

Your Body Knows: Become the CEO of your Health

An Experiential Masterclass

Reconnect with your body's innate wisdom and become the true authority of your health journey. Through experiential learning and interactive exercises, discover how to tap into your intuition and access the profound knowledge within you. Learn practical, evidence-based techniques to listen to, interpret, and trust the signals your body constantly sends you.

What You Will Learn

- Access and trust your body's innate intuitive wisdom
- Tune into your body's subtle signals and messages
- Understand the mind-body connection and how thoughts influence health
- Distinguish between fear-based reactions and true intuitive guidance
- Create a personalised wellness strategy based on your body's unique needs

Who Would Benefit

Ideal for anyone who:

- Feels disconnected from their body or struggles to interpret physical sensations
- Wants to take an active, empowered role in their health and wellbeing
- Is navigating chronic health issues or experiences stress and anxiety
- Is interested in holistic, integrative approaches to health

What's Included

- Two 2.5-hour interactive sessions (5 hours total)
- Experiential exercises and guided practices
- Small group (maximum 8 participants) for personalised attention
- Comprehensive resource materials and practice suggestions

Investment & Dates

Early Bird Price	\$350.00 Register and pay in full by 23 February 2026 to secure this special rate
Standard Price	\$395.00 Registrations after 24 February 2026
Payment Options	Pay in full at booking, OR 50% deposit on booking + 50% balance due 7 days before first session

Practical Details

Dates & Times	Monday 2 March & Monday 9 March 2026, 9.30am to 12 noon
Location	Nature Care Health Clinic, Level 5, 39-41 Chandos St, St Leonards
Group Size	Maximum 8 participants
Facilitator	Jane Mara, Reiki Master-Teacher and Holistic Counsellor with over 500 hours of executive and life coaching experience. Jane integrates mind-body medicine with detailed research to understand key factors contributing to individual wellness.

Why This Matters

Your body constantly communicates through sensations, symptoms, and subtle cues, yet most of us have lost the ability to accurately receive these messages. This disconnection creates chronic stress, persistent health issues, and powerlessness in our wellness journey. This masterclass bridges ancient wisdom with modern neuroscience, teaching you that becoming the CEO of your health means partnering with your body, listening deeply, and honouring its guidance.

How to Register

Spaces are limited to 8 participants. Contact Nature Care Wholistic Clinic:

- Phone: (02) 9966 8666
- Email: reception@naturecarehealth.com.au

Your body already knows what it needs. This masterclass will help you listen to it.