



CHELA WORKSHOPS & EXPERIENCES



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CHELA offers thoughtfully facilitated wellbeing workshops designed to create space for rest, reflection, creativity, connection, self-discovery & empowerment.

Each experience has its own focus and can be adapted to suit your people, place and purpose. Workshops are available for workplaces, community organisations, women's groups, retreats, conferences and events.

Community • Healing • Empowerment • Love • Alchemy



CHELA WORKSHOPS & EXPERIENCES

WARL WARL

Restorative Wellbeing & Sound Immersion

Slow down, breathe and reconnect through mindfulness, gentle breathwork, sound and rest.

WOMEN'S YARNING CIRCLE

Connection, Reflection & Creative Practice

A facilitated space for women to gather, yarn, create, listen and connect.

DREAMING FORWARD

Creative Visioning & Possibility

Explore your dreams, desires and intentions through visualisation, reflection and creative visioning & vision boarding.

TENDING THE FIRE

Social & Emotional Wellbeing

Reflect on what fuels your wellbeing, what dims your fire and what you need to keep tending to yourself.

RARRWA

Coming Home to Yourself

Explore identity and self-concept through the places we experience home — within body, mind, spirit, environment, community and Country.

The JALA RETREAT

Pamper, Rest & Restore

A nurturing mini retreat inviting women to slow down, enjoy gentle pampering and self-care rituals, and settle into deep intentional rest.





ABOUT CHELA

CHELA creates culturally responsive wellbeing workshops and experiences that invite people to slow down, reconnect and care for themselves and one another.

Our approach brings together mindfulness, creativity, reflection, gentle movement and connection to create spaces where people can pause, breathe and simply be.

We partner with workplaces, community organisations, creative spaces and events to deliver experiences that support wellbeing, connection, belonging and reflection.

From a one-hour workshop to a half day or full day experience. CHELA experiences can be tailored to suit your people, place and purpose.

**Workplace Wellbeing • Women's Wellbeing • Community •
Creative Wellbeing • Facilitation • Professional Development**

WARL WARL

Slow down • Calm down • Go gently

WARL WARL is a restorative wellbeing experience that invites people to step away from the busyness of work and everyday life to slow down, breathe and reconnect.

Participants are invited to get comfortable, seated or lying down on yoga mats with blankets and eye masks, before being gently guided through grounding, mindfulness and breathwork. From there, the session moves into a deeply restful sound immersion using sound bowls and layered soundscapes, creating space for the body and mind to settle.

The experience closes with gentle reflection and practical wellbeing practices that participants can carry with them beyond the session.

IDEAL FOR

Staff wellbeing days • Team retreats • Conferences • Workplace wellbeing
• Community gatherings • Creative teams • Leadership days

DURATION

60 minutes

Extended sessions available on request



WOMEN'S YARNING CIRCLE

Gather • Yarn • Connect

Women's Yarning Circle is a gently facilitated wellbeing experience that invites women to slow down, gather in circle and connect through conversation, reflection and shared experience.

Participants are welcomed into the space with grounding and mindfulness before moving into a guided yarning circle, supported by thoughtful prompts that create space to share, listen and reflect. Sessions can explore themes such as wellbeing, identity, belonging, sisterhood, rest, life transitions and connection.

Creative and mindful practices may be woven throughout the circle, including beginner-friendly weaving, beading, colouring, journalling or gentle movement — creating opportunities for women to connect naturally while making and sharing together.

IDEAL FOR

Women's gatherings • Staff wellbeing days • Community programs • Women's retreats • Conferences & events • Women's networks • Creative spaces

DURATION

60 minutes

Extended or ongoing circles available on request



DREAMING FORWARD

Dream it • See it • Move towards it

DREAMING FORWARD is a creative wellbeing workshop that invites people to pause, look ahead and explore what they want to create, experience and move towards in their lives.

