

17th & 18th Nov 2018
— KEMPTON PARK —
MIND+BODY+SOUL
& wellbeing festival

HOLISTIC
+MYSTIC



**JOIN OUR SAT & SUN
TALKS & WORKSHOPS
PROGRAMME**

YOGA CLASSES | MEDITATION | GONG BATHS | HIGHLY RESPECTED PSYCHICS | CRYSTALS

£8 ENTRANCE

£14 WEEKEND PASS

HOLISTIC & MYSTIC: EVENTS FOR THE MIND, BODY & SOUL
JOIN US AT KEMPTON PARK RACECOURSE, SHEPPERTON, TW16 5AQ
SATURDAY 10:00 - 17:30 | SUNDAY 10:00 - 17:00

www.holisticandmystic.com | 01379 651354 | tracy@holisticandmystic.com

Welcome!

Welcome to those of you that are visiting for the first time and to all our regular visitors – it's lovely to see you again!

As the Kempton Park MBS and Wellbeing festival continues to grow we are delighted to expand and encompass the extra branches of holistic health that include nutrition, yoga, mindfulness and more.

We have an incredible variety of sessions to choose from this weekend – over 60! Why not try something completely new? A new experience, a yoga session maybe – don't worry if you don't have a mat or the right clothing or that you've never done it before, the teachers are friendly and everyone starts somewhere!

We are also thrilled to introduce Holistic Pets to meet the needs of pet owners that are keen to learn how to raise their beloved furry family members holistically with minimal chemical use. Learning about nutrition and natural treatments can help our pets to be healthier and even live longer so we will be bringing you more specialists as this section grows.

Our intention is from the heart - to provide a warm, welcoming space for healing of all kinds to take place. We invite the highest calibre of exhibitors who, we believe, offer experience, passion and integrity. Here you can ask for advice, relax, laugh and share, which we believe is at the heart of a holistic and spiritual way of living – without ego or agenda.

We hope you have a magical, healing weekend.

Namaste

Tracy and the H&M team



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**A NOTE ON
SPIRITUAL READINGS**

Please remember that readers work using their intuition, therefore readings are not cast in stone and are open to interpretation.

If you are unhappy with how a reading is going, please do tell the reader at the time and not at the end.

They want you to be satisfied and will be happy to help.

Exhibitors

Avalon Aura Photography, Jennifer Crouch & Ian Fello

We provide Polaroid Aura Photographs with readings/rebalancing/healing. Using our state of the art Bio feedback aura imaging system.

Academy of Inner Resonance, Robert Burlinson - www.inner-resonance.org

School of subtle energy medicine & inner development. We sell crystals, offer crystal healings, and provide info on workshops, retreats and the 2 year AIR Crystal & Energy Healing Diploma Course.

Alison Sheryll, Alison Sheryll - www.alisonsheryll.co.uk

Psychic Medium, Clairvoyant/Animal communication. Highly intuitive, will link into all areas which includes messages from loved ones who have passed over.

Andromeda Alchemy, Maria del Mar Fernandez de la Calle - www.andromedaalchemy.co.uk

Eternal Light healing taster sessions & Andromeda Alchemy raw chocolates attuned to healing energies & crystals. Also an oil mix and the Eternal Light healing system book.

Angel Jewellery, Linda Howell - www.angeljewellery.ie

Silver handmade designer jewellery with angelically attuned gemstones set in silver. My jewellery is inspired by Angels and Archangels to bring guidance, comfort, inspiration & healing.

Another dawn, Dawn Clifton - www.accessconsciousness.com

Access Bars are 32 points on the head which when lightly touched can quiet the mind and allow changes you desire to occur. Suitable for children and adults.

Aroma Love Yoga, Alice Pead - www.aromaloveyoga.com

We are pleased to provide for emotional and physical wellbeing doTERRA Essential oils, Aroma yoga, AromaTouch Technique.

Bellaterra, Tracy Drew

Crystals, minerals, fossils and gemstone jewellery. Specialising in the rare and unusual.

Breath Coach Ltd, Nevsah Karamehmet - www.nevsah.com

Nevsah Karamehmet is an Internationally recognised certified Breath expert and a spiritual leader who is committed to enlightening others. Her focus is optimal breathing for improving health.

Carrie Bush

Angel Card Readings & Archangel book series for children. Carrie's books include - an Archangel series for children. Carrie's books encourage children to have confidence in their abilities, and the importance of self-belief.

Clairvoyant London, Charlotte Codrai - www.clairvoyantlondon.com

Charlotte WILL AMAZE YOU with her abilities as a Psychic Clairvoyant Medium Tarot and Oracle card reader giving specific information GUARANTEED to IMPRESS Internationally renowned SkyTV Radio Media

Club Organix, Jay Bharj - www.cluborganix.com

Inspired by Love! Vegan Certified Professional Makeup to enhance your natural beauty. Specially formulated for sensitive skin. Non-toxic, Safe & Cruelty Free cosmetics for all skin types!

