



PRESS RELEASE

Tuesday, January 8, 2019

NEW YEAR NEW YOU AT STRATHEARN NETWORKING EVENT

The first Women's Enterprise Network meeting in Strathearn this year takes place next Wednesday, January 16, in Crieff.

Organised by Perthshire-based enterprise support organisation GrowBiz, the Women's Enterprise Network meetings are designed to support women starting, running or growing a business in rural Perthshire, as well as those who are just thinking about setting up on their own.

And for the first get together of 2019, the network will be meeting in The Yoga Shed, a new space dedicated to wellbeing in the centre of Crieff, which is run by Rebecca Dearman and her partner Ronnie.

A former primary school teacher, Rebecca trained as a complementary health professional alongside her teaching work and is also a Weleda Wellbeing Advisor sharing organic and ethical body care products.

The Yoga Shed opened in April last year and marks Rebecca's change in focus from teaching in schools to practicing more of her therapies and teaching spiritual practices in the studio – a dream that has been some 16 years in the making.

She says that their vision was to create a community wellbeing hub where people could come and explore natural health and fitness approaches and techniques.

GrowBiz enterprise facilitator Jennifer Lindsay-Finan is looking forward to the event.

She said: "We are delighted to be holding our first Women's Enterprise Network meeting of 2019 in the Yoga Shed in Crieff next week with Rebecca as our guest speaker.

"It is a fabulous space and I'm sure her story will be of interest to women at all stages of their business journey."

The Strathearn Women's Enterprise Network meeting takes place on Wednesday, January 16, from 6.30pm to 8.30pm at The Yoga Shed, 33 Commissioner Street, Crieff, PH7 3AY. A light buffet and refreshments will be provided.

For further information on GrowBiz or to book a place at the Women's Enterprise Network meeting or any of the free events run by the enterprise support organisation, please see the website at www.growbiz.co.uk.

For media enquiries about GrowBiz, contact Clare McMicking on telephone 07514 343042 or email clare@growbiz.co.uk

Notes to Editors

- Enterprising Eastern Perthshire (known as GrowBiz) is a company limited by guarantee number SC341655, and a Scottish Charity number SC043278, with registered office at [1 Perth Street, Blairgowrie PH10 6DQ](#).
- GrowBiz is funded by Perth and Kinross Council, Scottish Enterprise and The Scottish Government, and the Enterprising Rural Perthshire project is supported by the Rural Perth and Kinross LEADER Programme 2014-2020: The European Agricultural Fund for Rural Development: Europe investing in rural areas. For more on LEADER go to www.pkleader.org