



# 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.

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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](mailto:newzealand@esotericwomenshealth.com)**

When

**Every 2 months on a Saturday  
12:30pm - 3pm**

Registration from 12pm

2020 Dates

**15th February**

**18th April**

**13th June**

**15th August**

**10th October**

**28th November**

Where

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

Investment **\$10**

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 Esoteric Women's Health

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