

Well-being for WOMEN

NEW ZEALAND



Well-being for Women presentations offer a space for each woman to explore what it means to truly support herself in life.

The key to this lies in re-connecting to the innate wisdom that lives within all women equally.

Through this connection emerges the ability to restore a level of vitality, well-being and zest for life that many of us struggle to feel, amidst the demands, pressures and expectations of daily life.

Women of all ages and backgrounds are invited to these presentations to:

- **Explore** the relationship we have with our body and how this is key to connecting to our innate wisdom
- **Experience** the power of shared discussions on a wide variety of topics including exhaustion, stress, sleep, food, self-care, periods, menopause and more
- **Connect** with one another and be inspired by each other.



Bookings

To book via phone call:

Ingrid 021 952 690 or Jeanette 021 299 3821



To book via email:

newzealand@esotericwomenshealth.com




brought to you by

HEALTH FROM WITHIN
 Esoteric Women's Health

“These presentations offer a wealth of insight, inspiration and practical take-home tools for you to embrace in your own life.”

Stay connected...

follow us on social

-  facebook.com/esotericwomenshealth
-  [@esowomenshealth](https://twitter.com/esowomenshealth)
-  [@esowomenshealth](https://www.instagram.com/esowomenshealth)

When

Every 2 months on a Saturday

12:30pm - 3pm

Registration from 12pm

2018 Dates

24 February

28 April

23 June

11 August

13 October

1 December

Where

The Atrium

Waipuna Hospice

43 Te Puna Station Rd

Tauranga

Investment \$10

www.esotericwomenshealth.com