

12 June 2021

- 09h00** **Stephanie Grosvenor**
AFPA certified Holistic Nutritionist and Functional Medicine Health Coach
How to easily implement GWD's 7 step manifesto into your daily life.
- 11h00** **Bridget Edwards**
Holistic Mental Health and Wellness practitioner and Emotional Freedom Techniques (EFT) 'tapping' practitioner
**Handling stress in uncertain times, now and in the future.
How to equip yourself for life's inevitable & unexpected eventualities.**
- 13h00** **Daniella Corder**
Certified personal trainer and nutritional advisor
Infradian Rhythm and benefits of eating and training according to your cycle.
- 15h00** **Carelene de Jager**
Professional Yoga instructor and owner of Yoga-House
Online Yoga class
- 18h00** **Ishana Maharaj**
Sophrology Practitioner/International Trainer
Sophrology: Quality sleep, breathing techniques & exercises

#globalwellnessday

WATCH ON FACEBOOK: **GWDSA**

JUNE 12th 2021

**"One day, can change
your whole life!"**

GLOBAL
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DAY®