Crystal Connections, Eddie Walters

A selection of crystals (natural and polished) Silver and crystal jewellery, Dream catchers.

Crystal Healing by Sarah Jane - www.crystalhealingbysarahjane.co.uk

Crystal Healer, accredited and registered by the Affiliation of Crystal Healers Organisations and an Angelic Reiki Master Teacher, registered with the Angelic Reiki Association

Debbie - Tarot Life Coaching, Deborah Bacci - www.tarotlifecoaching.co.uk

Clairvoyant Tarot Readings, Life Coaching, Spiritual Counselling, Angel Card Readings, Soul Path Guidance, Mindfulness. Insightful readings, providing greater clarity in all areas of life.

Deliciously Honest, Fiona Scott - www.deliciouslyhonest.com

Raw Chocolate, fudge, soaps Lip balms

Divine Intuition, Wendy McCallum - www.divineintuition.co.uk

Intuitive / Psychic Art work. Original Art on canvas , limited edition prints in frames, tote bags,mugs. Resin artwork pictures, coasters.

Empower Your Soul, Louise Francis - www.empoweryoursoul.co.uk

Soul Coaching Oracle Card Readings, Akashic Record Readings and Soul Realignment™.

Family Chiropractic Sussex, George Liu - www.familychiropracticsussex.com

Free spinal screens, with opportunity to book for consultation. Also ice packs and orthopaedic pillows on offer.

Forever Living, Gigi Douglas-Hiley - gigidouglashiley.myforever.biz

Forever Living. A range of natural health and well-being products all based on the aloe vera plant.

Gem Enchantment, Julie Holliday - www.gemenchantment.com

Exquisite gemstone jewellery treasures offering beautiful healing crystals to adorn and empower. Presented with love.

Gifts From The Gods, Michael Francis-Lynch - www.giftsfromthegods.com

We are a family run business who specialize in items ranging from feng shui and gemstones to fair trade hippie style clothing.

Gladwell Massage, Daniel Gladwell - www.gladwellmassage.com

Chair massages

Gratitude Lifestyle, Vikram Deb - www.teamgratitude.co.uk

We are Gratitude Lifestyle and we sell Gratitude Pens and Gratitude Pads individually and also with a pack.

Harry Edwards Healing Sanctuary, Alan Moore - www.harryedwardshealingsanctuary.org.uk

Spiritual Healing on couch & chairs, provided by a team of Harry Edwards Healing Sanctuary volunteers.

Hemp By Nature, Peter Kitcatt - www.hempbynature.co.uk

Hemp By Nature is the eco-friendly hemp & CBD company. Promoting the wellbeing properties of hemp and saying no to plastic! CBD oils and hemp teas.

Holistic Healing Therapy LTD, Gary Evans - www.holistichealingtherapy.co.uk

Gong Sound Therapy, Reiki and Kinesiology treatments.

Irene Gloux

PSYCHIC AND SPIRITUAL ARTIST. Drawing of your spiritual guide or a love one who is in the spirit world and messages that they will forward.

Jan Mayfield, - www.universal-energies.com

Jan, international Psychic Medium, intuitive coach and Author (Zoetic Soul). Connecting to Universal energies, guiding you to your life/soul purpose. Connecting to loved ones/angels/guides for you.

Janet Tarot, Janet Parfait

Tarot Readings and Palmistry

Joodaboo, Julia Waller - www.joodaboo.com

Handmade crystal jewellery for the modern day warrior. Inspired by tribal jewellery, each style has it's own significance.

Kingston Chiropractor, Kelly Melnikova-Rhodes - www.kingstonchiropractic.co.uk

Neck pain? Back pain? Headaches? Take advantage of a Free spinal check. Chiropractic is vitalistic healthcare centred on the principle that our bodies are intelligent, self-healing and self-regulating.

Laura Miles Ltd

Hand made sterling silver & gold jewellery set with gemstones, one off pieces and stunning gemstone carvings and specimens.

Lava Artworks, Sachin Patel - www.lavaartworks.co.uk

Lava Artworks is an online retailer of the finest Indian Handicrafts and Hindu Statues.

Liminal 11, Mike Medaglia - www.liminal11.com

Liminal 11 is a new mind, body, spirit, publisher creating products that are of benefit to the world with a focus on comics and illustration.

Live Happy Live Healthy, Michelle Taylor - www.livehappylivehealthy.co.uk

Michelle is passionate about sharing tools to help you become your happiest and healthiest you. Offering yoga classes, reiki healing and spiritual and personal development coaching and online courses.

Magnetix Wellness, Samantha Carr - www.magnetixwellnessjewellery.co.uk

Beautiful collection of jewellery & accessories with magnets for your health & wellbeing.

Melonie Syrett - www.meloniesyrett.org

Handmade frame drums from The Drum Woman! Pick up a pre-made drum and beater and discover our bespoke packages ready for Yule. Find out about drum birthing workshops too!

Mettamatrix, Heidi Anderson

Ajna Light Therapy is a therapy designed to help individuals to reach deep meditative states in minutes. Whilst promoting self healing and releasing DMT from pineal activation.

