

“If you don’t pick a day to relax, your body will pick it for you “

One-day retreat: Women’s World

Totally holistic approach: Eastern and Western Health Care for Women



One-day retreat: Woman's World

I am very passionate about treating people holistically. I combine two different visions by using a mix of Western and Eastern health care. We will be discussing both Eastern medicine (wisdom, philosophy, and prevention) ... and the Western rat race.

*It takes courage to say yes to rest and play in a culture
where exhaustion is seen as a status symbol*

(B. Brown)

I regularly come across women who no longer know themselves. Their hormones are completely out of balance due to chronic stress, expectations, deadlines and overstimulation. Multitasking, and keeping busy, busy, busy. It's fashionable, and a source of pride, to be exhausted.

"Keep your life in balance", "Find harmony", "Think positively". Yes, nowadays the themes are Wellness, Stressless and Zen. But most of us feel the exact opposite. We have far too little rest and downtime.



So how do we explain this? Most important is balance: you cannot have one thing without the other - Yin and Yang: action and rest, tension and relaxation, ebb and flow, the sun and the moon, light and dark. Nothing is constant and everything is permanently in motion.

Once you understand this and listen to what your body is trying to tell you - what it is whispering to you while you are fully occupied with your mind and endless thoughts - then the process of transformation and alchemy can begin.

SO HOW?

From A to Z, from theory to practice. We take a light-hearted and fun look at all the important topics, including some that are not very comfortable.

This is a no-nonsense seminar. It is to the point, interactive and dynamic, but with a healthy helping of humour. There is also a Q&A session.





WHO?

This workshop is aimed at all women between 18 and 99 years old.

- There will be a brief introduction to acupuncture, meridians (the main energy pathways), yin and yang, the five elements, and personality types.
- You will learn what it means to be a woman as we look at various topics.
- How do your hormones work?
- PMS? What are the emotional and physical rollercoasters of our cycle?
- What happens during menopause?
- What is the effect of diet?
- What causes comfort eating?
- What can you do to keep your breasts healthy?
- Which energy meridians and chakras are important?
- What can acupuncture do? Have you experienced any of these?

Everyone is welcome. We maintain an atmosphere of trust and respect. Sometimes we work in small groups.



But ... there is nothing you HAVE to do (we already have enough to do, don't we?) ... although everything is possible, and everything is allowed.

WHAT DO YOU GET?

Notes from the course ... and a goody bag containing soup and an organic lunch.

Practical tools and tips for tackling problem areas: using essential oils on specific acupuncture points, meridian stretching exercises, etc. How to prepare a relaxing oil massage, foot bath or bath.

Advice on the use of tea, gemmotherapy, essential oils and nutritional supplements, tips and tricks, do's and don'ts. Nutritional advice and recipes that are important during the different phases of the menstrual cycle and menopause.

And finally, a short introduction to facial diagnosis and a five-element personality test. I am really looking forward to meeting you.

With all my He@rt,
From Woman to Woman,
Annabelle

