



*inyourskin*  
Relationships and Sexuality Education

*Sex Therapy*  
&  
Psychology

# Women's Sexual Wellbeing Workshop

SATURDAY 31 OCTOBER 2020  
9:30AM - 4:30PM

'THE LIBRARY' AT THE STIRLING HOTEL  
52 MOUNT BARKER ROAD, STIRLING

Are you experiencing low sexual self esteem?

Has your relationship lost its sexual spark?

Do you have difficulty expressing your (sexual) needs?

Do you find yourself neglecting your (sexual) needs?

This workshop encourages participants to explore their sexual self-awareness, sexual curiosity and sexual expression. Factors impacting female sexuality and the sexual self-concept will be considered, with a view to increasing participants' understanding of their own desires and some strategies to effectively communicate this. Are you ready?

Attendance costs \$280 per person which includes morning tea, afternoon tea and lunch in The Bistro at the Stirling Hotel. It also includes all workshop resources and material. A deposit of \$100 is required at registration.

To register, email [Tess@inyourskin.co](mailto:Tess@inyourskin.co) or [Selma@sextherapyadelaide.com.au](mailto:Selma@sextherapyadelaide.com.au), or call 0407 614 645. Registrations close 25 October 2020.