

Well-being for WOMEN

BANBURY

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What does Well-being mean to us as women?

Well-being for Women presentations offer you a place and some space to come together and explore what Well-being truly means to you and how it feels in your body. We will be exploring a different topic at each event.

In these groups, there will be:

- A presentation and an opportunity to share your own experiences in group discussions
- A deeper way to learn how to connect to your body
- An opportunity to understand and connect to your awareness.

Despite the different stresses and strains we may experience in our lives, we can come together as women and discover we are all equal and often find we have the same fears and worries about the similar issues. We all have a wisdom within, that we can connect to and we may inspire others as we may also be inspired.

When

Sunday Morning

20th October 2019

10am – 12.00 noon

Registration from 9.30am

Further dates in January 2020

Where

The Parkside Suite

Whateley Hall Hotel

17-19 Horsefair

Banbury OX16 0AN

Drive through the gap between
the cinema and the hotel to park.

Investment £5

For all women 18 years onwards

www.esotericwomenshealth.com



Bookings

To book visit

www.esotericwomenshealth.com/events



For more information email

banbury@esotericwomenshealth.com

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