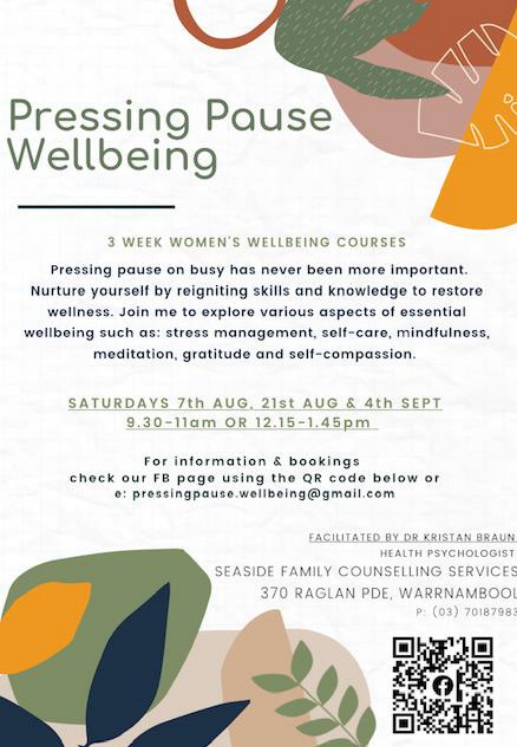


# Wild Winter Wellness. St Pats 2021



**Pressing Pause Wellbeing**


3 WEEK WOMEN'S WELLBEING COURSES

Pressing pause on busy has never been more important. Nurture yourself by reigniting skills and knowledge to restore wellness. Join me to explore various aspects of essential wellbeing such as: stress management, self-care, mindfulness, meditation, gratitude and self-compassion.

**SATURDAYS 7th AUG, 21st AUG & 4th SEPT**  
9.30-11am OR 12.15-1.45pm

For information & bookings  
check our FB page using the QR code below or  
e: [pressingpause.wellbeing@gmail.com](mailto:pressingpause.wellbeing@gmail.com)

FACILITATED BY DR KRISTAN BRAUN  
HEALTH PSYCHOLOGIST  
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P: (03) 70187983



Kristan Braun is a Health Psychologist with a special interest in mind and body wellbeing, which is informed by her years as a therapist, facilitator and mum but mostly due to living with a chronic illness since birth. Krissy is passionate about assisting people to rediscover their innate wisdom, wellness and resilience.

*Winter wellness – The path back to balance*

Krissy's session will focus on stress and overwhelm, exploring ways to navigate a path back to feeling more balanced.



[pressingpausewellbeing](https://www.instagram.com/pressingpausewellbeing)



Elissa Johnson is a Registered Nurse (mental health) with a special interest in person centred practices, holistic wellbeing, mindfulness and the arts in healthcare. Elissa's strengths have grown through her own journey with chronic pain which have allowed her to find peace whilst living with high sensitivity and physical discomfort. Elissa has curated *Heartwood*, gentle flow states which combine mindful *rites of passage* and *nature play* to strengthen neurological connections, increase energy and expand wellbeing.

*Winter Wellness – Sensing Sounds and Stillness*

*'The earth has music for those who listen' William Shakespeare*

Elissa's Session aims to reconnect you with your sensing-self! We will explore a number of quick but effective mindful stillness and movement based practices that help wind down the limbic system when experiencing stress. Perfect for work and witching hour!



Heartwoodflowstates



Emma is a life loving, ocean swimmer who loves running in nature and chasing the sun. She is passionate about all things health and wellness and has worked as a Registered Nurse and Midwife for 20 years. She has recently studied Holistic Nutrition and is a keen meditator.

Emma believes that there is no greater gift than entering the ocean as the sun is rising. Emma is excited to share this invigorating experience with you. She will briefly share how ocean swimming has changed her life, the health benefits of ocean swimming and cold water immersion, and how important it is for us as adults to remember to “play”, to feel joy and how doing things out of your comfort zone can make you a happier person.

*Winter Wellness- Sunrise Splash*

Wetsuits optional, swimming cap highly recommended, booties a treat!



[forever\\_our\\_sunshine](https://www.instagram.com/forever_our_sunshine)



Donella is currently jumping out of a plane celebrating her sons 18<sup>th</sup> Birthday LOL (waiting for bio/story) P.0428 654 570

*Winter Wellness- yoga for being whole*

This gentle yoga practice is suitable for the complete beginner. We will move slow and steady being mindful of the breath. We will turn our attention inward, listening to the subtleties of sensations within. We will quiet the mind and allow ourselves to simply be.



[donellas\\_yoga](#)

## Winter Wellness Session Flow

Emma –

*Winter Wellness- Sunrise Splash*

**Breakfast**

Kristan –

*Winter wellness – The path back to balance*

Donella –

*Winter Wellness- yoga for being whole*

Elissa –

*Winter Wellness – Sensing Sounds and Stillness*