

# Women in Dentistry spa retreat to be held in Hertfordshire



**Dr Mahrukh Khwaja**  
Dentist, positive psychologist, mindfulness teacher and founder of Mind Ninja

**Life Design Workshop: Create a life you love.**  
Life Design will provide you new ideas, inspiration, motivation, and a push to create the life you envision.



**Dr Shabnam Zai**  
Dentist, Practice Owner and Squat Dental Practice Mentor

**Avoid overwhelm and enjoy life and dentistry more than ever.**  
Tips on how to make more time in your day to spend on you.

A day of networking, learning and relaxing for dentists will be held at Hanbury Manor Marriott Hotel and Country Club in Ware, Hertfordshire on 24 May 2024 in celebration of women in dentistry.

The spa retreat day is designed to provide dentists with a day of relaxation,

rejuvenation, and self-care in a spa or wellness setting, alongside educational talks with professionals in dentistry.

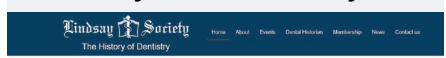
The event is carefully curated to offer a holistic experience that addresses both the physical and mental wellbeing of participants.

The two main keynote speakers for the day are Dr Mahrukh Khwaja, dentist, positive psychologist, mindfulness teacher and founder of Mind Ninja, and Dr Shabnam Zai, dentist, practice owner and Squat Dental Practice Mentor.

A place on the spa retreat day includes a two-course lunch, use of a private bar all day, access to the spa, a yoga/pilates class, dedicated networking sessions and the keynote speakers.

To find out more and to book, visit [www.cloverdentalfitout.co.uk/event/dental-spa-retreatment-at-hanbury-monor](http://www.cloverdentalfitout.co.uk/event/dental-spa-retreatment-at-hanbury-monor).

# New website for the Lindsay Society – History of Dentistry



The Lindsay Society has a brand new website – <https://lindsaysociety.co.uk>. The society which promotes interest, study and research into the history of dentistry will be advertising events and displaying news on the site – watch out for information about this year’s annual October conference in Colchester. Anybody interested in membership can now join online. Most excitingly the entire back catalogue of *Dental Historian* is now freely available in the archive section up to a year behind the current issue.

## Online Event



### The management of localised tooth wear using the sandwich technique

Be guided through a live dental procedure from the comfort of your own home

Join us for this unique course that begins with an on-demand lecture to view at a time that suits you and is followed with a day-long live and interactive online workshop. As part of this virtual training, Kushal Gadhia will live-stream treating a patient with localised tooth wear using the sandwich technique.

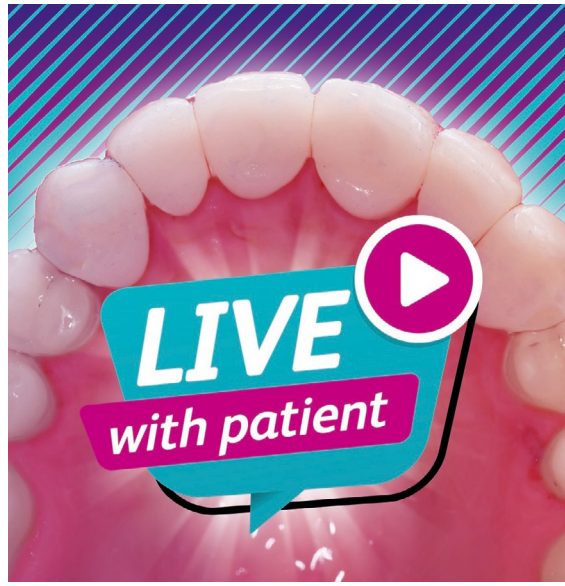
**Kushal Gadhia**

Saturday 10 February 2024 | 10:00 - 17:00 | ONLINE

7.5 hours CPD

DEVELOPMENT OUTCOME ©

Members: £395 | Non-Members: £495 | DCPs: £300



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