



My BIG Dream:

To have a wellbeing hub where people can go to retreat and heal. There will be complimentary, integrative and holistic therapies which provide people with wrap around support and care to support people on their recovery journey and enable them to maintain good mental health and emotional wellbeing.

In my dream there are psychotherapists, counsellors, body workers, massage therapists, yoga teachers, acupuncturists, nutritionists, aroma-therapists, reiki practitioners and much much more, all working together as a cooperative with the person at the heart centre. There will be a health food café where people can connect, nourish and reflect.

There will be celebration events, dancing and singing a real community of healing, connection, support and joy. A place where people feel safe, listened to, and experience hope, health and wellbeing.

If you are a complimentary therapist and are interested in my BIG dream holla at me!

shine@stephiebewellbeing.com

I would LOVE to hear from you.

WWW.STEPHIEBEWELLBEING.COM