

THE WELLNESS EXPRESS

www.wellnessexpress.in/finishingschool

Finishing School for Women

To recover the grace of the feminine and to heal

Are you entrapped in a woman's body,
Or blessed by it

A re-realisation and support program for women to come back to where they truly belong : In themselves, the feminine. The world has gone far from the feminine, which is why it is in its current destructive. Will things be the same if the feminine was more prevalent?

The finishing school covers the following topics over LEVELS 1,2,3 + Vocational

a) Women health

Simple things like attention, emotional expression, social circles and the level of comfort in your own body affect health & wellbeing. We have a special women sensitive modality for healing and prevention of diseases.

b) Acceptance of the self - become comfortable with your own body

Some of you feel comfortable with certain parts of your body and not certain other parts. Being comfortable your whole body as it is - will boost moral, prevent disease, improve your body language and the way you dress.

c) Learning to manage emotions and dealing with emotional situations

Emotions are the building blocks of a woman's basic operating structure. We will take you through an emotion management process for women - tailored to give women the liberty of enjoying their emotional swings and not be controlled by it.

d) Grooming

An experiential module to understand what messages your body gives out and how to use your body language. To learn how to dress up and yet be non provocative. Learning effective communication and public speaking skills as a woman.

e) Career guidance

Expressing yourself through your work will give you that peace and overall contentment. To find what kind of work suits you best - We have aptitude and brain mapping tests that you can undergo which will tell you exactly what your inner qualities are and what kind of work will suit you best.

f) Relationships - On how to handle all relationships as mutually positive

You will be taught the inner dynamics of relationships and people management - To learn how to handle relationships as a woman and all the intricacies that come with being a woman. To become confident in your interactions and improve relations.

g) Working on specifics such as overcoming abuse

A core area of our work as an independent module which is conducted at first or as needed. We have experts in this area who have worked with many women to completely release all trauma of abuse and renew themselves towards a new life.

Padhmini Quinny - An architect by convention and a woman who has emerged from the darkness of society by realising the divine grace of being a woman. She is able to bring out the forgotten grace of womanhood and the power of beauty in the effect of being feminine.

Shriram Chakravarti - Financial analyst by convention who went through years of illness to realise his gifts as an intuitive healer - He is also a specialist in Behaviour Pattern Analysis which helps people make better patterns in their lives to overcome hurdles they face.

Our primary work is with women's health and enabling people to find their abundance.

Breast cancer causes we are working with are given below. Email us on info@wellnessexpress.in : 080 41499006

