



A Talk on Wellbeing for Women

by

Andrena Woodhams

The Embodiment Cure
a practical approach to mental & emotional wellbeing

Synopsis

Mental wellness is on everyone's minds. It's not surprising, considering the increased anxiety and emotional stress confronting us in the post covid world. But the answer to mental wellness isn't in the mind. It's in the body. Developed after two decades working with body-based practices and experts in the field of consciousness, Andrena Woodhams, co-creator of the Embodiment Cure, offers actionable tools, easy to perform exercises, and reassuring insights that can reduce stress, build resilience, and provide relief to all those who attend the talk.

About Andrena

Author, speaker and expert in world events, Andrena's approach to health is as unique as her approach to life. Twenty years ago, she left a successful career as a television producer and presenter behind and spent two decades working with experts in bodywork and consciousness. She now helps others achieve the mental wellbeing they deserve through her novels and the Embodiment Cure, a practical antidote to the mental and physical stress of the modern world.

Testimonials

"A compelling speaker"

"Her impact cannot be underestimated"

"Her charismatic personality relaxes the audience"

www.EmbodimentCure.com

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