



NOW
it's about
ME!



Guiltless, Boundless Selfcare for Overworked Women

Relax, Unwind & Transform **@ OUR WOMEN'S SELF-CARE RETREAT**

**BY CLINICAL PSYCHOLOGIST
MARISSA MORKEL – MA CLIN PSYCH (UP)**

Therapist. Wife. Mother of two boys and constant seeker of life balance and simple solutions to complex expectations.

- Are you feeling tired and overloaded?
- Is modern living demanding too much of you?
- Do you feel stressed and unable to cope?
- Do you often feel anxious?
- Are you juggling too many roles?
- Do you feel unappreciated and undervalued?

Then this getaway with Marissa is just for you!

The getaway will focus on identifying modern day life stressors and the impact these have on the lives of women. Focusing on self-care and simplifying your life is imperative for your mental and physical health. Walk away with practical and simple interventions to combat stress and reconnect with the inner you.

This practical therapeutic workshop is guaranteed to help you find easy solutions to combat anxiety, stress and depression.

www.marissamorkel.co.za

MAY 2019
3 NIGHTS: WEDNESDAY 8TH – SATURDAY 11TH MAY

NOVEMBER 2019
3 NIGHTS: WEDNESDAY 13TH – SATURDAY 16TH NOVEMBER

ADD R 950 TO YOUR STAY



