instruments to lift dis-ease in the cellular memory & release the emotions, traumas and tensions that no longer serve you. In a 1-1 session, you lie fully clothed on a soft, warm couch & allow the sounds to assess the imbalances in your body. The sounds effortlessly sink deep into your being & nourish you in a very deep way & you just lie there & do nothing but receive.

£45

# Therapy Sessions

## Saturday Afternoon

### Jo Pitcher

It's a pleasure to be able to offer the Womb Blessing & Womb Healing during free time at this women's wellbeing weekend.

Womb Blessing £45.      Womb Healing £40

<http://www.sacredjourneys.org.uk/women.html>

### JoRae

I offer safe space talking therapy & or hormonal health coaching; a holistic approach combining cognitive behavioural, neuro-linguistic practices & BodyTalk tapping, a deeply profound calming, emotionally & physically releasing therapy.

Once you have identified what area of your life you want to focus on during this 50-minute session we will work uniquely to bring cohesion & healing to you.

£40