

Meet our June guest speaker

Stacey Wooller



Stacey is a yoga teacher, mindfulness life coach, meditation guide and sound healer based in Rockhampton. She blends movement, breathwork, meditation and sound to help women slow down, reconnect and find a sense of calm in the chaos.

She is also a solo mum of five daughters, so she understands what it means to hold a lot (mentally, emotionally and energetically) and the importance of creating space for yourself, even if it's just five quiet minutes in the car.

Stacey's style is down-to-earth, authentic and heart-led. She is passionate about helping women remember who they are beneath all the roles they play, gently reminding them of their strength, softness and inner magic!



view
celebrating 65 years

WELCOME TO THE CAPRICORNIA VIEW CLUB

**GUEST SPEAKER
STACEY WOOLER**

You are invited to join us for our June meeting,
as we officially start our journey as the
new, welcoming, and inclusive
Capricornia View Club

14 JUNE AT 11AM FOR 11.30AM START

Play Matters Hub, Shop 1/405 Yaamba Rd North Rockhampton
Bring a plate of food to share, tea, coffee and cold drinks provided.

**Don't forget your cash for raffles
3 for \$5**

RSVP by 9 June to Karen on 0429 888 823