

WOMEN IN
Livingness
Presents

Well-being for WOMEN

— SYDNEY —

“The key to your true health and well-being as a woman rests in you living in honour of what you have always known within.”

It's simply a matter of making the choice to re-connect to this.

Well-being for Women presentations offer a nurturing and intimate space to share and discuss what it means to live as a woman in today's world, and in a way that supports true well-being.

We all acutely feel the pressures and expectations of the roles we play that impact and dictate our lives, and yet within every woman there is the innate wisdom to live a life that is true to herself.

Learning from our experiences and our wisdom together is powerful, and these presentations are an opportunity to re-connect to what is important for you in your life, and take that inner knowing to all you undertake.

Re-awaken and celebrate the joy of being a woman.
You are absolutely worth it!



WHEN

3 presentations on
Tuesday evenings

6:30-8:00pm

See back for details

WHERE

Surry Hills Library and
Neighbourhood Centre
Level 1, 405 Crown Street,
Surry Hills

PARKING

Street parking only

BOOKINGS

Bookings are essential via
www.esotericwomenshealth.com/well-being-for-women

INVESTMENT

\$20

REGISTRATION

From 6:00pm



www.esotericwomenshealth.com

f facebook.com/esotericwomenshealth t [@esowomenshealth](https://twitter.com/esowomenshealth)



Every woman deserves
a life where she feels truly
supported in her health,
her well-being and the
ability to remain
TRUE TO HERSELF

In this program of three special events a unique opportunity is provided to discuss:

- Appreciation, how this supports wellbeing, and what is true wellbeing?
- Exploring connection with self and what this actually means?
- How we bring, live and hold this connection as women into every aspect of our lives, in our daily rhythm, in our work and in all our relationships.
- Practical tools to support the body with lifestyle choices, such as dealing with stress, anxiety, overwhelm and exhaustion.

What many women have shared about attending these presentations is the enormous benefit of being inspired by learning from one another and our combined experiences.

“It is very profound when a group of women come together, with a shared intention, and this one being of ‘well-being’. There is no one better or less, but an open and supportive environment to express how we truly feel – even if there are moments of tears. It’s coming back to building trust between us as women, something that we have all been missing.”

Arianne

**2016 PRESENTATION DATES
ON 3 TUESDAYS**

10th May

12th July

11th October

bookings are essential

For further information:

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**The groups are presented
by women from different
professional backgrounds
including complimentary and
allied health professionals.**



**Inspired and made
possible by the work
of Serge Benhayon and
Universal Medicine.**