

Gentle Rhythms

UNIVERSAL MEDICINE THERAPIES

Clinic: Sydney – Upper North Shore



Complementary morning tea – meditation, in-chair yoga and Foundational Breast care discussion

The Gentle Rhythms clinic, located in Warrawee is **hosting an informal opportunity for women to connect over morning tea** and take some time out to nurture you.

Date: Friday October 28th

Time: 9.30am – 12.00pm

Address: 19 Harrington Avenue, Warrawee

Please RSVP to – Katie Walls 0412 187 458 or

Katie@gentlerhythms.com.au - *(There is no fee for attending this morning)*

**‘Nurture a woman’s connection with her inner essence and you’ll discover a woman naturally motivated to breast care’
– FBC**

The morning involves

- Introducing Foundational Breast Care – a talk on proactive breast care from the inside out (www.foundationalbreastcare.com)
As women, where is your relationship with your breasts at?
- The benefits of bringing a more nurturing quality into your day-to-day life
- Experience the Gentle Breath Meditation™ and in-chair Esoteric Yoga (very practical tools to assist in slowing down the mind and bringing us back to our bodies)
- Opportunity to meet and chat with more women in the local area over morning tea



FOUNDATIONAL BREAST CARE