Michael Wysockyj - www.michaelwysockyj.com

Psychic Readings - Crystal Ball, Palmistry, Tarot, Numerology, Lenormand Cards.

Michelle Tuck Jewellery

Design your own personal talisman using beautiful, delicate, handmade sterling silver and 18ct gold charms. Michelle's British designed and handcrafted collections are inspired by nature and the ancient world.

Mindfulbodymovement, Grant Fletcher

Cultural Roots sells Singing Bowls and other sacred healing devices, we sell clothing imported from Nepal that supports the local communities. I also sell a herbal tincture called love potion.

Moon Karma, Dipesh Munarkarmi - www.moonkarma.com

Moon Karma offers range of accessories for yoga & meditation including Himalayan Singing Bowls, Hand Woven yoga mat bags, Malas and Statues made in Nepal.

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Mystical Messengers, Geraldine Fox & Brian Bales -

www.mysticalmessengers.co.uk

Bespoke Hand made Crystal Healing Pyramids and other healing creations such as Dragons, Angels, Owls, Hearts, Unicorns that deflect negative energy and replace it with positive healing energy.

My Spiritual Butterfly, Gwen - www.myspiritualbutterfly.com

As a Usui Reiki Master I will be offering Reiki taster sessions and selling my handmade, natural, organic beauty products made to complement the body and uplift the soul

Next Level Healing, Ishala Le Clere - www.ishalawayshower.com

5D Ascension Support for Lightworkers & Starseeds. Discover your Soul Mission & StarSeed lineage plus Healing with Cosmic Light Codes for Blueprint Alignment & DNA Upgrades.

Purple Heaven, Beata Vallova - www.purpleheavenart.wixsite.com/beata

Angel art with crystals.canvas clocks with crystals,decorations and magnets with crystals.all reiki blessed.

Resilo Ltd, Chris Slocombe - www.resilo.co.uk

Resilo is a holistic unique massage-like therapy, developed from a mixture of physiotherapy and soft tissue mobilisation - an advanced soft tissue therapy technique involving 30 techniques.

Riverside Bowen Therapy, Dawn Pembridge

Bowen and Canine Bowen is a series of gentle moves made on precise points of the body helping to relieve muscle tension, re-balance the nervous system and so aid he body's ability to heal itself.

Sakhmet's Care, Sakhmet Campbell

Sound Healing with Tuning Forks - Benefits: Immediate pain reduction/Spiritual Connection to Souls purpose Products for retail: Organic Superfood to aid Vitality and longevity.

Seraphina jewellery, Marion Clifford - www.seraphinajewellery.com

Handmade jewellery from Brazil set with semi-precious stones and crystals.

Soaring Star Trading, Ernie Troop - www.soaringstartrading.com

CRYSTALS, CRYSTALS, CRYSTALS. High quality, natural and polished, including spheres, eggs, hearts, points, wands and pendulums. We also have an exclusive designer range of jewellery.

Soul Sisters, Sharon Cobham

Indian imports - textiles, wood, deities, gifts, incense, salt lamps.

Spine Central , Richard Gliddon - www.spinecentral.co.uk

Free Posture Checks and Free Spinal health Advice.

Spiritual Creations, Mark Duffin - www.spiritualcreations.org

Fine art paintings and prints, handmade cards.

Spirit Feather, Sally Smiles - www.spiritfeather.co.uk

Reiki Treatments with Healing Crystals

Stephanie King

Healing, chakra balancing - angelic toning... my own books, meditations and cards.

Susan Hudd - www.ukclairvoyant.com

Clairvoyant Reader

Susie Bridges

Reflexology and Indian Head Massage treatments with Aura-Soma (soul selective colour therapy) & Reiki

The Colour Ministry, Alison Standish - www.thecolourministry.co.uk

The Colour Ministry offers a full range of colour therapy products and services. Get to know your Colour Personality and what colours support and enhance our health and wellbeing.

The Eden People, Colin Brice - www.edenpeople.org.uk

Opportunity for Encouragement, Insight, Healing and Blessing through: Hand Massage, Dream Interpretation, Insight/intuitive art, The Mystical Blessing Chair, Healing Prayers, Ruach & Jesus Deck Cards.

Treena Maun, - www.treenamaun.com

Animal And Human Healing Clearing of Phobias. Healing Courses. Healing Workshops.

Tropic, Bronagh Moyna - <http://bit.ly/TSCBronagh>

Showcasing the full range of products for you to try out. I will be doing Hand Smoothing Treatments, Mini Taster Facials and Makeup Matching.

True Healing, Clare Phillips, www.truehealing.co.uk - clarehphillips@yahoo.co.uk

What do your eyes say about you? Find out with an iridology taster session. Also information on homeopathy and nutritional supplements available.

Tulasi Maharani, Govinda Morin - www.etsy.com/uk/shop/TulasiMaharani

A lovely collection of handmade holistic and yoga jewellery using sacred woods gem stones and precious metals, we also offer Cotton Yoga clothing and accessories. Perfect for treats and gifts.

