



Your Exclusive
BOUNDARIES & BALANCE
WELLNESS DAY

Sunday 23rd July 2023

Thank you for giving us the opportunity to explore the power of boundary setting when creating balance.

This wellness day has been designed to educate and empower you to set strong boundaries, enhancing your level of self-care and freeing up time and energy for things that matter most.

This bespoke wellness day has been created with fun and connection at its heart. We aim to nourish the body, mind, and spirit of our beautiful attendees with experiences, strategies, and techniques that help you live life productively and intentionally with improved health and energy.

Your Practitioner Lead Experience

The Ease Wellness team of qualified practitioners and facilitators pride themselves in delivering holistically-driven wellness experiences that help you to expand your level of self-awareness and agency, providing you with practical techniques you can integrate into your day.

From our wellness workshop and mindful movement, to meditation and sound bathing, our Boundaries & Balance Wellness Day will nourish and revitalize you from head to toe so you can take on life with energy and positivity.

We invite you to read on to discover what this day has in store for you.

9:00 **Arrival and Breakfast**
Selection of whole food delights to nourish you for the day

10:00 **Connect Holistically**
Boundaries & Balance Workshop
Introduction to the day and wellness workshop hosted by
Kinesiologist - Katherine Anderson


11:00 **Connect with your Body**
Mindful Movement Session
Facilitated by Faye Wood of Umoya Studio

11:45 **Connect with Yourself**
Women's Mediation & Healing Circle
Facilitated by Naturopath & Energy Healer Jane Ainsworth

12:30 **Nutritional Lunch**
To ensure you're fuelled for the rest of your day

1:15 **Connect with Sound**
Sound Bathing Session
Facilitated by Katrina Noela

1:45 **Wrap & Farewell**

 Mobile massage therapist on site all day for
relaxing seated massage experiences on tap.

CONNECT YOUR BODY AND MIND

WITH KATHERINE ANDERSON

We invite you to create a deeper understanding of boundaries and learn how to set strong and healthy ones in order to regain time and energy where it matters most.

You will be guided through mindset and wellness concepts that help make boundary setting completely possible and experience self-awareness & stress relief techniques that you can integrate easily into any aspect of your daily life.

In this workshop, Kate offers a unique perspective on self-care through her truly holistic approach to mental, emotional, and physical wellness.

Workshop Benefits

- A new understanding of boundaries and their importance
- Harness the power of your emotions and connect with the body to set strong boundaries
- Learn simple and practical boundary-setting techniques

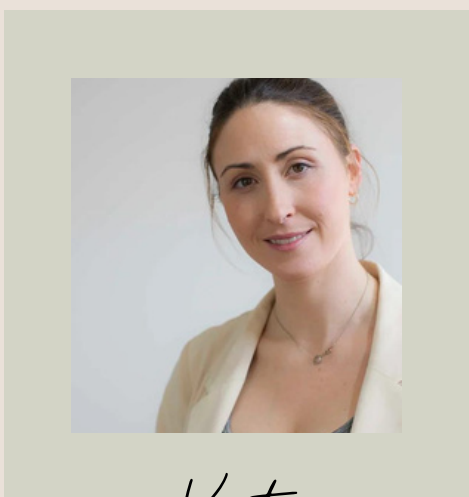
Your Practitioner & Host

Katherine Anderson

Kate is a former creative producer turned Leading Wellness Strategist, mentor, practitioner and facilitator who empowers busy professionals to achieve real and positive change.

Drawing on her creative and strategic background combined with her clinical experience, Kate guides her clients through positive transformations, upgrading mindsets and reconnecting them with body wisdom to overcome challenges and live a healthy, fulfilling life with ease.

Now heading up Ease Wellness, she collaborates with practitioners, coaches and neuroscientists to create optimal care and bespoke programs for her clients and the community.



Kate



Connect Holistically Boundaries and Balance

60 minutes

In this workshop, we explore the concept of boundaries and the important role healthy ones play in creating a life on your terms. A life where self-care is possible, relationships are healthier, and your time and energy are preserved.

Learn how to:

- Connect with the power of your emotions and listen to your body in order to set healthy boundaries
- Create a container around your time, mental and emotional energy, relationships, physical body, and energetic resources
- Reverse the busyness your brain has become all-too accustomed to

You will leave this workshop with strategies to help you experience an abundance of time, energy, and presence - gifting you the ability to choose where and with whom you spend your valuable time.

NOURISH YOUR BODY AND MIND

BY BARE WHOLEFOODS

Good food is an essential part of any great event and at Ease Wellness, we understand the power that nutrition plays in both reducing stress and healing the body.

That is why we have partnered with one of Australia's leading nutritionally-lead caterers, Bare Wholefoods, to ensure that your gastronomic experience is both delicious and nutritious, supporting your energy throughout your wellness day.

Menu Guide

- Nourishing organic wholefoods
- Plant-based with lean protein
- Immune-boosting
- Stress reducing
- Delicious

Your Provider

Bare Wholefoods

Bare Wholefoods stands for real food that tastes good and is good for you. They also design their offering with a balanced diet and lifestyle in mind.

They believe nutrient-dense food is key to both feeling good and supporting wellness during health challenges. Bare offer quality and premium produce, and good food that is both medicinal and most importantly, great tasting.

In collaboration with help of health professionals, Bare has grown into a thriving business, specialising in gluten-free, plant-based, and nutrient-dense whole foods.



Bare Wholefoods



CONNECT WITH YOUR BODY

WITH FAYE WOOD
of UMOYA STUDIO

We invite you to connect with both body and breath in this mindful movement session.

Designed to encourage a sense of groundedness and courage, you will be guided through a gentle 40min body movement sequence to find balance and identify your boundaries.

