



# NURTURE YOURSELF



## OVERVIEW

**To nurture** means to *feed and protect, nourish, support, encourage, foster.*

We often associate nurturing with caring for children or plants, helping them to grow and develop.

But what if you were to nurture yourself?



How could you encourage yourself?




How could you celebrate all of you?



How could you support yourself to expand and flourish?

Nurturing practices can be small moments you dedicate to yourself. Simple techniques to create balance and harmony in your life. Subtle ways to connect with yourself and your surroundings.

My hope is that through nurturing yourself you will find peace and this will cascade from your heart into your relationships with others and the wider world.





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## OPTIMAL LIFESTYLE COACHING

Create your optimal lifestyle by integrating simple techniques into your life to boost your well-being. By working with me one-on-one, I will help you to utilise your strengths and provide support around any challenges present.

Together, we will build tailored movement, breathing and meditative practices into your life to suit your needs and goals.

**Nurture Yourself** coaching sessions are dedicated to you, your needs and your expansion.

You will learn:

-  Body-based ways to regulate your nervous system
-  How to cultivate a nurturing self relationship
-  Ways to integrate nurturing practices into your lifestyle
-  How to infuse each day with awe, connection and sacredness

Message Aleisha at [hello@flowwellness.com.au](mailto:hello@flowwellness.com.au) to find out more or book your first session. Bookings can also be made at online [here](#).