Vaseem Gill

Vaseem Gill is a Holistic Massage Therapist with extensive knowledge and expertise in Acupressure Chair Massage & Indian Head Massage. Working on the upper body to relieve stress & aches.

Vitali-Chi Ltd, Allen Jesson - www.vitali-chi.com

Vitali-Chi treatments and products - to help you look younger and feel healthier.

Woodland Trust, Becky Walker - www.woodlandtrust.org.uk

Woodland conservation charity. We do not sell anything but we will be looking to raise awareness for the work that we do as well as hopefully recruiting new members.

Yvonne Oaks

I am a Reiki Master Practitioner, Soul Midwife and Mindfulness Facilitator and will be offering Reiki and Violet Flame Healing.

Zola Eve, Ncheta Dasilva - www.zolaeve.com

I'm the founder of an eco-conscience yogawear brand - Zola Eve. Its a UK made, print inspired brand, made from recycled materials and proceeds support a women's empowerment charity.

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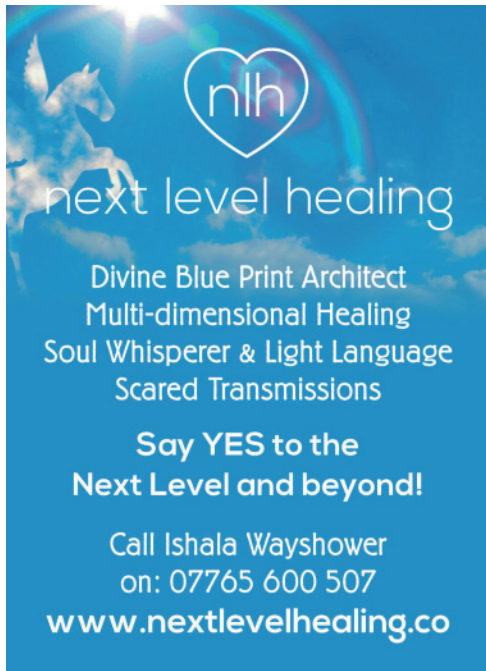
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A large pink circle containing the text 'SOUL SHINE FESTIVAL' in white. Above the word 'SOUL' is a white sun icon with rays. The background of the entire poster is a colorful, abstract wash of blue, green, and yellow. There are several stylized teal leaves and white eyes with black pupils scattered around the central circle.

**SOUL
SHINE**
FESTIVAL

SAVE THE DATE
29th & 30th June
2019



TALKS - SATURDAY 17th NOV

Upstairs. All talks 30 mins.

A full weekend of education, experiences and entertainment! Come along and join in the inspiring talks and workshops, the live stage performances and yoga and tai chi sessions to take part in - all included in the entrance fee.

10.45 am How Angels can illuminate your life – Carrie M Bush - carriembush@gmail.com

Connecting with the Angelic Realm can change your whole life! Learn how adults and children can connect with their Angels, the signs you can expect to see, and how the Angels can help you through anything!

11.20 am Reiki Energy Bath - My Spiritual Butterfly – 45 mins - www.myspiritualbutterfly.com

Usui Reiki Master / Teacher Gwen Allison will start with a brief explanation of Reiki before guiding everyone into a relaxing group mediation whilst the room is bathed in loving, healing Reiki energy. This divine experience will leave you feeling relaxed, clear-headed, balanced and uplifted.

11.55 am Demonstration of Spirit portraiture and Mediumship - Irene Gloux

Connecting with Spirit I will use Psychic Art to draw portraits from your loved ones no longer in this life and forward messages given by them. See for yourself how Spirit portraits and mediumship can reconnect loved ones together.

12.30 pm A New You is Birthing Through – much like the Rising of a Phoenix from Life's Ashes – Stephanie King - www.stephaniejking.com

Every part of life and being is being challenged, things are changing, and for many it is a struggle to keep up, to make sense of what is happening and grow forward. But life is not against you, instead its working with you and it needs all of our attention to succeed. Stephanie J King is a published author and an accomplished speaker specialising in spirituality, healing and empowerment.

1.05 pm GUEST SPEAKER How to attain Spiritual Enlightenment – John Harrison

A fascinating, insightful, and inspiring talk on John's life long quest to attain spiritual enlightenment. For genuine "seekers", he will provide practical down to earth guidance on how to choose a spiritual path plus the life-style requirements necessary to attain liberation from the Wheel of Karma. He will speak eloquently, but humorously about the pitfalls and illusions that can ensnare the unwary meditator.

1.40 pm Why and How to Clear Your Pet's Chakras – Treena Maun - www.treenamaun.com

Our pets can easily be affected by human emotions in a household. Learn how you can increase the bond with your pet by clearing their chakras and discover how your pet will benefit from healing.

2.15 pm GUEST SPEAKER How to manage anxiety and find balance in your everyday life - Samantha Hearne, A Happy Mind - www.ahappymind.co.uk

Samantha will share five simple strategies to start managing anxiety and finding balance, that you can take away and start implementing from today.