Participants are guided through mindfulness, visualisation and reflection before exploring their values, desires and intentions through creative visioning practices. The session explores different ways we can dream and envision our futures, drawing on science-informed practices around attention, belief, goal setting and behaviour, while making space for personal faith, spirituality and ways of knowing.

Participants are then supported to bring their vision to life through practices such as vision boarding, Pinterest boards, playlists, journalling, affirmations and personal declarations — creating meaningful tools and reminders they can return to beyond the session.

IDEAL FOR

Staff development days • Team retreats • Women's groups • Community programs • Creative teams • Leadership days • Beginning & end-of-year gatherings

DURATION

90 minutes

Extended sessions available on request



TENDING THE FIRE

Reflect • Rekindle • Tend

TENDING THE FIRE is a reflective social and emotional wellbeing workshop that invites participants to consider their wellbeing through the metaphor of tending to a fire - recognising what keeps us burning strong, what can cause our fire to dim, and what we need to keep tending to ourselves.

Through guided reflection and practical wellbeing tools, participants check in across different areas of their lives, exploring what is currently nourishing them, what may be draining their energy, and where greater care or attention might be needed.

Using activities such as a wellbeing wheel, mindfulness, conversation and personal reflection, participants are supported to identify the people, practices, places and resources that help keep their fire strong and consider practical ways to tend to their wellbeing beyond the session.

IDEAL FOR

Staff development days • Team retreats • Women's groups • Community programs • Creative teams • Leadership days • Beginning & end-of-year gatherings

DURATION

1.5 to 2 hours

Extended sessions available on request



RARRWA (AR-DA-WA)

Coming Home to Yourself

RARRWA means home in Burarra.

RARRWA is a reflective and creative wellbeing workshop exploring the idea of home — not only as a place, but as something we can experience within ourselves.

Through guided reflection, conversation and creative practice such as reflective journalling, participants explore the different places that shape our sense of self: home within our bodies, minds and spirits; the environments we create around ourselves; our relationships and communities; and our connection to place and Country.

Participants are invited to reflect on the values, strengths, experiences and stories that make them who they are, while considering what helps them feel grounded, connected and at home within themselves. The session may include mindfulness, journalling, values and strengths exploration, personal declarations and creative reflection - supporting participants to strengthen their relationship with themselves and consider how they can continue creating a sense of home wherever they go.

IDEAL FOR

Staff development days • Team retreats • Women's groups • Community programs • Creative teams • Leadership days •

DURATION

1.5 to 2 hours



THE JALA RETREAT

Pamper • Rest • Restore

Jala means sister in Burarra.

JALA RETREAT is a nurturing mini retreat designed to create space for women to step away from doing, working and caring for others and experience what it feels like to be cared for themselves.

Participants are welcomed with a refreshing drink before moving through a series of gentle pampering and self-care rituals. Experiences may include creating botanical hand scrubs, nourishing hand treatments, Epsom salt and botanical foot soaks, cooling face masks and gentle hand massage with space to yarn, connect and simply enjoy being looked after.

The experience then transitions into deep intentional rest, with participants settling onto yoga mats with cushions, blankets and eye masks for guided mindfulness, gentle breathwork and an immersive sound journey using sound bowls and layered soundscapes.

JALA RETREAT can be tailored to the women, setting and purpose of the gathering, creating a thoughtful experience centred around care, connection, sisterhood and rest.

IDEAL FOR

Women's wellbeing days • Staff appreciation • Women's retreats •
Community programs • Women's gatherings • Conferences & events

DURATION

2.5-3 hours

Extended experiences available on request



READY TO BRING CHELA TO YOUR ORGANISATION, COMMUNITY, OR GROUP?

Found an experience you'd love to bring to your people?
get in touch to book a CHELA workshop or chat about what
might work best for your group.

Contact us:



Email: chelawellness@gmail.com



Website: www.chelawellness.com.au



Socials: @chelawellness

