

# Phoenix Rising

Australia

“Within the heart of every moment lies the seed of a new beginning” - Graeme O’Brien

water



Nurturing

Safe



Healing



## Water Workshop

“We sometimes forget that the water cycle and the life cycle are one.” - Jacques Cousteau

This unique and truly amazing workshop is only offered once per year. There are only a limited number of participants we can accept and spaces fill early. Making the time to attend this gentle and safe workshop is a wonderful gift to yourself.

We all have strong ties to water. We spend nine months floating in water before we are born and throughout our lives, and seventy percent of our bodies are made up of water.

We are dependent on water for life and we can also return to it to gain health. For thousands of years people have used “water therapies” and “natural hot springs” to heal themselves. Warm water soothes us in a way nothing else can.

In this workshop, we use a heated pool to support you to experience the following:

- Release old aches and pains held in the body
- Being fully supported by others with no need to “do” anything in return
- Deal with body image issues, sensuality and sexuality in a safe, supportive environment
- Have the opportunity to express feelings of anger or rage in a secure, protected environment
- Feel supported to connect with and release grief and sadness
- Feel fully connected to your body

Please bring your bathing suit and two towels

Contact information:  
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