

Well-being for WOMEN

NEW ZEALAND



These presentations offer a wealth of insight, inspiration and practical take-home tools to support you in your every day life.

Stay connected... *follow us on social*

f facebook.com/esotericwomenshealth
t @esowomenshealth
i @esowomenshealth

We invite you to join a bi-monthly Well-being for Women presentation where we explore relevant topics and themes about understanding our bodies and how this supports us to build a deeper relationship with ourselves. 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.

In these groups we will:

- **Explore** the relationship we have with our body and how this is key to connecting to our natural wisdom so we can bring more understanding and ease to our daily lives,
- **Experience** the power of shared discussions on a wide variety of topics including exhaustion, stress, perfection, sleep, food, self-care, periods, menopause and more,
- **Enjoy** connecting with one another.

These groups are for women of all ages, no matter how different our lives may look on the surface, underneath we are all the same; we experience the same worries, the same fears and the same challenges, and the same joys. Our personal lived experience has the power to inspire others, as we in turn are inspired by them.



Bookings

To book via phone call:

Ingrid 021 952 690 or Jeanette 021 299 3821



To book via email:

newzealand@esotericwomenshealth.com

When

Every 2 months on a Saturday

12:30pm - 3pm

Registration from 12pm

2021 Dates

13th February

10th April

12th June

14th August

2nd October

27th November

Where

**The Atrium
Waipuna Hospice
43 Te Puna Station Rd
Tauranga**

Investment **\$10**

www.esotericwomenshealth.com

brought to you by

HEALTH FROM WITHIN
 *Esoteric Women's Health*