

# 'Our Expression as Women'

are we honouring ourselves?

open to all women

## WOMEN IN LIVINGNESS PRESENTATION

SUNDAY 3RD AUGUST 2014 MIRAMARE  
GARDENS, TERREY HILLS, 2084, SYDNEY NSW

**The guest presenters for the event are:**

**Natalie Benhayon (& MC)**

**Annette Baker**

**Heather Pope**

**Dr Howard Chilton**

**Jean Gamble**

**Gabrielle Caplice**

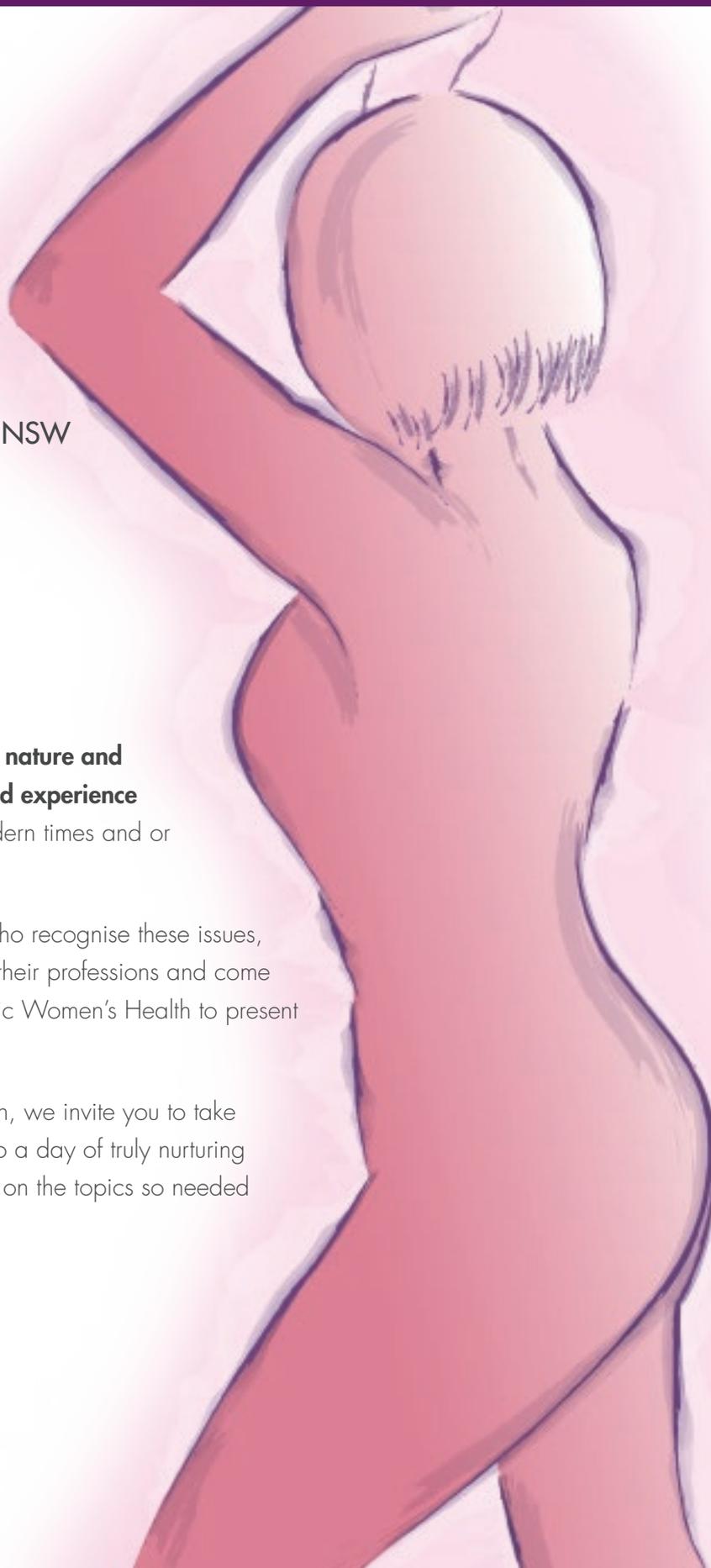
**Donna Gianniotis**

**Nina Stabey**

**To live in the honour and appreciation of our true nature and beauty as women, is a treasured and most desired experience for all**, though this is not found prevalent in our modern times and or society and communities today.