TALKS - SATURDAY

2.50 pm Demonstration of Mediumship – Charlotte Codrai - www.clairvoyantlondon.com

Charlotte will captivate the audience, with evidential information that is GUARANTEED to IMPRESS. bring a friend or a family member for support and validation. BE AMAZED! Arrive early to get a seat. (For entertainment purposes only)

3.25 pm GUEST SPEAKER A Recipe for Self-Love - info@keeleydann.co.uk

Keeley Dann is a Self-Love/Relationship Coach, who inspires and empowers women to love themselves and know their worth. No relationship is more significant than the one we have with ourselves, so join Keeley to find out what Self-Love really is and the key ingredients needed to cultivate a healthy, loving relationship with yourself. Learn how to move from surviving to thriving and develop greater wellbeing within your own life whilst also enhancing the lives of those you're intertwined with.

4.00 pm What is Ascension? – Ishala Wayshower - www.ishalawayshower.com

Ascension and 5D are frequently used terms but how is it affecting us in this moment? Learn tools and techniques to support the vibrational shift that is happening, understand our each unique role we're here to play plus experience a Light Language Transmission to support anchoring the 5D.

4.35 pm Essential Oils for Wellbeing – Alice Pead, Aroma Touch - alicepead@gmail.com

Learn how to use essential oils for physical and emotional wellbeing. Naturally supporting your wellbeing for sleep, stress, anxiety, headaches, skin, immunity, digestive issues and so much more... Empowering you with knowledge moving you closer to a chemical and toxic free lifestyle for you, your family and even your pets.

WORKSHOPS - SATURDAY

Upstairs. Room 2. All workshops are 50 mins unless stated otherwise.

10.30 am Explore your Psychic Journey - Alison Sheryll - www.alisonsheryll.co.uk

How often do we listen to our inner senses and follow through with them? Come along and explore your intuition and amaze yourself with guided meditations and working in pairs. Alison has been running Intuition and self - awareness workshops internationally in the States and in London for over 12 years. She appears regularly on TV.

11.30 am My pet said what?

An introduction to animal communication with Niki Akhurst from Healing Matters. An interactive workshop to explore the basics of conversing WITH your pet and find out what they're really trying to tell you!

12.30 pm GUEST SPEAKER 'Foods for Moods': Lifestyle tips for Health and Well-being – Simone Venner of MsHolistic - www.msholistic.com

Did you know that a person's stomach or intestinal distress can be the cause or the product of anxiety, stress, or depression? Join Simone Venner, R.H.N from MsHolistic as she touches on foods that can support our overall well-being and happiness.

WORKSHOPS - SATURDAY

1.30 pm GUEST SPEAKER Manifesting with the Fairies – Karen Kay - www.karenkay.co.uk

Magic and manifestation is an everyday occurrence fairyland! So when you connect with your fairy guide for the highest good of all, anything is possible! The only limit is your imagination. During this workshop you will meet with your fairy helpers during the guided visualisation, and work together to help manifest your deepest heart-felt desires, wishes and dreams for the highest good of all.

2.30 pm Change Your Breath And You Will Change Your Life – Nevsah Karamemet, Breath coach Ltd - www.nevsah.com

Learn how dysfunctional breathing habits can affect our lives, health, physical, psychological and spiritual condition. Working on these breathing habits can bring us to a silent, calm, happy and centered state which people are seeking that can be experienced all the time with the right breath.

3.25 pm Goddess and her Healing Crystals – Sarah Jane Dennis – crystalhealingbysarahjane.co.uk

Learn about the crystals associated with Goddess and her seasons as we celebrate them throughout the wheel of the year. Includes some basic crystal care knowledge and a guided crystal meditation to meet the Goddess of the crystals herself.

4.25 pm What is Crystal Healing and how does it work? – Robert Burlinson - www.inner-resonance.org

This workshop will include how to choose and cleanse crystals, and how working with crystals can help 'earth', strengthen and protect us. There will also be a sensing exercise and I'll be explaining some of the many way in which crystals can be used to benefit us in daily life.

TALKS - SUNDAY 18th NOV

10.45 am Essential Oils for Wellbeing – Alice Pead - alicepead@gmail.com

Learn how to use essential oils for physical and emotional wellbeing. Naturally supporting your wellbeing for sleep, stress, anxiety, headaches, skin, immunity, digestive issues and so much more... Empowering you with knowledge moving you closer to a chemical and toxic free lifestyle for you, your family and even your pets.

11.20 am Fashion Environment Change - Ncheta Dasilva, Zola Eve - www.zolaeve.com

Discover facts about the damaging effects of the fashion industry on the environment and how we can make changes.

11.55 am Sacred Geometry - Sakhmet Campbell, Sakhmet's Care - www.sakhmetscare.com

An introduction to Sacred Geometry and how this medium can profoundly affect our consciousness and our Spiritual Growth.

