

A 3 DAY SPIRITUAL WORKSHOP FOR WOMEN

# DEEPENING

## — THE — *Practice*

RETURN TO YOUR CENTER.  
OPEN YOUR HEART. TRUST YOUR WOMB. LIVE YOUR TRUTH.

*A heart opening, womb led journey of  
sacred connection, deepening and remembrance.* ♡

HELD IN  
SACRED SPACE.  
ROOTED IN NATURE.  
GUIDED BY LOVE.  
LED BY WOMEN.



### ABOUT THE WORKSHOP

Deepening the Practice is a 3 day immersive experience for women to soften, open and reconnect with the wisdom of the body, the power of sisterhood and the magic of the soul.

Through sacred ceremony, plant medicine, ritual, movement, reflection and connection, we return to our truth together.



### PLANT MEDICINE

We will be working with ceremonial cacao and orchid essence to support heart opening, clarity, and deep connection to spirit.



### WHAT TO BRING

- Something for the altar
- Pen and journal
- Water bottle
- Blanket or anything to keep you warm and comfortable
- On Saturday feel free to bring drums or musical instruments



### WORKSHOP DETAILS



FRIDAY 26<sup>TH</sup> JUNE  
11:00 AM – 5:00 PM



SATURDAY 27<sup>TH</sup> JUNE  
12:00 PM – 9:00 PM

Including social evening  
with soul food and music 🎵



SUNDAY 28<sup>TH</sup> JUNE  
11:00 AM – 4:00 PM



**Vegetarian meals and refreshments provided**



**Questionnaire & Video Call**

All participants will be sent a questionnaire to ensure the experience meets your individual needs.

You will also be invited to a video call with the facilitators before the event to discuss any specific needs.



**Payment Plans Available**

Flexible payment options to support your investment in self.



### WHO IS THIS FOR?

This workshop is for women who wish to deepen their spiritual practice, whether you work in the spiritual arts, are walking your sovereign path, or simply long to resonate with other women – yielding to and utilising the power of the solidarity of womb energy.



### THE VENUE

Clifton Grange, Blackpool Rd,  
Newton with Scales, Preston PR4 0XL

A beautiful, peaceful space surrounded by nature. The venue is disability inclusive and on the ground floor with easy access.



### LOCAL ACCOMMODATION

Clifton Arms Hotel – Penwortham (10 min)  
[www.cliftonarmshotel.co.uk](http://www.cliftonarmshotel.co.uk)  
Premier Inn Preston East (15 min)  
[www.premierinn.com](http://www.premierinn.com)  
Travelodge Preston (15 min)  
[www.travelodge.co.uk](http://www.travelodge.co.uk)  
B&B options available in Penwortham and surrounding areas.

### MEET YOUR FACILITATORS



*Lynn Paterson*

HEART CENTRED PRACTITIONER

Lynn is the heart behind One Heart Tantra. A devoted practitioner of tantra, Reiki Master and shamanic practice, she creates safe, nurturing spaces for deep healing, embodiment and authentic connection.

Her work is rooted in love, compassion, and the belief that when women heal, the world transforms.

[onehearttantra.com](http://onehearttantra.com)



*Faith Weaver*

LOVER OF FREQUATICY,  
LIGHT AND ENERGETIC ARTS

Faith is passionate about holding plant medicine ceremonies, (sacred) journeys, curating bespoke meditations and working with energetic bodywork and kundalini practices that support healing, aliveness and awakening.

She also holds ecstatic dance and movement spaces, creating freedom, joy and embodied expression.

[divinefaithtantra.com](http://divinefaithtantra.com)  
[divinefaithmeditations.com](http://divinefaithmeditations.com)