

# Woman Within Weekend

**What is the  
Woman Within®  
Weekend?**

It is an invaluable adventure into your true self that allows you to clearly see who you are and what you want out of life.

Through a series of individual and group exercises and experiences, you have an opportunity to gain insights and discover tools to help you arrive at the answers that are right for you. Thousands of women around the world have already taken this journey. Where will it lead you?

**What will I get from it?**

- Dedicated time for you to explore the essence of who you are, guided and supported by compassionate women who have walked that same path
- A chance to work through the issues affecting your life and your relationships with skilled staff members in order to reclaim an important aspect of yourself
- The opportunity to feel the support of a community of women from a place of respect and caring

**Who can attend?**

Any woman over the age of 18 years.

**When and where?**

- From 6pm Friday 28 October to 4pm Sunday 30 October 2015
- Juniper Hall, Headley Lane, Dorking, Sussex RH5 6DA United Kingdom

**How much will it  
cost?**

£550 includes program, materials, accommodation & meals.

**Any prerequisites?**

No

**How do I sign up?**

Please register online at <http://uk.womanwithin.org/getting-started/weekend-registration/>

Any queries please contact Mellon Horsell on 01423 864261 or email [weekend\\_registrations@womanwithin.org.uk](mailto:weekend_registrations@womanwithin.org.uk)

