A WEEKEND WORKSHOP WITH SARA WISEMAN

FROM THE CREATOR OF THE EDGE OF YOU



The Edge *of Change*

For women moving through deep change in body and being: perimenopause, menopause, life after birth, life beyond illness.

For when your mind and body no longer feel like your own, and you're not sure who's living in there anymore.

THIS IS FOR YOU IF…

You look in the mirror and don't quite recognise who's looking back.

The fog, the rage, the tears, the flatness… and nowhere to let any of it out.

You gave everything to growing, birthing and caring — and lost track of you.

Your body feels foreign, unpredictable — or like it belongs to everyone but you.

You've been "coping" for so long you've forgotten what feeling alive is like.

You're ready to stop shrinking and start living in the woman you are now.

No masks. No mirrors. Just you.

SATURDAY & SUNDAY · 9AM – 4PM EACH DAY · IN PERSON · JUST FOR WOMEN

Strictly limited places

theedgeofyouworkshop@gmail.com

@the_edge_of_you

WHY THIS, WHY NOW

Your body and being changed. *You're still in there.*

Perimenopause, menopause, the years after having a baby, and life after illness — remission, a hysterectomy, a body that's been through treatment — are some of the biggest physical and emotional shifts a woman will ever move through. Yet most of us are expected to do it quietly — managing symptoms, keeping up, carrying on.

The Edge of Change is a full-bodied, in-person weekend to stop managing and start reconnecting with yourself. Through movement, voice, breath, introspection and inspiration, you'll release what's been held in, meet yourself as you are, with fresh eyes, and make room for what's next.



Come home to the woman you are now, *not the one you're trying to get back to.*

Inside the weekend

EQUAL PARTS RELEASE & REDISCOVERY

01 Arrive & Ground

Land in your body exactly as it is today. Gentle grounding to settle a nervous system that's been running on empty.

02 Breath for the Body You Have Now

Breathwork to soothe, steady and release — working with heat, fatigue and overwhelm, not against them.

03 Voice & the Unsaid

The rage, the grief, the "I'm fine". Guided vocal work to give sound to everything that's been swallowed.

04 Movement & Reclamation

Freeform movement to rebuild trust with a body that's changed shape, rhythm and rules. No choreography. No mirrors.

05 Who Am I Now?

Journaling and inner-compass work to meet the woman you're becoming — and choose what comes with you.

06 Circle & Integration

Shared courage, stillness and play with women who get it — and practices you'll carry long after Sunday.

MUSIC · LAUGHTER · SILENCE · SWEAT · RELEASE · STILLNESS · PLAY · TRUTH · FREEDOM

WHAT YOU'LL LEAVE WITH

- A felt sense of being at home in your body again — as it is now.
- Simple breath, voice and movement practices for the hard days.
- Permission to feel all of it — without drowning in it.
- A clearer sense of who you are, and what you want next.
- A body of women on similar terrain.
- Joy, play and aliveness that last beyond the weekend.



YOUR FACILITATOR

Sara Wiseman

Actor · Facilitator · Authentic Communication Specialist

An award-winning actor of 25 years and co-founder of The Actors Program, Sara has spent two decades coaching people into authentic presence and full expression. She brings that same depth, practicality and radical care to this room — held especially for women in transition.

> "Absolute human reset. If you've forgotten who you are, this is the pathway back to yourself."
>
> — THE EDGE OF YOU PARTICIPANT, 2026

WHEN	WHERE	INVESTMENT	SPACES
Sat & Sun, 9am – 4pm each day Dates shared upon registration	Shared upon registration In person only	Shared upon registration No commitment — just curiosity	Strictly limited Women only

All bodies, ages and stages welcome. Every practice is an invitation, adapted to you. This is an experiential workshop, not medical care, and sits alongside (never instead of) support from your GP, midwife or health practitioner.

Ready to step to *the edge of change?*

REGISTER YOUR INTEREST

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