



Professional Women INTERNATIONAL

HEALTHY BODY, HEALTHY MIND



Dr. Anne Randerson

With its cold tile floors and fluorescent lighting, the Boston University Brussels campus could hardly look less like a tropical island. Yet it was in one of the facility's institutional classrooms that Dr. Anne Randerson led PWI members on a brief trip to paradise. The relaxation exercise was one of the tools Randerson utilised during June 18th's Wellness Workshop, designed to provide women with mental and physical relaxation techniques.

"Compared to men, women have a lot to do everyday," said Randerson. She herself teaches wellness workshops within companies, and founded her own intercultural consultancy firm, Cross Cultural Horizons, in 2007. "We tend to do a greater share of our household's upkeep, and we also have careers. Maintaining a wellness attitude is extremely important in keeping our batteries charged."

Randerson's own prescription for mental and physical health entails what she describes as a "wellness cocktail," which draws from her extensive study of tai chi, kung fu, qi gong, yoga and Pilates. During the workshop, attendants were led through gentle muscular rotation, basic yoga poses, and were taught how to channel their inner chi. Randerson says the concentration required by the movements of each ex-

Five Tips for Healthy Living

1. **EAT WELL** Try not to consume too much sugar, coffee or alcohol
2. **SLEEP** If you need eight hours a night, make sure you get it
3. **SLOW DOWN** Make sure to give yourself some down time every day
4. **DRINK WATER** To help replace liquids lost through exercise
5. **FIND SOMETHING WORTHWHILE** Do something worthwhile every day, and dare to be who you really are

ercise takes up the mental space usually occupied life's daily stresses. To achieve holistic health of mind, body and spirit, "you have to concentrate on the present." In addition to a healthy lifestyle, Randerson says her training in martial arts has helped provide her with the discipline and perseverance needed to found her own company. Speaking both literally and figuratively, she said "[my studies] have given me backbone and strength," two necessities for the success of any professional woman.

For more information on Cross Cultural Horizons, please see www.crossculturalhorizons.com. Information on private wellness sessions will be added shortly.

New 20% Discount at BOZAR

Thanks to our partnership with BOZAR, PWI members can now enjoy a 20% discount on the centre's visual arts exhibitions, as well as on 2nd category seats for all BOZAR music events (except those from cycles 4, 26, 29, II and V). The Centre for Fine Arts is housed in an impressive Horta building dating back to 1928, and is conveniently located in the heart of Brussels.

Right Now...

It's Not Only Rock 'n' Roll, Baby! weaves together two forms of artistic expression: visual art and rock 'n roll. The exhibition, electrified by a unique collaboration with the Rock Werchter Festival, showcases the visual works of some 20 music icons from the 1970s to today, including Patti Smith, Brian Eno, Chicks on Speed, Fischerspooner, Devendra Banhart and Pete Doherty. The exhibit traces the individual paths of artists who have approached art and music with an undivided soul, demonstrating how these two means of expression are indivisible despite their differences. Installed through September 14, It's not only Rock 'n' Roll, Baby! tells the story of how the voice of rock emerged in the visual arts.

To see what else is coming up at BOZAR, visit www.bozar.be.

AUGUST 25TH



Late Summer Networking Drink

DATE: August 25th

TIME: 18:30- 21:00

WHERE: Il Fatto Restaurant
3 Boulevard du Souverain
1170 Brussels

PRICE: €15 for members,
€25 for non-members

Email events@pwi.be to
reserve your spot!

Comments or
contributions for
the new newsletter?

Email editor@pwi.be

