

The mind, body and soul work as one, and these three-foundations work together in a beautiful Partnership called

**“YOU”**

We will assist all women on a wonderful journey of self-development and growth, in achieving a healthy lifestyle by shifting from the imbalance to the balance.



### **Module 1: The Emotional Wellbeing:**

Positive & Negative Emotions are Normal !!

Avoiding negative feelings or pretending they are not there, can backfire on us, if we do not face them or understand these emotions, they become “toxic”.

How to Identify these toxic emotions and managing them.

#### **Gaslighting:**

What is Gaslighting, how to identify this, how to deal with this.... Get your identity back !!

Module Ref: M1EW

### **Module 2: The Physical Wellbeing:**

Physical health is critical for overall well-being and is the most visible dimension of health, in this workshop we cover three important issues:

- ~ healthy eating
- ~ moving that body
- ~ sleep time

Guest Speaker ~ Elize Rehbock – Nutritional & Wellness Therapist

#### **Stay Healthy and Beautiful all Year Round ~ Achieve a balance within your body**

All you need to know about Free Radicals and Anti-Oxidants and Where to get them....

Module Ref: M2PW

### **Module 3: The knowing Yourself:**

#### **WHAT MAKES YOU UNIQUE ?**

It is important in life to get to know “YOU” How do you fit into society and what makes you unique in the world?

Finding Your Values and Purpose.

Guest Speaker ~ Elize Rehbock – Nutritional & Wellness Therapist

#### **The Big Deal About Candida and this Small Bacterium**

What is Candida? Everything you need to know....

Module Ref: M3KY

Proprietary & Confidential

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**Dates for 2019:**

**March:** Module 1 - Tues 12<sup>th</sup>  
Module 2 - Wed 13<sup>th</sup>  
Module 3 - Thurs 14<sup>th</sup>

**June:** Module 1 - Tues 11<sup>th</sup>  
Module 2 - Wed 12<sup>th</sup>  
Module 3 - Thurs 13<sup>th</sup>

**October:** Module 1 - Tues 15<sup>th</sup>  
Module 2 - Wed 16<sup>th</sup>  
Module 3 - Thurs 17<sup>th</sup>

**Cost per person per workshop:**  
R950.00

Book all Three (3) workshops – R2500.00

**Workshop Includes:**

- \* Light meal and Refreshments
- \* All course material and/or manual, pen & notebook
- \* A Pamper Care Box with special goodies Just 4 You
- \* Certificate of Attendance

**Duration of Workshops:** 4.5 hrs - 08h30 – 13h00

**Payments & Bookings:**

*All Payments - EFT only*

Payable 7 days in advance before each workshop  
catering, refreshments and inspirational box requirements  
Proof of Payment to be emailed to: [info@purpleroom.co.za](mailto:info@purpleroom.co.za)

**Banking Details:**

Purple Room Events, FNB, account: 62315437659, cheque account, branch code: 251145  
Your Ref: use your name and surname and module ref.

A full body & health consultation at a special rate R500.00 - Just 4 Women.

**Full Body & Health Consultation:**

pH Testing, Blood Pressure, Thyroid & Weight assessment.  
*Normal Price – R850.00*

Semon Elliott  
Purple Room Events  
Designer-Health  
Living Well Coach

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Nutritional & Wellness  
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