12.30 pm GUEST SPEAKER A Place called Happiness - Daily Happiness Habits – Michelle Taylor www.livehappylivehealthy.co.uk

Happiness is not something that comes from what we have or our current situation, it is something that comes from within. In this workshop we will explore practical daily habits that you can incorporate in to your life NOW to be able to reclaim your happiness

TALKS - SUNDAY

1.05 pm The Body Burden - Bronagh Moyna, Tropic - <http://bit.ly/TSCBronagh>

Discover the burden on our bodies from the toxins in the products we use every day. Bronagh will share the main culprits to look out for and provide information on some reputable resources for further research.

1.40 pm Psychic Mentalism - Michael Wysockyj - www.michaelwysokyj.com

“Psychic” – using the 6th sense. “Mentalism” – exploring the powers of the mind and using 5-sensory means to get a link. Combining the two approaches is a passion of mine in my demonstrations. Think “Derren Brown” but with extra psychic insights about the choices you make! “A brilliant interactive demonstration that will have everyone wondering ‘how’?!”

2.15 pm Mediumship and Meditation – Jan Mayfield - www.universal-energies.com

Allow me to take you to a wonderful place to receive messages and guidance from loved ones.

2.50 pm Mindfulness and Wellbeing – Deborah Bacci - www.tarotlifecoaching.co.uk

You can create positive change through the practice of Mindfulness. Focusing on breath and working with the senses, we explore what it is to be Mindful, and how we can use Mindfulness in our everyday experiences to bring about greater wellbeing.

3.25 pm GUEST SPEAKER How to manage anxiety and find balance in your everyday life - Samantha Hearne, A Happy Mind - www.ahappymind.co.uk

Samantha will share five simple strategies to start managing anxiety and finding balance, that you can take away and start implementing from today

WORKSHOPS - SUNDAY

10.45 am Healing and releasing old patterns– Robert Burlinson - www.inner-resonance.org

All life is just a series of lessons, which we incarnate to master in order to move on to higher vibrations. What can hold us back in this process is our old patterns. This stuckness can manifest as either unhappiness, physical issues, or a feeling of going round in circles. In this experiential workshop we will be doing some work with crystals, astrological energies and the Bach Flower Remedies to help locate, heal and release these old patterns.

11.45 am Holistic Massage – Chris Slocombe - www.resilo.co.uk

Discover Resilo (trademarked in 30 countries) a unique holistic massage, developed from a form of physiotherapy. Relax. Repair. Revitalise.

12.45 pm Mindfulness and Drawing - Mike Medaglia, Liminal 11 - www.liminal11.com

A workshop that explores how creative practices can encourage a more mindful outlook on life. The workshop will have all the necessary equipment for doing some very informal (but always fun) drawing!! No drawing experience necessary but openness and interest to mindfulness in practice is welcome.

WORKSHOPS - SUNDAY

1.45 pm **Healing workshop and demonstration with Lor the Romanian rescue dog - Niki Akhurst, Healing Animals Organisation - www.healinganimals.org**

Build an even closer relationship with your pets by connecting and being 'in the moment' with them. Come and hear Lor's story. See a live healing demonstration and find out how you too can connect with your pets to learn about their needs, wants and loves.

2.45 pm **How to Live Long and Attain Spiritual Enlightenment GUEST SPEAKER – John Harrison**

Learn how to maintain vibrant good health through both diet, nutrition and avoiding "addictions" both physical and psychological. Anti - ageing regimes plus potential holistic solutions to major illnesses such as Cancer, Diabetes, MS, Fibromyalgia will be explored. Finally, John will teach a simple meditation technique and guide attendees to experience peace, serenity and well - being.

3.45 pm **Women's Drum Circle – Melonie Syrett - www.thedrumwoman.com**

Come and join us as we set intentions, drop into our soul rhythm and drum in sisterhood. Magic happens when women drum together. We will drum for ourselves and to send healing out into the world. Bring your own drum or borrow mine. No experience or perceived rhythm necessary!

DISCOVER THE MIRACLE

WORKSHOP

TRUST. LET GO. **BREATHE.**

WOULD YOU LIKE TO LIVE A MORE EMPOWERED LIFE?

DID YOU KNOW YOUR BREATH CAN CURE OVER 30 DIFFERENT ILLNESSES.

Nevsah Karamehmet is an expert breath trainer and author, helping people learn functional breathing habits and live a better life through conscious breathing AS SEEN IN AND HEARD ON Hello Magazine, Elle Magazine, Positive Health.

HELLO! **ELLE**  **PositiveHealthOnline**
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Your perception of life, your thoughts, your feelings, your desires and everything depends on how you breathe!

You CAN be healthier, happier, stronger, satisfied and successful all at the same time.

If you feel you are ready to close the gap between who you are and who you want to be, move on, create miracles in your life and call us right away!

Nevsah

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YOGA AND WELLBEING SESSIONS SATURDAY

All sessions are 45 mins with a 10 min break between

AREA ONE

10.05 am Traditional Himalayan Style Yoga – Olga, Holistic Healing Therapies -

www.holistichealingtherapy.co.uk

Hatha Yoga is simple yet profound; we will show you how to increase the flexibility of the body, ideal for anyone with stiff joints, flexibility issues, those new to yoga, or anyone who wants to deepen their yoga practice. Including exercises to extend vital force (also known as prana or chi/ki) - pranayama; and spiritual practices.

