



Well-being for WOMEN




NORWICH



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

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We invite you to join a Well-being for Women group to explore relevant topics and themes about understanding your body and how this supports you to build a relationship with yourself.

Life today is so focused on being busy and what we can do, that we often forget about the body that carries us through our every day. Connecting with the body can support us to bring more understanding and ease to our daily lives.

These groups are for all women, no matter what stage of life or background. In truth, no matter how different our lives may look, we are all the same, we share the same challenges and the same worries.

What if every woman holds a wisdom and a knowing within that can provide the support that supersedes any stress, tension & overwhelm we experience?

When

Friday evenings

6.30pm - 8pm

Registration from 6.00pm

2019 Dates

Feb 8th	Dealing with Stress
Apr 12th	Sleep rhythms & Cycles
Jul 12th	Our relationship with food
Oct 11th	Why do we often put ourselves last - Self-Worth
Dec 13th	How do we bring love to our bodies

Where

Angels Crystals

Guildhall, Norwich NR2 1JH

Cost **£5**

www.esotericwomenshealth.com



Bookings

To book visit

www.esotericwomenshealth.com/events



For more information email

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