

Well-being for WOMEN

TWEED COAST

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



Well-being for Women events offer a space for women to come together on an equal platform, exploring topics pertinent and shared amongst us. That we may restore what it means to live in a way of honouring ourselves often negated in our current times and discover just what true 'well-being' can actually be for us all.

Each event is open to women of all ages, and involves:

- Presentation and group discussion/sharing
- The opportunity to deepen in our relationship with and awareness of both our body and being
- Connection with others and the inspiration mutually offered by all.



Bookings

To book visit

www.esotericwomenshealth.com/events



For more information email

tweedcoast@esotericwomenshealth.com

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HEALTH FROM WITHIN



Esoteric Women's Health

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When

**Bi-monthly on a
Sunday**

Where

**Pottsville, Tweed Coast
(venue details with
registration)**

Investment **\$5**

www.esotericwomenshealth.com