

# *Holding Hands*

Sat 18<sup>th</sup> & Sun 19<sup>th</sup> Feb

Saturday we will explore the nature of the child within~ spending time acknowledging & healing the tender, deep wounding & sensitivities. Equally discovering & claiming his/her gifts & unique, inherent qualities. Thereby transforming & expanding our capacity for wholeness, creativity & joy.

Sunday we will focus on the Mother archetype~ exploring the qualities that enable her to nourish, nurture and hold the child.

During this process we will gain awareness of when we are in reaction~ & therefore likely to blame, shame, or abandon her/him.

Ultimately connecting to the potential of an intimate, protective & loving capacity within this Mother/Child relationship, which is fundamental to our ability to thrive emotionally... & venture forth safely in our world.

We will use breath, music, movement, meditation, ritual & the group process to access & co-create our healing pathways.

**Venue:** TBA    **Cost:** \$300

**Time:** 9am to 5pm (8.30am for registration on Sat)

**Contact:** Claudia Defrenne ~ 0411217383 or [cloudsdreaming@gmail.com](mailto:cloudsdreaming@gmail.com)

**Cloudia** is psychotherapist, midwife, mother & grandmother  
She has facilitated women's empowerment & healing circles for 25yrs.

*"Since you are like no other being ever created since the beginning of time,  
you are incomparable"    -Brenda Ueland*