

# Women Say No!

## A one day Women's Empowerment workshop in Brighton

with Devaraj, Karuna, & Manuela

### Proposed Schedule

12.30 - Arrival, Introduction and brief Opening Circle

13.00 - Bioenergetics to bring us into Awareness

13.45 - Sharing Exercise. Share with a partner about the times you've given your power away, not taken a position when you've needed to, or ended up feeling like a victim.

14.15 - Bioenergetic Exercises to bring you into your belly and open the chest

14.45 - Anger Expression Exercises. Contacting the Rage Within.

15.30 - Healing

15.45 - Break

16.30 - "Owning Where You Need to Create Change in Your Life" - A Sharing exercise

17.00 - Personal Psychodrama. Gathered together in a crescent shape, each participant has the option to stand up in front of the others, share about something they need to let go of, receive guidance or feedback, or undertake a personal challenge exercise to release the past guided by Dev. This part of the day is entirely optional. You are fine simply to witness other women and be there as a support. You do not need to get up yourself.

18.15 - Final Circle

18.30 - Close. Option to go for a tea afterwards.

Please wear loose clothing, bring a water bottle, and bring a little food for the break time.

Please be prepared for a day of intense emotional work and deep inner transformation.