

How might your life be different? Life be different?

How might your life be different if there had been a place for you?

A place for you to go...a place of women...a place where you were nurtured from an ancient flow sustaining you and steadying you as you sought to become yourself.

A place of women to help you find and trust the ancient flow already there within yourself...waiting to be released...

A place of women...

How might your life be different?

Woman Within`UK has been presenting the Woman Within® Weekend and associated workshops in the United Kingdom since 1996. Woman Within UK is part of a global, not-for-profit community of women from around the world. To date over 15,000 women have experienced this powerful and transformational weekend.

You can find more detailed information on our website with a list of dates and venues for the next weekends:

www.womanwithin.org.uk

Or you can contact our registrar directly:
weekend_registrations@womanwithin.org.uk

How can one weekend possibly change your life?

The journey of a lifetime, providing tools and the environment to encourage growth, release blocks and create a lasting shift

A safe and nurturing space for you to explore how your life could be different

A series of exercises which allow you to start to consider and transform what is holding you back from fulfilling your potential

You decide where
you are ready to go

Extract from Circle of Stones – Woman's Journey to Herself by Judith Duerk

"At a certain time in my life I had a sense that I was stuck, something was missing and I wasn't complete. I went on the Woman Within® weekend, and it really helped me. In fact it was a life changer. It was fantastic, and I wish I'd known about it years before."

Fulfill Your Potential

The Weekend is a powerful experience for women. It is a series of exercises and guided imagery, along with individual and group work, that will support you in making empowering and life-changing choices.

It might be that there are events from your past and/or present that stand in the way of you living your life to the fullest.

For some, the Weekend gives the gift of being heard for the first time, it gives an opportunity to discover their voice and speak their truth.

For others, having the space and time to experience intense emotions without judgment.

We cannot say exactly what YOU will get out of the weekend because every woman receives something different for herself.

Our vision is to have a community of women who have discovered the power of connection within themselves. Women who are empowered and empowering, supported and supporting, in all aspects of their personal and professional lives

What Change Could Be

A few things that other women have experienced from the weekend:

- Clarity around who you are and what you want out of life
- Deeper connection to joy and living in the present moment
- The expression and release of painful emotions
- Strong connection to, and sense of trust in, other women
- Deeper understanding of women's power
- Sense of love and acceptance of your body
- Understanding how to nurture and make time for yourself
- Renewed energy in life
- Ways to effectively deal with conflict in your life

Trust The Process

We are there to support you. The only requirement for attendance is a willingness to trust the process. Throughout the Weekend you will be presented with choices and you will decide at every step of the way how much or how little you wish to participate.

There are typically between 16-32 participants on a Weekend. The staff team consists of a variety of different women with different levels of experience - the leadership team have received extensive practical and theoretical training over the years and as a result have, often, decades of experience behind them. **All staff women have completed their own Weekend.**



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The rare experience of compassion and strength created by women joining together to accept, empower and honour themselves and each other is a truly special environment