

The Ultimate Women's Workshop

The Ultimate Women's Afternoon is an event that takes you on a journey with a full 360 degrees turn. Starting with a relaxing restorative YIN Yoga slow, long stretches, that reach into the deep connective tissue of the ligaments and fascia (not just the muscles) with the beautiful Kaye Waterhouse, Owner of the popular Vital Beats Studio's and Lululemon Ambassador. Followed by a session with Kate Taylor, who is a highly experienced alternative health therapies and wellness coach. This workshop empowers women to take a step inside and get to know themselves better, by listening to their bodies, reconnecting with their cycles and using the moon as a compass to guide them on their healing journey. Next up will be a session with the gorgeous Helena Green from Insync for life. Helena will talk about a subject everyone wants to know more about - the Libido. She welcomes questions and will go through natural ways to understand and increase it through mindfulness, diet and lifestyle changes. The workshop will close with Kaye Waterhouse guiding us back with a restorative guided meditation on the mat. During the workshop will be grazing boards to nibble and hot teas will be available also. It will be the Ultimate Women's Afternoon. Limited spaces are available - one not to be missed.