



WELLBEING AREA

whats going on

Thursday - Free to join

| | |
|--|-------------------|
| Crystal workshop with Naomi white tent | 2.00 pm - 2.45 pm |
| Yoga with Haylee white tent | 3.00 pm - 3.45 pm |
| Metamorphic technique with Sky white tent | 4.00 pm - 4.45 pm |
| Finding your Voice with Amanda J white tent | 5.00 pm - 5.45 pm |



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Friday - Free to join

| | |
|--|---------------------|
| Qi Gong with Claire white tent | 8.00 am - 8.45 am |
| Yoga with Haylee white tent | 9.00 am - 9.45 am |
| Yoga with Ieva white tent | 10.00 am - 10.45 am |
| Burnout to boundaries with Amanda T white tent | 11.00 am - 11.45 am |
| Rest & Reset with Becky white tent | 12.00 am - 12.45 pm |
| Crystals with Naomi white tent | 1.00 pm - 1.45 pm |
| Plant medicine with Lou outside her van | 2.00 pm - 4.00 pm |
| Sing for fun with Liz Stretch tent | 2.00 pm - 2.45 pm |
| Metamorphic technique with Sky white tent | 3.00 pm - 3.45 pm |
| Drumming with Liz stretch tent | 4.00 pm - 4.45 pm |
| Yoga Nidra with Ieva white tent | 5.00 pm - 5.45 pm |



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Saturday - Free to join

| | |
|--|---------------------|
| Qi Gong with Claire white tent | 8.00 am - 8.45 am |
| yoga with Haylee white tent | 9.00 am - 9.45 am |
| Rest & Reset with Becky white tent | 10.00am - 10.45 am |
| Gong bath with Liz white tent | 11.30 am - 12.15 am |
| Self defence with Matt stretch tent | 12.30pm - 1..15 pm |
| Womens mindfulness & desire with Amanda Kenny white tent | 1.00 pm - 2.00pm |
| Qi Gong with Claire Stretch tent | 1.00 -pm - 1.45 pm |
| Plant medicine with Lou outside her van | 2.00 pm - 4.00 pm |
| Divine calling with Beth White tent | 2.00 pm - 2.45 pm |
| Storytelling for children with Liz stretch tent | 2.00 pm - 2.45 pm |
| Crystals with Naomi stretch tent | 3.00 pm - 3.45 pm |
| Soundbath with Elle Jaye white tent | 3.30 pm - 4.15 pm |
| Yoga nidra with Ieva white tent | 5.15 pm - 6.00 pm |



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Sunday - Free to join

| | |
|---|---------------------|
| Qi Gong with Claire white tent | 8.00 am - 8.45 am |
| Yoga with Amanda white tent | 9.00 am - 9.45 am |
| Yoga with Ieva white tent | 10.00 am - 10.45 am |
| Burnout to Boundaries with Amanda Thompson white tent | 11.00 am - 11.45 am |
| Self defence with Matt stretch tent | 11.00 am - 11.45 am |
| Drumming circle with Elle Jaye white tent | 12.00 - 12.45 pm |
| Divine calling with Beth white tent | 1.00 pm - 1.45 pm |
| Self defence for women with Amanda Kenny white tent | 2.00pm - 2.45pm |



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YOU WILL ALSO FIND A VARIETY OF TRADERS & 1:1 THERAPISTS.... Charges apply

- Handmade wooden diffusers, candle holders, incense holders, incense, copper jewellery
- Tree of Life jewellery, wellness booklets and crisis support
- Herbal self/health care, colloidal silver and honeybee
- Chakra & Birthstone Jewellery & Oils, Light catchers
- Bespoke jewellery on the spot with customers choice of stones
- Hair cuts hair plats hair clipping extensions, beard trims, hair glitter and hair gems
- Crystals, fossils and minerals including bracelet making workshop (small fee for this workshop)
- Lots of different holidtic treatments on offer including
 - Aromatherapy
 - Reflexolofy
 - Sound therapy
 - Reiki
 - Facials
 - .Thai massage
 - Lots more



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Information

Please bring yoga mats and water to sessions

All classes and workshops are included in the price of your ticket but they are on a first come first served basis

Drumming - we do have limited drums available. please bring your own if you have one

Dogs are welcome but please keep them on a lead