

# Well-being for WOMEN

BANBURY

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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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.

When

**Sunday mornings**  
**10am - 12noon**

Registration from 9.30am

2020 Dates

|                 |                 |
|-----------------|-----------------|
| <b>19th Jan</b> | <b>19th Jul</b> |
| <b>15th Mar</b> | <b>27th Sep</b> |
| <b>24th May</b> | <b>22nd Nov</b> |

Where

**Banbury House Hotel,**  
**Oxford Road**  
**Banbury OX16 9AH**

Investment **£5**

For all women 18 years onwards

[www.esotericwomenshealth.com](http://www.esotericwomenshealth.com)



## Bookings

To book visit

[www.esotericwomenshealth.com/events](http://www.esotericwomenshealth.com/events)



For more information email

[banbury@esotericwomenshealth.com](mailto:banbury@esotericwomenshealth.com)

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