

Sunday 8th August	Main Stage	Studio 1	Studio 2	Studio 3	Studio 4
10:30am-10:45am	<b>Michelle Crozier - Mantra from the Heart</b>	<b>Integrative Therapy Solutions - The Science of safety - Understanding the healing power of the vagus nerve</b>	<b>Amy Victoria Yoga - Vinyasa Yoga - Slow &amp; Strong Flow</b>	<b>Genny Sapiro -  Esoteric Meditation</b>	<b>Less is Progress - The discovery of less - An introduction to minimalism</b>
10:45am-11:00am					
11:00am-11:15am					
11:15am-11:30am					
11:30am-11:45am					
11:45am-12:00pm	<b>Vedia Meditation by Camilla - Cacao Ceremony</b>	<b>7 Paths Wellbeing Method - The Power of your Breath</b>		<b>MTO Tamarkoz Association - The Art of Self Knowledge Through Concentration and Meditation</b>	<b>Patricia McDowell - Light Language, the Soul &amp; Life</b>
12:00pm-12:15pm			<b>The Sage Village - Treebabies - Practicing Mindfulness in Nature Mum &amp; Baby Class</b>		
12:15pm-12:30pm					
12:30pm-12:45pm					
12:45pm-1:00pm					<b>Resonate Inner Peace - Empowerment - creating my reality</b>
1:00pm-1:15pm	<b>Yvette Tamara &amp; Anna Costa - Messages from the Other Side</b>	<b>Encourage Wellbeing - From Hellish to Heavenly</b>	<b>Another Journey Begins - Mindful Yoga</b>	<b>Treelight Yoga - Dru Yoga Class</b>	
1:15pm-1:30pm					
1:30pm-1:45pm					
1:45pm-2:00pm					
2:00pm-2:15pm					<b>Let's Burlesque - Burlesque Dance Fitness Class</b>
2:15pm-2:30pm					
2:30pm-2:45pm		<b>This Divine Life - Manifesting Miracles</b>	<b>Adidam - Intrinsic Touch Energy Workshop</b>	<b>Yoga &amp; Pilates with Emma - Pilates - Mixed Ability Class</b>	
2:45pm-3:00pm					
3:00pm-3:15pm	<b>Christina Grace Healing - Sound Bath Meditation</b>				<b>Allan Sweeney - Secrets of Angels on Earth</b>
3:15pm-3:30pm		<b>Sefik Empowerment Coaching - Empowerment Coaching</b>	<b>The Anti-Burnout Club - The hidden signs of burnout and what you can do about it right now</b>		
3:30pm-3:45pm					
3:45pm-4:00pm				<b>A Little Bit Boho - Mindful Movement Class</b>	