



Your Exclusive

THRIVING THROUGH CHANGE WELLNESS DAY

Sunday 27th October 2024

Thank you for joining us on this journey to explore the resilience and strength we possess when navigating life's changes.

This empowering wellness day has been carefully curated to equip you with the tools and insights needed to not just adapt, but thrive, in the face of change.

We understand that women often encounter various transitions in their lives, whether it's career shifts, relationship dynamics, or personal growth journeys. Our goal is to support you in embracing these changes with confidence and grace.

Your Practitioner Lead Experience

Led by our team of experienced facilitators, the Thriving Through Change workshop is designed to foster self-awareness and empowerment.

By combining interactive and reflective sessions into a holistic mini-retreat day, we aim to provide you with practical strategies to harness the power of change as a catalyst for growth.

From our wellness workshop and Qigong session, connecting to storytelling and breathwork, our Thrive Through Change Wellness Day will encompass both the emotional and practical aspects of navigating life's transitions.

We invite you to join us for a day of education, connection and self-care.

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

10:00 **Connect with Qigong**
Body Movement Session
Facilitated by Megan of Move Muse

10:50 **Connect Holistically**
Thriving Through Change Workshop
Hosted by Kinesiologist, Katherine Anderson & Change Management Expert, Liz Nevin

11:50 **Nutritional Lunch**
To ensure you're fuelled for the rest of your day

12:30 **Connect with your Story**
Personal Storytelling Workshop
Facilitated by Louise Rosati from The Story Collection

1:30 **Connect with your Breath**
Breathwork Session
Facilitated by Megan of Move Muse

2:30 **Wrap & Farewell**



Complementary Tarot Readings with Jacqui Low available to experience during breaks in the day.

CONNECT HOLISTICALLY

EMBRACING CHANGE WITH EASE

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.

Your Change Specialist

Liz Nevin

Bringing a wealth of expertise from the corporate world, Liz specialises in guiding individuals through life's transitions with resilience and grace.

Her passion lies in empowering others to view change as an opportunity for growth and transformation.

Through her dynamic workshops and insightful content, Liz equips participants with practical tools and strategies to thrive amidst uncertainty, emerging stronger on the other side.

Liz and Kate have collaborated to create a comprehensive workshop that helps you connect with the power within you to adapt, evolve, and flourish in any situation.



Kate



Liz

Connect Holistically Thriving Through Change

60 minutes

Join us for a transformative workshop where we delve deep into the ways change impacts the mind, nervous system, and body.

You'll gain valuable insights into the physiological and psychological aspects of change, empowering you to navigate transitions with ease.

In this workshop you will:

- Understand the process of change and gain clarity on its stages and dynamics, allowing you to approach change with a newfound understanding and perspective
- Harness your inner resilience to emerge from any transition stronger and more empowered
- Learn practical techniques and strategies to navigate change with ease

Don't miss this opportunity to embark on a journey of self-discovery and transformation, unlocking your full potential to thrive amidst life's ever-changing landscape.

NOURISH YOUR BODY AND MIND

BY THE GRANARY CAFE

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 our favourite local cafe's, The Granary, 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

The Granary

Run by lovely locals, Roshi & Jesh, the Granary 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, providing quality and premium produce, and good food that is both medicinal and most importantly, great tasting.

We have worked closely with Jesh and Roshi to customise a menu for our event that is both delicious and nutrient-dense for your optimal wellness on the day.



The Granary



CONNECT WITH QIGONG

WITH MEGAN WATTS
of MOVE MUSE

Start your wellness day with mindful movement and learn how to carry your energy as you navigate change and uncertainty.

Megan will expertly guide you through a 45-minute Qigong inspired moving meditation designed to cultivate confidence & courage in flow.

This practice is grounded in cultivating trust in your unique path, your process, your ability to adapt, and your unquestionable capacity for resilience.

Benefits

- Enhance mobility gently
- Ground, energise & calm body and mind
- Gain clarity, harmony and inner peace

Your Facilitator

Megan Watts

Qigong, Yoga & Breathwork, Intuitive
Energy Healing & Body Work

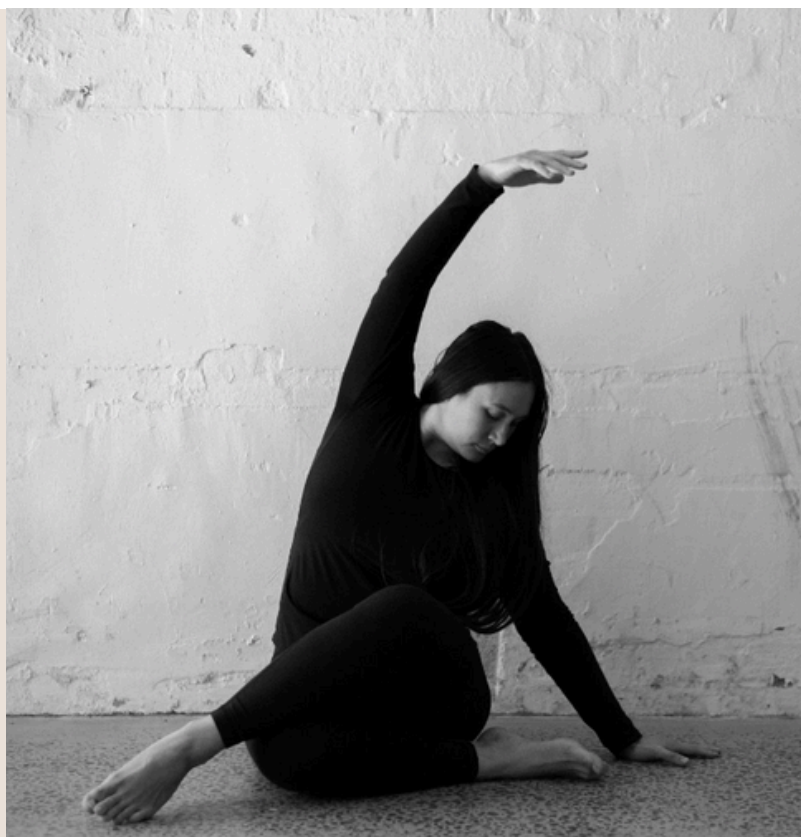
Megan's calm and grounded nature evokes a sense of self-nurturing, clarity, growth and strength as she guides you to open up an empowering dialogue with your body through movement.

