

Saturday 7th August	Main Stage	Studio 1	Studio 2	Studio 3	Studio 4
10:30am-10:45am	Grandma Groove - Groove Dance Fitness Class	The Nourished Body - Overcoming Anxiety Naturally	Moving Munchkins - Kids Yoga Class	Body in Mind - Breathe & Flow Vinyasa Yoga Class	CBUK Events - Be the best you
10:45am-11:00am					
11:00am-11:15am					
11:15am-11:30am					
11:30am-11:45am		Naturally Nice Nutrition - Natural healing with plant based foods			
11:45am-12:00pm					
12:00pm-12:15pm	Yoga Rap - Yoga Rap Class		Karuna Yoga - Energy Flow Class	Yoga & Me - Hatha Yoga and Me Style Class	Patricia McDowell - Light Language, the Soul & Life
12:15pm-12:30pm					
12:30pm-12:45pm					
12:45pm-1:00pm		Integrative Therapy Solutions - Toxic Relationship recovery: Why don't I feel better a year later?			Period Pal - Charting Menstrual Cycles for Health and Wellbeing
1:00pm-1:15pm					
1:15pm-1:30pm	Let's Burlesque - Burlesque Dance Fitness Class		7 Paths Wellbeing Method - Your Cells Listen		
1:30pm-1:45pm					
1:45pm-2:00pm		Association Internationale De Numerologues - Numerology: Consciousness and connection		Vitality Hub - Mature Movers Class	
2:00pm-2:15pm					
2:15pm-2:30pm			Leanne Naylor - Sleep Well to Live Well		Cheyoga & Ayurveda Wellness - Ayurveda - ancient wisdom for modern living
2:30pm-2:45pm	Strictly Fitness - HIIT Class				
2:45pm-3:00pm		Alternative Mental Health Ser- vices - Energy awareness & breathwork		Zen Gem Yoga - Vinyasa Yoga	
3:00pm-3:15pm					
3:15pm-3:30pm			Heart & Soul Meditation - Slow down today for more energy tomorrow	Medway Healing & Hypnotherapy - Your mind has the key to set you free - A talk on Hypnotherapy	
3:30pm-3:45pm	Strictly Fitness - Strictly Fitsteps Class				
3:45pm-4:00pm					
4:00pm-4:15pm		Meditation with Mercedes - Guided Visualisation Meditation Class			Aly Stringer Yoga - Viniyoga Class - Pancamaya Kosha model
4:15pm-4:30pm	Strictly Fitness - Pilates				
4:30pm-4:45pm		Vedic Meditation by Camilla - Everything but Meditation - a practical guide	Sounds like Healing - Tune In! Connecting Body, Breath and Voice		
4:45pm-5:00pm					