

# The Art of Renewal

## Finding Rest and Meaning When You're Running on Empty

### Overview

Feeling tired or stretched thin? The Art of Renewal is a gentle workshop to help you slow down, reconnect, and restore your energy with simple practices and practical tools you can use every day.

**This workshop is for people who give a lot — at work, at home, or in the community — and are noticing the cost.**

### What to Expect

- Tools to understand and reduce burnout
- Practical ways to replenish your energy and restore balance
- Gentle movement and calming meditation
- Space to reflect, reset, and reconnect
- Supportive group discussion and shared wisdom

# The Art of Renewal

Thursday 29 January 2026

at the Orange Palette

Unit 1/31 Berriman Drive, Wangara

9.30 am to 12.30 pm

Cost: \$95 (includes light refreshments at end of workshop)

*Places are limited to keep the group small.*

To secure your place in this workshop please register via the Balanced Consulting website:

<https://www.balancedconsulting.com.au/registration-interest-form>

Full details including payment options will be provided after registration.

## About Tanya



**Tanya Gawthorne** has spent many years working in and alongside the health sector, and now brings that experience to her work as a facilitator and coach.

She combines qualifications in environmental science, public health, and applied epidemiology with further training in coaching, behavioural science, yoga teaching, and the Art of Gathering. Her workshops offer a calm, grounded space for reflection — supporting people to navigate change, ease burnout, and reconnect with what sustains them over time.

## Contact

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