

WHEN:

6.30 - 9pm Thursdays
See current schedule

WHERE:

Magdalena's Cottage, Hidden Valley
Handcrafts, 2 Harriet Road Blue Haze
LIA, Broome

TUITION:

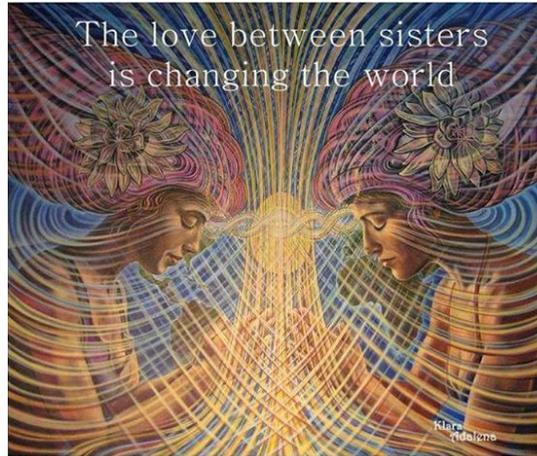
\$175 for a 5 week series of classes.

Private sessions \$50 for ¾ hour or
1½ hours \$90
½ day private intensive \$295

Payable in advance either in cash or by
direct deposit into the following Westpac
account – Alison Southern,
BSB 736188 Account 621256

CONTACT DETAILS:

For more information please contact
Alison - alisonsouthern@gmail.com
91937036W 0418784904M



Sit with this question:

"Does my current definition of a powerful woman serve me?"

Freedom to embody your own authentic expression of femininity is possible when you become aware of what you have been taught it means to be feminine and womanly. To re-engage with the feminine within you, you will need to get around these fairytales so you can go deeper within yourself and enjoy your own feminine essence. Every woman has a unique feminine expression. Discover yours, and then express it fully, without apology. It will feel delicious to you, and then result will be your own personal work of art, a work of art like no other.

From Powerful AND Feminine, by Rachael Jayne Groover, creator of the Art of Feminine Presence™.



Tap into your internal feminine power and put the juiciness back into your relationships, your work, your life.

Classes starting again soon.....



with Alison Southern, Broome

WHAT IS THE “FEMININE”?

The Feminine Essence that lives inside every woman. It's an energetic, empowering, and magnetic quality that has nothing to do with the way you look on the outside. When a woman embodies her feminine essence she does not need to project a powerful persona to attract the respect and attention she wants. She becomes attractive, radiant, sensual, and grounded.

WHAT IS “PRESENCE”?

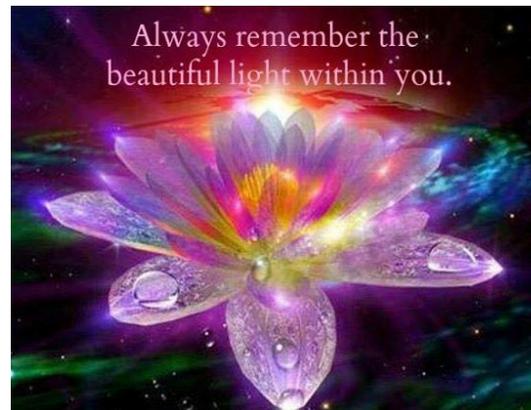
There are women who walk into a room and are noticed by many. They have an air of confidence about them that is attractive. There are others who frequently comment that “no one remembers I was even there.” One has “presence”, one does not. Presence makes people feel more attracted to you, and trusting of you.

HOW CAN WE BE POWERFUL AND FEMININE?

During these weekly classes you will -

- Access the most attractive force you have within – your feminine essence.
- Develop a physical and energetic presence that attracts the attention you want, personally and professionally.
- Get out of the stress and constant mental chatter in your head; come back to the relative calm in your body.
- Feel more comfortable with your sensuality, and feel more safe and at ease with receiving positive attention.
- Experience more juice, joy and passion in your life, particularly your love life.

- Learn to follow your body's wisdom and “higher guidance” rather than always pushing to make things happen.
- Be more at ease setting clear boundaries with others.
- Discover how to let your true value translate so you can get paid what you are worth.
- Increase your ability to make the kind of impact you want in the lives of those you care about.
- Attract the quality of love your heart desires.
- Look and feel more confident, healthy, and radiant when you walk into a room.
- Tap into an endless source of creative power.
- Find a clearer sense of your own gifts and unique purpose, your inner "light".
- Grow the confidence to be the feminine leader you know you can be.
- Find authentic friendships with like minded women.



WHY DO WE NEED FEMININE PRESENCE?

In the pursuit of equality and power, and their desire to be strong and independent, many women have taken on a more masculine role. Many women have shut themselves off from their softness, their sensuality, and the feminine energy that not only makes their lives more pleasurable and fulfilling, it gives them a radiant power—and is what men desire most. They have unwittingly closed down the ability to attract the healthy attention they want—from men and women—without even realizing they have done it.

The Art of Feminine Presence™ helps us redefine what it is to be an empowered feminine woman.

Our Vision is a world where both the feminine principle and the masculine principle are equally honoured and valued – in business, in leadership, in relationships, in society.

When a woman's feminine energy is disowned or under valued her life suffers. When a culture devalues “the feminine” it can cause serious challenges like the environmental crisis, humanitarian crisis, and a gender identity crisis we face now.

To create a positive world-wide shift we must return to the balance that we have lost. To lead a fulfilling, healthy and passionate life where we create what we want for ourselves and our communities, we must start adding the feminine principle back into our experience to compliment the strong and unwavering masculine.

“Our society is in desperate need of feminine role models who are courageous enough to be big, bright and beautiful.” Rachael Jayne Groover