



“From Empowerment to Power”

How often do women trust what they feel, express what they know and honour what it is they need to be the woman they want to be?

In a world that is fast paced and demanding there doesn't seem to be much space for this, for a woman to understand herself, to this level that creates a foundation of well-being so she does not doubt her inner strengths but knows her physical limits.

Empowerment and Power are words that get used, and more often than not mis-used, to depict a woman who is mentally, emotionally and physically tough. A woman that pushes through life, can take on a man's perspective and sometimes live as though they were in a man's body. But what if Empowerment is as simple as knowing what you feel, respecting that and living in a way that keeps that sensitivity alive? And what if Power is not about having a strong opinion, being heard and taking men on in the work force – but a quality that is sourced from an entirely different approach that is just as, if not more, influential and leading?

In the upcoming Women in Livingness workshop presented by Natalie Benhayon we will unlock these buzz words and mark out the steps for women to live with and know their inner Power - their ability to live by the grace of their inner knowing, their depth of wisdom and respect for themselves well before they present themselves as any role or identity to the world.

Join us and many women for a one-day workshop to explore these topics through presentations and group discussions.

About the presenter

Natalie Benhayon, Founder of Esoteric Women's Health and the Women in Livingness initiative is an international presenter and practitioner in women's health. Her presentations are practical, deep and relatable and have supported countless women around the world to reconnect to their own self-worth and inner confidence.

Date | **Sunday 17 February 2019**

Time | **10am to 3pm** (registration from 9:30am)

Venue | **Pullman & Mercure Brisbane King George Square,
Corner Ann & Roma St, Brisbane City QLD**

Investment | **\$85** Concession | **\$65**

Herbal teas will be provided. Please bring your own lunch
or purchase from the cafes/shops nearby.

This event is for women only 18 years of age and over.



Parking

King George Square
Carpark - \$5/day

Myer Centre Parking
- \$10/day



Booking

To book and pay visit
womeninlivingness.com/events

Bookings open until
start of event



Public Transport

Bus or train to
Brisbane Central
and a short walk to
Roma Street

The Women in Livingness Workshops are engaging, educational and deeply inspiring, and an open forum for us to explore the possibilities of what well-being is, and to re-establish our inner-knowing of this living way. Join us and many women for a one-day workshop to explore these topic through presentations and group discussions.

For more information

✉ **info@womeninlivingness.com**

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