11.00 am Firey Vinyasa Flow - Roisin Kinch, Concrete Jungle -

roisin@concretejungle yoga.com

Strengthen the body and unravel the mind to some juicy baselines

11.55 am Journey into Power Yoga - Luma Zaki - lumazaki@aol.com

Learn this dynamic Baptiste style yoga of Sun Salutations, standing balancing postures, backbends and inversions. Journey into Power is the ultimate workout and life transformational program.

12.50 pm ChiBall Autumn Season Metal Element Experience - Rosalyn Cunnane chi-motion@hotmail.co.uk

A unique journey through the five elements within this seasonal ChiBall session combining Tai Chi, gentle Movement, Yoga, Pilates, Feldenkrais (self-awareness) and Deep Relaxation using a small aroma infused ball for mind body focus. Gather in the new and let go of the old as you relax and immerse yourself in this beautifully tranquil yet energising synergy of ancient and modern disciplines.

AREA TWO

10.05 am Slow Flow Yoga - Michelle Taylor - livehappy.livehealthy.co.uk

Working with your body we will focus on reconnecting with yourself, working with your breath, testing your balance and setting positive intentions. Expect to leave feeling fully stretched, relaxed and brimming with positivity. Michelle is the owner at Live Happy, Live Healthy and offers yoga classes and spiritual and personal development courses.

11.00 am Aroma Yoga Workshops with doTERRA essential oils - Alice Pead - alicepead@gmail.com

A fusion of Hatha Yoga & Chi-Gung infused with doTERRA essential oils to create a calming and revitalising space. Alice works to release toxins held physically in the body and subtly in the emotions, by guiding you through a gently restorative yoga class using asana postures, energy work and then finishing with a deeply healing guided meditation.

11.55 am Dance Workshop – Keeley Dann - info@keeleydann.com

Ever wanted to shake your stuff like Beyonce? Join Keeley Dann exprofessional dancer to the Stars and Self-Love Coach for this empowering dance class. Her sexy, sassy class is all about female empowerment, so get ready to build your confidence and feel fabulous.

12.50 pm Traditional Hatha Yoga - Usha Rignall usharignall@googlemail.com

I teach using the breath to connect with the asanas in order to find calm in the mind body and soul. My other passion for music is shown in my classes and I hope those that come to me will leave feeling completely Zen. For all levels.

YOGA AND WELLBEING SESSIONS SATURDAY

All sessions are 45 mins with a 10 min break between

AREA ONE

1.45 pm Dynamic Yoga Flow “Journey into Hanuman”: Getting into splits - Joe Davison, Karma Connection - www.karmaconnection.co.uk

Flow yoga class focusing on the strength & flexibility required to work towards splits that can be adapted for all abilities. Journey into Hanuman looks at patience, persistence and perseverance as well as dumping that ego! Links directly to free classes on her YouTube channel JoeGa Joy Fitness.

2.40 pm Kundalini Yoga & Meditation – Kathryn McCusker - kathryn@kmyoga.com

Experience and discover how the powerful tools of Kundalini Yoga can support you in these fast paced and pressured times we are living in. Kundalini Yoga offers fast and effective Kriyas (sets) to cope with stress, worries, depression and anxiety. Drop your worries and open to your strength and creativity. Choose happiness! Suitable for all levels of experience

3.35 pm Mindfulness and Mindful Motion – Darren Yap - info@wimble.com

How to beat stress and be more present through movement. This class blends tai chi movements with mindfulness to help you become more mindful and reduce stress. Suitable for people of all levels of fitness.

4.30 pm De-stress and Relax Gong Bath – Gary Evans, Holistic Healing Therapies Ltd - www.holistichealingtherapy.co.uk

Deeply relaxing and enjoyable, Gong Baths are also known as sound bathing, because the body becomes immersed in relaxing sound waves. Not only will you hear the sound waves but you will feel them too! The lower frequency sound waves act in a similar way to deep tissue massage. This session focuses on releasing stuck emotions. Join us; you might be surprised at the results!

AREA TWO

1.45 pm Reggae Yoga – Simone Venner - www.msholistic.com

MsHolic presents the expressiveness of music with the healing properties of yoga. This session includes all the best classic reggae tunes for an immersive and personal journey. A mix of hatha with a pinch of kundalini and a whole load of flow. Get ready for one love as we come together and feel alright.

2.40 pm Secret Sunrise - www.secretsunrise.com

Come join the global Secret Sunrise movement, combining the best of meditation, fitness and dance- all silent disco style. A unique new concept that promises to get you out of your comfort zone, feeling alive and energised to start your day. 50k + have already joined it worldwide, are you ready challenge?

