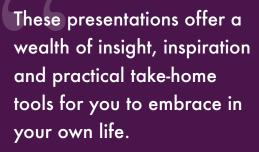


BANBURY





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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.



## **Bookings**

To book visit

www.esotericwomenshealth.com/events



For more information email banbury@esotericwomenshealth.com

brought to you by



When

Sunday mornings 10am - 12noon Registration from 9.30am

2020 Dates

19th Jan 19th Jul
15th Mar 27th Sep
24th May 22nd Nov

Where

Banbury House Hotel,
Oxford Road
Banbury OX16 9AH

Investment £5

For all women 18 years onwards

www.esotericwomenshealth.com