



## DETAILS

**Saturday 18th Nov 2017**

1.00 - 5.00pm

**Peppers Beach Club & Spa**

123 Williams Esplanade,  
Palm Cove QLD 4879

**\$60** (includes light  
refreshments)

Bring: Mat/towel and  
pillow/s to support your  
body.

## BOOKINGS

Register your place online

[www.livingmedicine.com.au/  
self-care-retreat-for-women](http://www.livingmedicine.com.au/self-care-retreat-for-women)

or phone Sarah on  
0419 126 926.

**PLACES ARE LIMITED**

# Self-Care Retreat for women

This nurturing self-care afternoon offers simple practical tools to re-connect, rejuvenate and remember how important our relationship with ourselves and our body is.

## We will explore

- Developing body awareness and connection for self-care through the Yoga of Stillness
- Dealing with stress, anxiety and overwhelm
- Practical tools to integrate self-care into your daily routine
- Creating moments in our busy lives to stop, connect, feel and breathe.



**An afternoon to stop,  
nourish and nurture you.**

## YOUR PRESENTERS



Sarah Flenley spent many years with self-care as just one more thing on her never-ending to-do-list. All that changed after a series of accidents, and now she combines her corporate background and complementary healer experience to work with individuals to bring more self-care into their daily lives. She volunteers on a women's global health enterprise, Esoteric Women's Health, dedicated to restoring true health and well-being for women.

[www.sarahflenley.com.au](http://www.sarahflenley.com.au)



Marcia Owen has worked within the field of education, health and wellbeing for over 15 years in Australia and internationally. She works with all age groups and is known for her work with women's health – including the initiation of a global online program to support women to re-connect to the stillness, wisdom, power and intelligence that comes from their body.

[www.livingmedicine.com.au](http://www.livingmedicine.com.au)