



THE AWAKENED WOMAN

By Bronwyn Russo

A TRILOGY FOR THE WOMAN
WHO KNOWS IT IS TIME
for change



Conscious Living



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A TRILOGY FOR THE WOMAN
WHO KNOWS IT IS TIME.

1

*COME MEET
YOURSELF*

2

*COME KNOW
YOURSELF*

3

*COME HOME
TO YOURSELF*

THREE-PART EXPERIENCE
BY BRONWYN RUSSO · CLINICAL PSYCHOLOGIST

THE INVITATION

THERE COMES A TIME
IN THE LIFE OF A WOMAN
where she chooses
HERSELF.
Perhaps this is the moment for you.



THE
AWAKENED
WOMAN
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The Awakened Woman is a three-part experiential series for women who are standing at that threshold. Not the women who are thinking about it. The ones who know, in their body, that something has to change.

Built from lived experience, clinical practice, and 17 years of walking alongside women in their most pivotal moments of transition.

"This work calls for a certain readiness. Not perfection. Not having it figured out. Just being open to what might shift."

BRONWYN RUSSO

YOU ARE READY IF

- You have been holding everything together for everyone else and quietly losing yourself.
- You know something needs to change but you don't know where to start.
- You are tired of understanding your patterns without being able to break them.
- You want to feel at home in yourself again, not just functional.



Three workshops. One *complete journey*.

Each part builds on the last. Real change moves in stages, and this series honours that. Awareness first. Then understanding. Then integration.

1

PART ONE · AWARENESS

COME MEET YOURSELF

SHEDDING · PRESENCE ·
EMERGENCE

Before you can change, you have to remember who you are beneath the roles. This workshop is about shedding the dead skin. Grieving the long goodbye. And meeting the woman who has been waiting underneath it all.

IN THIS WORKSHOP

- Introduction to awakening and what it actually means
- Removing the masks and roles we have layered on
- Meeting your younger self and the parts of who you truly are
- First steps toward reparenting yourself

2

PART TWO · UNDERSTANDING

COME KNOW YOURSELF

STORY · NARRATIVE · CHAPTERS

Now we go deeper. Into the messy middle. Into the chapters of a life that shaped you. You will map your story, understand it, and discover that it is not your prison. It is your material.

IN THIS WORKSHOP

- Somatic bodywork and releasing what no longer serves
- Chapters of Me, mapping your personal journey
- Childhood, turning points, losses, triumphs, awakenings
- A letter to your future self and a promise

3

PART THREE · INTEGRATION

COME HOME TO YOURSELF

REGULATION · EMBODIMENT ·
WHOLENESS

This is not about more insight. This is about landing. Nervous system settling. The felt experience of being safe with yourself. A day of coming home, not as a concept, but as something you actually feel.

IN THIS WORKSHOP

- Nervous system regulation and embodiment practices
- Self-acceptance and presence as a lived experience
- The felt sense of wholeness, not just the idea of it
- A remembering of what makes you come alive

THE CIRCLE

The trilogy plants the seed.

The Circle keeps you connected and activated to stay awake.

The Awakened Woman Circle is an **online community for women** - whether you have been part of the workshops or are simply drawn to this work.

It is a space designed to **support your ongoing awakening** - with direct guidance from Bronwyn, meaningful reflection and practices to help you bring this work into the way you actually live.

And you don't walk it alone.

You become part of a like-minded community of women walking their own parallel journeys - connecting, sharing insights, reflecting openly and growing alongside one another.

This is where we stay awake - together.

THE TRILOGY

Plants the seeds. Introduces the concepts. Gives you the first felt experience of meeting, knowing and coming home to yourself.

THE CIRCLE

Ongoing guidance from Bronwyn, reflection and practices to support your awakening and bring conscious living into everyday life.

TOGETHER

A like-minded community of women connecting, sharing and growing alongside one another as life unfolds.



BRONWYN RUSSO

Clinical Psychologist · MA · Curtin University · APA Affiliate

Built from lived experience, clinical practice, and 17 years of walking alongside women in their most pivotal moments of change.

READY TO BEGIN?

The time is now.

Because when a woman chooses herself - everything changes.