3.35 pm YIN YOGA & YOGA NIDRA – Joe Davison, Karma Connection - www.karmaconnection.co.uk - joe@karmaconnection.co.uk

Relaxation with meditation on top! Beautiful, tranquil, restorative Yin Yoga with a Yoga Nidra Meditation thrown in. 30 minutes of this practise is equal to 4 hours of good quality sleep. Press the pause button on your life and recharge. Links directly to free classes on her YouTube channel JoeGa Joy Fitness.

YOGA AND WELLBEING SESSIONS SUNDAY

All sessions are 45 mins with a 10 min break between

AREA ONE

10.15 am Pilates core strength - Nadine, Perform 2 Perfection - info@perform2perfection.co.uk

Strengthen the body with particular emphasis on core strength. Core muscles help support the spine, realign the body and help connect postural problems. There is nothing that forms and flattens a stomach better than Pilates, resulting in a leaner stronger body over all. Join us and start the journey to a stronger body.

11.10 am Dynamic Yoga Flow - Joe Davison, Karma Connection - www.karmaconnection.co.uk

Focusing on the strength & flexibility required to practise those sun salutations daily that can be adapted for all abilities. This practise looks at deepening your practise to become a more centred, stronger, calmer version of yourself! Links directly to free classes on YouTube channel JoeGa Joy Fitness.

12.05 pm Aroma Yoga Workshops with doTERRA essential oils - Alice Pead alicepead@gmail.com

A fusion of Hatha Yoga & Chi-Gung infused with doTERRA essential oils to create a calming and revitalising space. Alice works to release toxins held physically in the body and subtly in the emotions, by guiding you through a gently restorative yoga class using asana postures, energy work and then finishing with a deeply healing guided meditation.

AREA TWO

11.00 am Discover the benefits of Thai Yoga massage – Daniel Gladwell, Gladwell Massage gladwellmassage108@gmail.com

Learn about Thai Yoga massage, its origins and benefits. This an experiential talk during which Daniel will guide you through a demonstration of Thai yoga massage moves. We will have fun practising in pairs so bring a friend or partner or we'll find you someone lovely to learn with together! You will come away having learnt a few Thai yoga massage moves to use at home.

12.00 pm Slow Flow – Saara Vance

Surrender to this deliciously stretchy slow flow to balance the mind, body and breath. Ending with a guided visualisation to relax you completely.

1.00 pm Partner Yoga – Saara Vance and Stephanie Todd, Yoga Tribe London yogatribeldn@gmail.com

Grab a buddy, a partner or come as you are for this playful Partner Workshop to enjoy heartfelt connection, harmonious movement and building trust through fun partner breathwork, postures and stretches.



Dynamic Yoga Flow
11.10 am - Area One

YOGA AND WELLBEING SESSIONS SUNDAY

All sessions are 45 mins with a 10 min break between

AREA ONE

1.00pm Hatha and Yin Yoga fusion – Olga, Holistic Healing Therapies - www.holistichealingtherapy.co.uk

This class will combine traditional Hatha yoga with Yin Yoga. Yin Yoga is a slower form of yoga incorporating mindfulness and breathing; targeting deep areas of tension in the body using longer held postures. Yin is incredibly relaxing and creates a wonderful sense of calm and peace. Suitable for all levels of experience.

1.55 pm Mindfulness and Mindful Motion – Darren Yap - info@wimble.com

How to beat stress and be more present through movement. This class blends tai chi movements with mindfulness to help you become more mindful and reduce stress. Suitable for people of all levels of fitness.

2.50 pm Traditional Hatha Yoga - Usha Rignall- usharignall@googlemail.com

I teach using the breath to connect with the asana in order to find calm in the mind, body and soul. My other passion for music is shown in my classes and I hope those that come to me will leave feeling completely zen. Suitable for all levels.

3.45 pm Gong Bath – Heart Opening Gong Bath - Gary Evans, Holistic Healing Therapy Ltd www.holistichealingtherapy.co.uk

Deeply relaxing and enjoyable, Gong Baths are also known as sound bathing, because the body becomes immersed in relaxing sound waves. Not only will you hear the sound waves but you will feel them too! The lower frequency sound waves act in a similar way to deep tissue massage. This session focuses on releasing stuck emotions. Join us; you might be surprised at the results!

AREA TWO

1.55 pm Chakra Dancing – Rosalyn Cunnane - chi-motion@hotmail.co.uk

Experience a journey of self-discovery and expression through your Chakras with free flow movement, sound therapy and moving meditation. Enjoy an energising, vibrant and toning dance whilst releasing stagnant and blocked energy promoting a new-found sense of vitality, fun and self worth. Live in the moment and let Chakra Dancing allow you to escape the stresses and strains of everyday life so you can just be you!

2.50 pm Yin Yoga & Yoga Nidra – Joe Davison, Karma Connection www.karmaconnection.co.uk

Relaxation with meditation on top! Beautiful, tranquil, restorative Yin Yoga with a Yoga Nidra Meditation thrown in. 30 minutes of this practise is equal to 4 hours of good quality sleep. Press the pause button on your life and recharge. Links directly to free classes on her YouTube channel JoeGa Joy Fitness.

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**Early booking advised.*

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£65 | 10th Feb 2019

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