



**EMMA WATKINS**

Founder of Agora, Yoga and  
Breathwork Teacher



**LOTTIE LEEFFE**

Founder of Dura Society

PRESENT

# FOUNDATIONS FOR THE MIND AND THE FUTURE

A WORKSHOP ON THE WELLBEING OF OUR MINDS  
AND OUR FINANCES.

Learn tips and tools to lay the foundations for long term mental  
and physical fitness and financial security.

# HEALTH IS WEALTH

When it comes to wealth, two perspectives come to mind. Our health undoubtedly is our wealth - without it, we have nothing. However, laying the foundations for financial long term security is often an area of our lives that is neglected.

This unique workshop will bridge the gap and cover the two.

Emma will introduce The Wobble Toolkit, the support system she has created to support the foundations for long term health, speak about the science behind stress/anxiety/burnout and how that affects the body/mind, then share a short yoga sequence (both poses + breathwork) that can be incorporated into daily routines.

Lottie will guide you through the elements to build a strong financial foundation. No matter if you are just starting out or needing to get "your businesses in order", Lottie will share her tips and resources to help you organise yourself and give you tools to manage your money without stress.

@emmawatkins\_healingyoga

@thedurasociety

