

# HEALTH FROM WITHIN



*Esoteric Women's Health*



## WOMEN'S HEALTH WEEK

**Esoteric Women's Health in conjunction with Jean Hailes Women's Health Week is offering a range of presentations, events and healing sessions for women throughout Australia to attend free of charge.**

This is an annual national event supporting women across Australia to make good health a priority.

Esoteric Women's Health in its dedication to 'health from within' has an incredible line up of national events, with opportunities to participate in your local area or through online webcasts. See the range of events below or visit <http://www.womenshealthweek.com.au/events> for more information or to register your attendance.

### MONDAY 4<sup>TH</sup> SEP

#### **MOTHERING WITHOUT GUILT WEBINAR**

Location: Webinar

Time: 7pm-8pm

Presenters: Rebecca Poole and Jo Bridges

Bookings: <http://elrn.in/2uR5sIW>

### MONDAY 4<sup>TH</sup> SEP

#### **YOGA OF STILLNESS INTRODUCTION WEBINAR**

Location: Webinar

Time: 10am-11am

Presenters: Deanne Voysey

Bookings: [deanne@bodyharmony.co](mailto:deanne@bodyharmony.co)

### WEDNESDAY 6<sup>TH</sup> SEP

#### **GROUP GENTLE BREATH MEDITATION WEBINAR**

Location: Webinar

Time: 10am-11am

Presenter: Katie Walls

Bookings: [katie@gentlerhythms.com.au](mailto:katie@gentlerhythms.com.au)

## BRISBANE

### SATURDAY 2<sup>ND</sup> SEP

#### NUTRITION AND OUR RELATIONSHIP WITH FOOD

Location: Hawthorne

Time: 3pm-5pm

Presenter: Kathy Byrne

Bookings: 0417 992 496

### WEDNESDAY 6<sup>TH</sup> SEP

#### HEALTHY MORNING TEA FOR WOMEN 45+

Location: Fairfield.

Time: 10am-12pm

Presenter: Jenny Ellis

Bookings: [jenny@jenny-ellis.com](mailto:jenny@jenny-ellis.com)

### SUNDAY 10<sup>TH</sup> SEP

#### CONNECTION AS MEDICINE - MORNING PICNIC

Location: Newstead Park,  
Newstead

Time: 10am-12pm

Host: Helen Brown

Bookings: [helenbrown.d@gmail.com](mailto:helenbrown.d@gmail.com)

#### THE HARMING EFFECTS OF NEGATIVE SELF TALK Presentation, Healing Sessions and Gentle Breath Meditations

Location: Forestdale

Time: 1pm-5pm

Host: Joanne Smith, Janine  
Whitling, Belinda Jane Hodgson

Bookings: [themitzys.js@gmail.com](mailto:themitzys.js@gmail.com)  
or [janinewhitling@gmail.com](mailto:janinewhitling@gmail.com)

## VICTORIA

### SUNDAY 3<sup>RD</sup> SEP

#### FREE HEALING SESSIONS

Location: South Melbourne

Time: 10am-3pm

Presenter: Kathryn Fortuna,  
Katerina Nikolaidis

Bookings: [Hello@katerinanikolaidis.com](mailto>Hello@katerinanikolaidis.com)

### MON 4<sup>TH</sup> - WED 6<sup>TH</sup> SEP

#### FREE HEALING SESSIONS

Location: North Caulfield

Time: By booking

Presenter: Sara Harris

Bookings: [sara@livingstillness.com.au](mailto:sara@livingstillness.com.au)

#### FREE HEALING SESSIONS

Location: Doncaster

Time: By booking

Presenter: Bianca Barban

Bookings: [biancabarban3@gmail.com](mailto:biancabarban3@gmail.com)

### THURSDAY 7<sup>TH</sup> SEP

#### MORNING TEA - WOMEN AND WELLNESS

Location: Bendigo

Time: 10am-12pm

Presenter: Christine Hogan,  
Shirley Scott

Bookings: [christinehogan8@gmail.com](mailto:christinehogan8@gmail.com)

### SUNDAY 10<sup>TH</sup> SEP

#### WOMENS MORNING TEA - IS EXHAUSTION OUR NATURAL WAY OF BEING?

Location: Northcote

Time: 10am-12pm

Presenter: Antonietta Bua &  
Jemma Woodgate

Bookings: [j.e.woodgate@gmail.com](mailto:j.e.woodgate@gmail.com)

## NSW

### TUESDAY 5<sup>TH</sup> SEP

#### FREE HEALING SESSIONS

Location: Warrawee

Time: By booking

Presenter: Katie Walls

Bookings: [katie@gentlerhythms.com.au](mailto:katie@gentlerhythms.com.au)

#### LUNCH BOX IDEAS

Location: Tintenbar

Time: 10am-12pm

Presenter: Nicole Serafin

Bookings essential: [nicole@custommedicine.com.au](mailto:nicole@custommedicine.com.au)

### WEDNESDAY 6<sup>TH</sup> SEP

#### FREE HEALING SESSIONS

Location: Lilyfield

Time: 9am-4pm

Presenter: Deanne Voysey

Bookings: [deanne@bodyharmony.co](mailto:deanne@bodyharmony.co)

#### ESOTERIC YOGA CLASS

Location: Glebe

Time: 6.30pm-7.45pm

Presenter: Deanne Voysey

Bookings: [deanne@bodyharmony.co](mailto:deanne@bodyharmony.co)

### THURSDAY 7<sup>TH</sup> SEP

#### MEALS IN MINUTES

Location: Tintenbar

Time: 10am-12pm

Presenter: Nicole Serafin

Bookings essential: [nicole@custommedicine.com.au](mailto:nicole@custommedicine.com.au)