

Nurtured Womb Journeys

Personalised sessions

Nurtured Womb Journeys is a tailored movement and expressive therapy exploration, designed to support women **journeying from maiden to mama**.

The sessions are held in a safe & non-judgmental space.

Women are supported to navigate their experiences during pregnancy with self-love and creative embodied processing. The sessions encourage a range of creative expression, including: body awareness & intuitive movement, drawing, written word, voice and sound.



"It is a space for nourishing discovery; a time for self-care and surrender; an invitation to explore, create and express"

This work can be explored at any stage of pregnancy, tailored to your unique journey.

The personalised sessions are an opportunity to connect with your intuition and body wisdom, strengthening deep connection with self and your growing baby.



What a session would involve...

Personalised sessions could be held in the comfort of your own home, my welcoming studio space or in nature. It would start with an initial consultation to set goals and intentions.

The sessions are flexible and intuitively guided: we will flow with how you are feeling on the day.

**An opportunity to give to yourself:
nourishing you as Woman, as Mother.**

Themes to explore, could include:

Celebrating Self. Trust in your body and the process.
Surrendering and Embracing change. Identity as Mother.
Inner child. Womb connection. Understanding fears.



What you would receive...

- Personalised sessions based on your unique pregnancy journey, intention/s and expressive modalities
- Supported quality time for nourishing self-care, reflective discovery and personal growth
- Processes offering bonding experiences with your baby and partner
- Being lovingly witnessed and held through your pregnancy
- Pregnancy memories captured through your own art, and session photographs and video (if desired)

About me

I am a Movement and Expressive Therapist, fascinated with exploring creative modalities as a platform and avenue for healing and personal growth. I facilitate spaces and processes that allow self-discovery to take place - strengthening ones intuition and connection to self and the world around them. I support individuals and groups to explore, express and play in meaningful ways, having deep faith in our bodies and tapping into our inner resources.

I hold a Masters of Social Science; Certificate in Somatics, Performance and the Creative Process; Certificate in Expressive Therapies and Graduate Certificate in Movement Based Somatic Therapies.



My pregnancy was an experience that challenged me, offering opportunity for deep learning, insight and personal growth. Studying Movement and Expressive therapies during this time opened up an entirely new way of working through my emotions as my journey unfolded - in a profoundly creative and self-reflective way. Not only did the process birth me as Mother and my guiding light daughter: It gave birth to my newfound passion and mission to facilitate supportive spaces for other women during this powerful time of initiation



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