

Do YOU need a RESET?

A safe & supportive space to express and RECONNECT to yourself?
To other women? To your body, heart, spirit and your inner light?



Instagram: kathypopplewell_connection

Facebook: Kathy Popplewell Connection & Cairns Circles

Come to 'THE RESET' ~ Circle, dance and sound journey for Women
(with bonus mini laughter session) with Kathy Popplewell....

Come to RESET. To be seen, heard and felt. To be welcomed just as you are. To BE.
To FEEL, EXPRESS, RELEASE. To **CONNECT** in a group of big hearted, deep feeling, nature
loving women. Through circle, laughter, dance, sound, breath & being. **Is this calling you?**

Saturday 24 October 2026.

10am til 1pm. CAIRNS.

At Redlynch Community Hall (Redlynch Community Kindy).

Enter via Margaret Street.

Contribution/Exchange

Sliding scale contribution: \$25 to \$90 per woman (recommended contribution \$55 per woman).

*Alternative exchange options also available. **Please visit event page to see full details.***

We aim to make this event as accessible as possible. Come solo or with your female friends and family!

Women of ALL ages and stages of life welcome. It would be an honour to welcome you to this space.

Kathy is also available for one to one sessions, Grief Rituals and Laughter Giggleshops.

You can **contact her on 0457 154 457** OR to **read more about Kathy or this event**,
book your place or subscribe to email updates please visit

www.kathypopplewell.com