

Saturday 11th June	Main Stage	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
10:30am-10:45am	Kirtan Performance - Mantra from the Heart	Discovery of less, The positive impact of de-cluttering - Chris Lovett (Less is Progress)	Introduction to Reiki - Penelope Reid-Brant (Perspectives.care)	Knowing nature better - keeping it simple - Claire Bates (Tilia Yoga)	Tai Chi Qigong - For a balanced life - Club Chi	Manifesting Miracles - Melody Savage (This Divine Life)
10:45am-11:00am						
11:00am-11:15am						
11:15am-11:30am						
11:30am-11:45am	Alchamista Dance with Kakao Class - Holistic Dance for Women	Let's talk all things Menopause - Fiona Gehring (Mid Point 4 Women)	The power of your Spirit - Tracy Sharman (Talking Spirit)	Women's Circle - Janet Hill	Trauma Informed Yoga Calss - Amy Edwards (Amy Victoria Yoga)	EFT- Tapping for wellbeing workshop - Kate Munden (Recover Grow Thrive)
11:45am-12:00pm						
12:00pm-12:15pm						
12:15pm-12:30pm						
12:30pm-12:45pm	Healing Sound Gong Bath - Helen Valentino	Helping you and your clients get out of pain - Catherine Cooper (Rossiter Stretching Technique)	Mindful Eating Masterclass - Nuna Kanhawi (Nuna's Nutrition)	Dynamic Vinyasa Flow - Meg Penderson Yoga	Breath-work for inner harmony - Shoana Taylor (7 Paths of Wellbeing)	Understanding your power within - Patricia McDowall
12:45pm-1:00pm						
1:00pm-1:15pm						
1:15pm-1:30pm						
1:30pm-1:45pm	Burlexercise Class - Burlexercise with Angie	Humanity 3.0 Radical Well- being and Loving - Rohini Emanuelsson (Y42 Radical Wellbeing)	From the forest to your self healing - Sylwia Czernichowska (Spiritual Beauty & Bliss)	Yin Yang Yoga & Meditation - Melanie Gabbi MMM (Mind Movement Medita- tion)	Macrame plant hanger workshop - making for mindfulness - Alexia Gazi (Art of the H-art)	Your cells listen - Shoana Taylor (7 Paths of Wellbeing)
1:45pm-2:00pm						
2:00pm-2:15pm						
2:15pm-2:30pm						
2:30pm-2:45pm	Messages from the Other Side - An audience with Yvette Tamara & Anna Costa	Changing your mindset, Growing your confidence - Natalie Todd (Flip the fear coaching)	Emotions & You - Nicola Light (Alternative Mental Health Services)	Gong bath meditation - Club Chi	Rap YO!GA, The Founda- tions Class - Veronica Youdell	Numbers talk - Let's listen - Sonia Ducie (AIN)
2:45pm-3:00pm						
3:00pm-3:15pm						
3:15pm-3:30pm						
3:30pm-3:45pm	Awakening your psychic powers - Darren Ball (The Aetherius Society)	30 minutes to Change your Mind - Yogi Sally Ann Slight				
3:45pm-4:00pm						
4:00pm-4:15pm						
4:15pm-4:30pm						
4:30pm-4:45pm						
4:45pm-5:00pm						