



## DETAILS

**Saturday 11th Nov 2017**

1.00 - 5.00pm

### **Clarion Hotel**

Mulherin Drive

Mackay Marina QLD 4740

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

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

## BOOKINGS

Register your place online  
<http://www.livingmedicine.com.au/self-care-for-women-mackay>

or phone Marcia on  
0413 312 348.

**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 PRESENTER



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)**