



Dearest sisters and brothers, what a night! Thank you for making Sisters for Sisters Episode 10 such an uplifting, joyful, full-of-all-that-juicy-goodness event! On Sunday June 1st The candles were lit, flowing fabrics and lanterns draped, the cushions laid out, and flowers elegantly placed by Miss Becky (Décor Diva) and our incredible volunteers to welcome you all to another luscious SFS evening. This time we filled the Toff in support of Punarnava Trust, and with your generosity we are one step closer toward the goal of building a home for children in Southern India, and making the longer-term visions of a community garden and education centre a reality.

Carla Simone, who initiated Episode 10 after volunteering with Punarnava Trust last year had this to say: *"The manifestation of your love, energy and enthusiasm for a world filled with more peace, love, and improved quality of life for those in the broader community is an inspiration to me. I can't wait to share what we have achieved with the volunteers of Punarnava trust!!"* So thank you, SFS family, for proving yet again that we can help where needed, for making Sisters For Sisters OUR collective journey, the way we generate hope and change for our world, and the way we inspire others to work together too, in their own way.

And oh, the performers! Episode 10 was full of magical moments, from the ever-mesmerising bellydance artistry of Lakita, to Dadou Pretinha's powerful voice and empowering songs, to the joyous grace of the Nuholani dancers and beautiful harmonies of Ladi Abundance and Phoebe Jacobs, who shared a duet written especially for the night. And of course, you guys rocked the crowd participation singing along with Cochorus, and dancing to Ee'da's new tune Seek Them Out. As one of the audience members wisely responded, "They're here." From our hosts, Ee'da and Candice, to everybody onstage, offstage, and backstage at SFS 10: thank you for offering your gifts so graciously - it was a humbling honor to be sharing the dance floor with you all.

We are all still buzzing from the good energy, the feedback, the gratitude and positivity that everyone brought to the evening. In our busy lives it is easy to be always onto the next thing, and in the rush sometimes we forget to honour the present. So please take a moment to feel, and to celebrate the change that you, our wonderful Sisters For Sisters community of audience members, performers, volunteers and sponsors have created through your presence and support for Episode 10. Each of you is part of this conscious movement we are making toward a better, kinder world. It's amazing what we can do when we all come together.


We look forward to welcoming you to Brothers in Arms on August 17, a very special SFS event to celebrate our brothers and lift them up high. To stay up to date on this and future episodes, please like our facebook page, and share it with your friends so they can soak up some of these good vibes too as we continue dancing the dance, walking the walk, talking this talk of positive change and healing.

Finally, much gratitude from SFS (and the raffle winners!) to our generous sponsors:

Big beautiful bountiful blessings upon all of your heads!

Love love love,

The Sisters For Sisters Team

SPONSOR	CONTACT NAME	WEBSITE	PHONE	PRIZE
Neisha Clothing 	Neisha Smith	http://www.neishaclimbing.com/	0416 147 365	Voucher/Garment from her 2014 winter collection:
African Drumming 	Simon Fraser	simon@africandrumming.com.au http://www.africandrumming.com.au/	0416 053 619	African Djembe, shakers, and instructional CD
Poetry Tuition 	Carrie Maya (Hagan)	shesapreciousmess@gmail.com http://shesapreciousmess.com/	0423 239 346	two individual 2 hour, one-on-one written and spoken word (both in the 2 hours) mentoring sessions
Qualia Clothing	Jess Lee	www.facebook.com/qualiaclothing WEBSITE: https://www.facebook.com/qualiaclothing	0421 438 586	From her 2014 Winter collection - Wrap Coat On the night I would love to set up 1 or 2 mannequins somewhere wearing my gear including the coat.
Mother Tongue - Poetry event 	Fleassy Malay	catchingapples@yahoo.co.uk http://fleassymalay.com/ www.facebook.com/events/1437573349822002	0478 100 611	PRIZE : Mother Tongue VIP pass (2 entrance tickets, a cup of chai and a cake each) for June 6th (Featuring Tariro Mavondo and Tami Sussman) to the cause (event page to arrive today fingers crossed), and a place on my Speak Up 4 week spoken word course (www.facebook.com/events/1437573349822002) worth \$300 to the raffle.
Restore Naturally 	Sarah Najjar	http://www.restorenaturally.com.au/ sarah@restorenaturally.com.au	0416620877	Reiki Session valued \$85
Sister Awake	Bec Icely	http://sister-awake.com/about/becicely@hotmail.com	0400 0500 58	Tarrot session valued at \$70
Soul Circles Drumming	Djulz Chambers	djulz@soulcirclesdrumming.com http://www.soulcirclesdrumming.com/	0427 478 221	Private hour and half Djembe lesson with Djulz Chambers from Soul Circle Drumming. Valued at \$60
Honeywise	Ayurvedic Lifestyle Consultant	echo@honeywise.com.au Facebook.com/honeywiseness http://honeywise.com.au/	0479 187 778	For an Ayurvedic consultation valued at \$120
Ayurvedic Lifestyle Consultation and massage	Carla Beasley	carlasimmone@gmail.com	0402 467 234	Mindful Eating - Ayurvedic food and Lifestyle Program valued at \$270 1hr Health and Lifestyle Consultation and 1hr traditional Ayurvedic Massage, valued at \$170
Perfect Potion - 	Ashley Smith, marketing manager, Gabrielle (Melbourne Central Store Manager)	Ashley@perfectpotion.com.au http://www.perfectpotion.com.au/	PHONE : 03 96 39 47 86	PRIZE : Peace and Quiet gift Pack valued at \$50
Lifestyle Portraits	Sonija ?	spnetworking@gmail.com www.lifestyleportraits.com.au	0418-101-957	One x \$1,000 (Value) Gift Card, this comprises the following inclusions: This gift package includes a photography shoot with your own viewing, to select either one 50cm matted image, or use this credit towards our rewards packages, valued at \$1000. Together with three x \$400 (Value) gift cards, these comprise: This gift package includes a photography shoot valued at \$100 with your own viewing, to select either one 30cm matted image or use this credit towards our rewards packages, valued at \$299.

Natasha Smits		www.natashas.com.au Website: N/A	03 9696 1189	Gift voucher package - "Southside Dreaming" The absolute works for a top to toe luxury experience. Enjoy meticulous hand and foot grooming with a Paradise Pedicure and Resort Manicure. A Lash Hydra Tint, Brow Tint, Brow Sculpt will frame and beautify the windows to your soul. The soul itself is taken care of with a full body Spa Massage. Finally a delicious 1 hour Facial is tailored just for you. 4 hrs \$449
Green Press 	James McLoughlin	James@drinkgreenpress.com.au ovegreenpress.com.au facebook.com/lovegreenpress	0409 362 290	\$60 Food Voucher for cafe/restaurant in the CBD
Ramona Yagnik	Ramona Yagnik	yagmona@hotmail.com	0474 702 790	1 1/2 hour Kalari Massage valued at \$120 The basic Kalari treatment session involves 1.5 hours of full body massage where warm herbal oils, herbal compresses, vital energy point therapy and flowing massage movements are utilized to soften the muscles, relax the body, improve circulation and has many benefits to other organs and systems.
Sheree	Sheree	sheree@birthsong.com.au Website: N/A	0403 882 732	a signed copy of her Book The Wild Rainbow: Journeying as woman, mother and sage femme. You can read about it here www.thewildrainbow.com.au RRP is \$44.90
Australian Yoga Academy 	Mark Pheely	mark@australianyogaacademy.com www.australianyogaacademy.com		