She shares a unique and intuitive blend of modalities weaving together the physical, mental, emotional and spiritual with the underlying principles of awareness, honesty, support and flow.

She is trained in Calligraphy Health (QiGong & Internal Energetics), Yoga, Pilates, Breathwork, Thai massage and various other modalities that she intuitively weaves together to explore mind-body connections.



Megan



CONNECT WITH YOUR STORY

WITH LOUISE ROSATI

Writing short stories about our life's experiences is a powerful tool we can use to connect with ourselves and with others.

Storytelling helps us to reflect and understand our past so we can craft our future with clarity and perspective.

Join this storytelling workshop to journey through your stories with Louise Rosati, Guided Autobiography facilitator, and Personalised Audiobook Curator.

This 60-minute session will guide you to reflect and write about the ways you have navigated change in the chapters of your life's story so far.

Workshop Benefits

- Gain clarity and understanding from your past experiences
- Discover tools within you for navigating life's transitions
- Find inspiration in others' journeys
- Understand the power of writing your life's stories

Your Facilitator

Louise Rosati

Guided Autobiography Facilitator
and Founder of The Story Collection

Louise is a dedicated story guide who is passionate about the captivating art of storytelling. She specialises in creating personalised, life-affirming audiobooks, weaving personal spoken stories with music and soundscapes.

She also runs Guided Autobiography classes, believing that writing and sharing our life's stories is a gift we can give ourselves to lead to a fulfilling and connected life.



Louise



CONNECT WITH YOUR BREATH

WITH MEGAN WATTS

Harness the power of your breath to deeply calm your body and mind and round out your day.

Breath is power!
Knowing how to tap into the power of your breath is a priceless tool for navigating life's changes, managing the accumulation of emotion and returning to your centre.

We invite you to meet yourself with your breath and surrender to the inevitable flow of life.

Benefits

- Supports emotional release
- Aids in letting go of limiting beliefs
- Helps you to gain clarity
- Allows you to reset & recharge your energy

Your Facilitator

MEGAN WATTS

Qigong, Yoga & Breathwork, Intuitive Energy Healing & Body Work

Megan is the founder of Move Muse. She is deeply dedicated to sharing the transformational healing available through somatic awareness and self-compassion to allow the divine flow of energy.

Megan is an expert in reconnecting people to their innate peace, calm & purpose through empowering and intuitive compassionate awareness, movement and touch.

Top-and-tailing the event, Megan's beautiful breathwork session closes the day with.



Megan



THE LITTLE B.I.G HOUSE SUMMER HILL

SUPPORTED BY THE LITTLE B.I.G
FOUNDATION

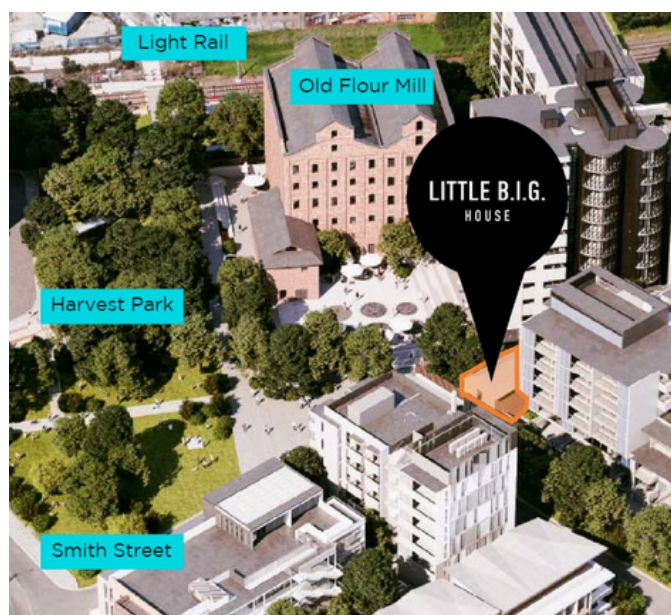
We will be hosting our 'Thriving Through Change' Wellness Day at the Summer Hill Little BIG House. A space that supports community initiatives to lead happier, healthier, kinder lives.

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 building, 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 embrace the transformative power of life's transitions?

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

book online

[easewellness.com.au/
event-details-
registration/thriving-
through-change-oct-27th](https://easewellness.com.au/event-details-registration/thriving-through-change-oct-27th)