

After attending Women's circles for a couple of years and noticing the improvements in my health and my life I realised how important it is to have connection with other women and a space where you can show up as yourself and be accepted in a group for the beautiful woman that you are.

I decided to become a facilitator so I could hold space for other Women to feel how powerful circle can be.

Anything that is shared in the circle stays confidential and it is a place where there is no judgment, just pure acceptance of each other. You can share as much or as little as you like, whatever feels right for you!

We may talk, meditate, journal, create or anything else that comes up. A couple of hours to take some time for you!