'Women in Livingness' is brought to you by those who recognise these issues, having experienced them first hand and or through their professions and come together under the banner and philosophy of Esoteric Women's Health to present that – there is another way.

Set in the beautiful grounds of the Miramare Garden, we invite you to take a day out of the city-busy week, and treat yourself to a day of truly nurturing events, where we will discuss, explore and expand on the topics so needed for us to unlock our true expression.



For all bookings please visit our website [www.esotericwomenshealth.com](http://www.esotericwomenshealth.com)

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## are we honouring ourselves?

### Meet the Presenters...

**Dr Howard Chilton:** Has been a babies' physician (neonatologist) and a paediatrician for over 35 years. From his extensive experience as a doctor working with families and babies and a parent himself, Howard has written a number of parenting books. Howard will share with us, the importance of women listening to an innate knowing when it comes to their expression as new-mums.

**Jean Gamble:** Has always had great interest in the relationship between the body, the mind and the soul. From her experiences as a woman, a mother of two, a wife, an Esoteric Healing Practitioner, psychotherapist, and family Counsellor, Jean will share with us what she has come to know; that people heal when they gain enough awareness to make self-loving choices and through re-connecting to the fact that there is already a foundation of love and truth within us all.

**Annette and Gabrielle:** Have known each other for 20 years, and have been together as a loving and committed couple for 13 years. In their own relationship there is a constant unwavering commitment to deepening their relationship together to more love. Annette and Gabe will discuss developing our relationships - being open and tender and loving with both ourselves and others.

**Heather Pope:** Has worked in corporate roles for over 30 years and currently works as an Executive in a busy IT Company. In her early 20's, she began to look for the meaning that was missing from life. Heather will share her experiences of healing and personal development from the 'new age' perspective and how she found that the approach of 'bettering ourselves' does not work.

**Donna Gianniotis:** Has been working in the Health and Healing arena for over 12 years. She was diagnosed with breast cancer 6 years ago at the age of 33. At the time of her diagnosis she started to question that there must be more to health and wellbeing than healthy diet, exercise, meditation and yoga. Donna will discuss what true healing has been for her and how she now lives daily in true health.

**Natalie Benhayon:** will present on understanding what is true healing and the importance of it to empower women in their own health, well-being and way of living. Natalie shares from her developed insight working as a practitioner of complementary therapies and presenter internationally in the field of healing.

**Nina Stabey:** Has been in the health and food industries working as a Naturopath and Nutritionist for over 20 years. She is both passionate and refreshingly practical in her approach to facilitate lasting change so women can feel confident, valuable and worthy of daily doses of Tender Loving Care. Nina will share with us in a way that will blow open the lid on body image and the "perfect diet".

### Bookings are essential –

The cost for this day is \$145.00, which includes a complimentary gift bag, and a delicious, nurturing Gluten and Dairy Free morning tea and lunch.

**To book and pay for the event please go to [www.esotericwomenshealth.com](http://www.esotericwomenshealth.com)** and follow the links.

Payment can be made via PayPal or Direct Deposit. Please book for this event by **Tuesday 22nd July**.

**Please note this event is for women only, no men or children for this presentation.**

### Venue/Time – 10am to 4pm Registration from 9am

Miramare Gardens 289 Mona Vale Road, Entry Via 48 Myoora Road, Terrey Hills, Sydney NSW, 2084, complementary on site parking available.

Email: [events@esotericwomenshealth.com](mailto:events@esotericwomenshealth.com)

**Please bring a cushion for your comfort & means of hydration**



All registrations are online: please visit our website [www.esotericwomenshealth.com](http://www.esotericwomenshealth.com) and complete your registration by **Tuesday 22nd August**