

MARIANDINA WELLNESS SOLUTIONS

Presents

Emotional Wellness Calendar

Organized by Mariandina Wellness Solutions in association with
Just Talk Now and Psychological Life Coaching

Speakers

KNOW YOUR EMOTIONS: Topics for Emotional Wellness



Identify emotional patterns and
Imprints using Holistic Intuitive
Therapy

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Join us **FREE** via Zoom
Meeting ID: 408 208 4810
Password: Wellness

WHAT ARE EMOTIONS
HOW TO ACKNOWLEDGE AND FEEL YOUR EMOTIONS

Saturday 25th March 2023
Time: 10am - 11am GMT

HOW EMOTIONS IMPACT YOUR LIFE

Saturday 22nd April 2023
Time: 10am - 11am GMT

EMOTIONAL REFLECTION, RESOLUTIONS
AND AFFIRMATIONS

Saturday 27th June 2023
Time: 10am - 11am GMT

LOVE YOURSELF AND FEEL GOOD

Saturday 24th June 2023
Time: 10am - 11am GMT

PARENTING YOUR INNER CHILD

Saturday 22nd July 2023
Time: 10am - 11am GMT

DEVELOP YOUR EMOTIONAL WELLNESS SKILL SET

Saturday 26th August 2023
Time: 10am - 11am GMT

EMOTIONAL PATTERNS, BELIEFS, BLOCKS AND IMPRINTS

Saturday 23rd September 2023
Time: 10am - 11am GMT

THE BIOLOGY OF BELIEF AND EMOTION CODE

Saturday 21st October 2023
Time: 10am - 11am GMT

HOW FOOD IS USED TO NUMB AND AVOID
FEELING OUR EMOTIONS

Saturday 25th November 2023
Time: 10am - 11am GMT

HOW POSITIVE AND NEGATIVE EMOTIONS IMPACT
YOUR PHYSICAL BODY

Saturday 10th December 2023
Time: 10am - 11am GMT

CELEBRATING YOURSELF THROUGH EMOTIONAL
WELLBEING

Saturday 27th January 2023
Time: 10am - 11am GMT