

Sunday 12th June	Main Stage	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5	
10:30am-10:45am	Zendeh Delan Musical Performance - MTO Zendeh Delan (Starts at 10:15am)	Astrology 101 - Jaini P (Alchemy with Jaini)	The power of facial massage - Lizzie Westlake (Lizzie Facialist)	TRE Trauma release exercise class - Kate Munden (Recover Grow Thrive)	Tap into your intuition: Mindful Yoga and Meditation - Belle Roberts Yoga	Understanding your power within - Patricia McDowall	
10:45am-11:00am							
11:00am-11:15am							
11:15am-11:30am	Bellyfit - Holistic Dance for Women	Taking your power back and creating your reality, Empower Yourself - Yadiksha Hari (Modern Mystery School)	Overcoming anxiety with medicinal chocolate - Hannah Carr & Sarah King (Holistic Health Collective)	Yin Yoga - Gemma Green Yoga	Macrame plant hanger workshop - making for mindfulness - Alexia Gazi (Art of the H-art)	What is love without self-love? - Melody Savage (This Divine Life)	
11:30am-11:45am							
11:45am-12:00pm							
12:00pm-12:15pm							
12:15pm-12:30pm		>Welcome to A Human Space - Daniel Thompson (A Human Space)	Stress Free living - Jean-Marc Degioanni (Infinity Alignment)				
12:30pm-12:45pm							
12:45pm-1:00pm	Singing for fun & wellbeing - Maddie4Music			Reiki Soundbath - Storm Webb & Amanda Panayiotou (Reiki Sound Bath Events)	Yoga for Vagus Nerve Stimulation - Pru Waldorf (weareone:collective)	Femergy Dance Class - Monika Molnar	
1:00pm-1:15pm		Be the best you - Sacha Marie Mulligan					
1:15pm-1:30pm							
1:30pm-1:45pm	Cacao Ceremony Taster - Vedic Meditation by Camilla		The Magic of Himalayan Singing Bowls, uses through the principles of Tantra - Tantra Sound Club	Mandala Vinyasa Flow - Nicola Rowe (Actively Alive)	30 minutes to Change your Mind - Yogi Sally Ann Slight	Arts and Crafts for self-exploration and personal growth - Laura Green (Kent Therapy Solutions)	
1:45pm-2:00pm							
2:00pm-2:15pm							
2:15pm-2:30pm			From the forest to your self healing - Sylwia Czernichowska (Spiritual Beauty & Bliss)				
2:30pm-2:45pm							
2:45pm-3:00pm		HypnoMed Deep Relaxing Meditation - Melanie Gabbi MMM					
3:00pm-3:15pm	Serenity Flow sound bath meditation - Christina Grace Healing		Let's talk all things Menopause - Fiona Gehring (Mid Point 4 Women)		The Magic of Connecting with the energy of the Heart - Kate Munden (Recover Thrive Grow)		
3:15pm-3:30pm							
3:30pm-3:45pm							
3:45pm-4:00pm							