A perfect opportunity to notice where you're holding stress and tension in your body and support you in the process of letting it all go.

Benefits

- Simple and gentle movements and poses that can improve posture and movement ease
- Enhancing body-mind-breath connection
- Grounding and uplifting

Your Facilitator

Faye Wood

Pilates Guru & Dancer

Faye is a women's health pre/postnatal and menopause pilates specialist.

With 21 years of experience in Pilates, Dance, and Theatre, Faye is astute in understanding the athletic body and has a unique and intuitive understanding of movement and its interconnectedness to the mind.

As a mum, she appreciates the sublime sacrifices of parenthood and its effects on the body and mind. Faye endeavours to always be on the front foot of science; movement and health research.



Faye



CONNECT WITH YOURSELF

WITH JANE AINSWORTH

Intentional energetic boundaries are essential for self-care.

Commencing her session with a women's circle, Jane will expertly guide participants through a gentle process of personal energetic connection, highlighting the power of presence with both self and others.

The session then moves into a relaxation meditation, intentionally shifting energy from the mind into the body.

Workshop Benefits

- Create your own personal boundary space that you will enforce with your own positive energy and intentions.
- Develop a lasting skill to practice in your own space and time.

Your Facilitator

Jane Ainsworth

Jane is a local Naturpath and Healer with a passion for supporting women.

Driven by a strong belief that all women are to be seen and heard, feel confident and healthy in their minds and bodies, and shine their own unique light into the world.

With a love for helping women to find their light inside, (however dim it may feel), Jane guides her clients, helping them tune into their heart and their intuition, so they are able to connect to themselves and their needs.



Jane



CONNECT WITH SOUND

WITH KATRINA NOELA

Experience the ancient healing modality of vocal sound bathing, using sound frequencies to rebalance and re-tune your body and energy fields back into complete alignment.

This beautiful experience gives you the opportunity to balance both your internal and external energy for optimal health and wellness while listening to the beautiful combination of vocals and vibratory sound.

Benefits

- Access your inner stillness
- Ground yourself and connect with a new level of calmness and tranquility
- Rebalance internal and external energy for optimal wellness
- Enjoy a unique musical experience

Your Facilitator

KATRINA NOELA

Professional Musician
and Sound Bowl Facilitator

With over 20 years of classical training, professional experience, and spiritual practice, Katrina is an expert at raising the energy and emotion of a room and leaving audiences deeply moved and connected.

The compatibility of her beautiful soprano voice and her sound bowls is a goosebump-inducing experience not to be missed. A unique way to raise your vibration whilst accessing a new state of tranquility.



Katrina



THE LITTLE B.I.G HOUSE SUMMER HILL

SUPPORTED BY THE LITTLE B.I.G
FOUNDATION

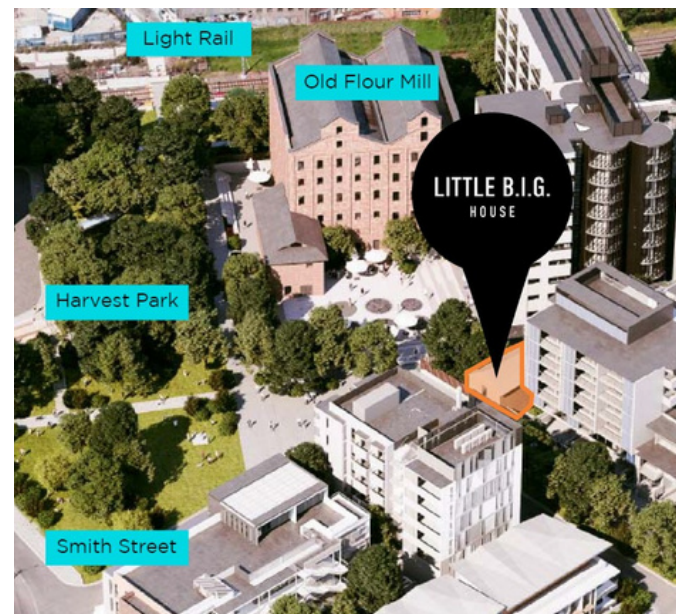
We will be hosting our 'Boundaries & Balance' Wellness Day at the Summer Hill Little BIG House. A space that supports community initiatives to lead happier, healthier, kinder lives.

The Little BIG House is a hub designed to inspire and empower communities by promoting the five ways to wellbeing; connect, take notice, be active, keep learning, and help others.



Located in the newly developed Flour Mills in Summer Hill. The Little Big House is a short walk from the LightRail and a slightly longer stroll from Summer Hill Station. parking is available around the Flour Mill area.

A fresh and light-filled new build, and a space that Ease Wellness holds many community-focussed workshops, we're confident you will feel right at home on your wellness day.





Join us for this engaging and interactive wellness day designed to support real and positive change.

At Ease Wellness, we pride ourselves on the quality experiences that we have developed based on clinical practice, workshops, and retreat facilitation.

We look forward to sharing this unique wellness experience with you.

What to Bring...

As this is a day for relaxation and rejuvenation we want you to be comfortable. Please come in your favourite and most comfortable activewear so you can enjoy every experience on offer.

Please also bring a water bottle with you on the day. Everything else will be provided for you on the day.

Ready to set boundaries to create balance in your life?

If you feel that this exclusive experience is just what you need, please reach out and we'll secure you a spot. To ensure we hold a supportive and attentive space for all attending we keep numbers tight so if you're keen to join don't hesitate to contact us.

The cost to join us for the wellness day is \$444 all-inclusive.

Contact Katherine Anderson of Ease Wellness to secure your place.

hello@katherineanderson.com.au
0404 252 692