

Women's Wellness Workshop

*Balance your Hormones,
Balance Your Life.*

Are you or your colleagues
facing these challenges?

- ⚙ Brain fog
- ⚙ Memory loss
- ⚙ Mood swings
- ⚙ Poor Sleep
- ⚙ Fatigue
- ⚙ Body Aches
- ⚙ Anxiety
- ⚙ Hot flushes
- ⚙ Weight gain

Take proactive steps to:

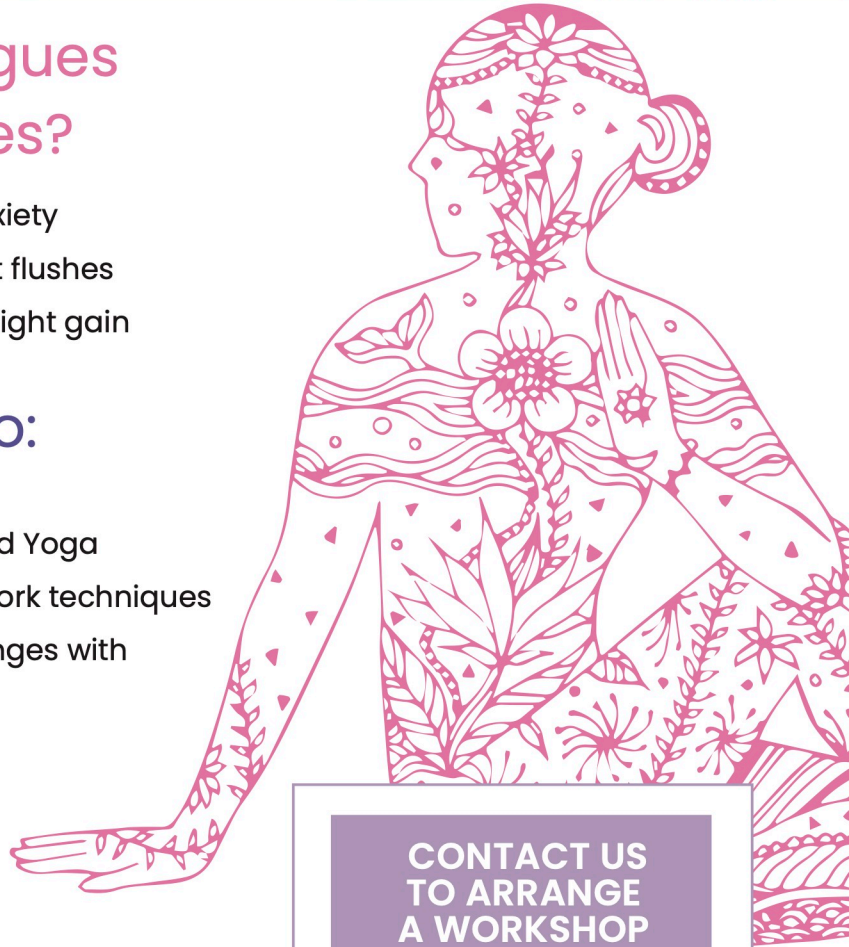
- ⚙ Reduce stress with Mindfulness Toolkits
- ⚙ Relieve difficult symptoms with Targeted Yoga
- ⚙ Improve sleep using effective Breath-work techniques
- ⚙ Demystify the impact of hormonal changes with expert information
- ⚙ Empower life-partner relationships for managing mid-life transitions
- ⚙ Build a supportive community in the workplace through Shared Experiences

Women's wellness in the community

Empower your team with tailored workshops that support hormonal health and promote overall well-being.



About Daniella Goldberg (PhD Medicine, BSc Hons.) Daniella is a medical scientist, journalist and senior yoga & mindfulness teacher specialising in mid-life women's wellness. Leaving a corporate career in her early 40's, she created a wellness business to facilitate classes, workshops & retreats.



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A WORKSHOP

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on dates and offerings

