



~ HOLISTIC WORKSHOPS ~



Everyone is welcome to attend a variety of Holistic Workshops at Vanlife Festival

Light hearted Yoga **FREE**

Sat 9am & Sun 9am

Saffron Fitch-Peyton will be offering light-hearted yoga at Vanlife festival this year, which is all about connecting with yourself and your surroundings.

PLUS... This class is **FREE** and is for everyone.

Saffron will be also be offering massage therapy treatments (**FEE applies**)



FINDING YOUR VOICE **FREE**

Fri 1pm

Join Amanda for **FREE**, deeply Healing and balancing workshops. Gentle movement, breathwork, meditation using voice to move blocked energy, Joyful singing - connect to your true inner self.

PLUS...

**CRYSTAL BOWL
MEDITATION**

Fri 10am
Sat 8am

PLUS...

**YOGA
NIDRA**

Thurs 5pm



CRYSTAL CONNECTION **FREE**

Fri - 2pm & Sat - 3pm

Join Naomi for a **FREE** Crystal Connection Workshop

- How to connect with and care for crystals.
- Practical and easy ways to use crystals.
- Crystal healing and journeying.
- Using crystals to release past trauma and find inner calm, strength, and self-confidence.



TASHA'S CHAKRA SHED **FREE**

Fri 5pm Yoga Nidra & Sat 5pm - Reiki Fire

Tasha is a Usui / Holy Fire Reiki Master and will be offering **FREE** daily group workshops. In these workshops, Tasha will guide you into a Holy Fire Meditation Experience.

PLUS...

Tasha is also offering 1:1 Reiki treatments, Reiki Hand massages & Indian Head Massages with Reiki **FEE applies**



CRYSTAL PENDULUM WORKSHOP

fee applies

Timings on the blackboard

Visit Naomi's stall over the weekend to book a bracelet or Pendulum making workshop. Get hands-on experience creating your own crystal **Cost : £5 per person**



BLISSFUL DRAGON SOUND THERAPY **FREE**

Join Liz for Music & sound therapy, drumming circles & singing workshops **FREE**



Sat - 11:30am - Sound bath
Sat - 4pm - Singing
Sun - Midday - Drumming

CALM AND GLOW

fee applies

Open throughout the whole weekend

Becky will be offering Massages and Facial with option to purchase products used. **FEE applies**



BEAUTY **FREE** WITHIN YOGA

Sat 2pm & Sun 1:30pm

Menoga with Ieva. Yoga for MEN only. **FREE**



PRANAYAMA & MEDITATION **FREE**

Sat 10am & Sun 10am

The Yo'Gal, Kate Beaton will be offering free transformative sessions - come along & discover the power of the breath & mind.



BOWEN WORKSHOP

Fri - 3pm **FREE**

The Bowen Technique with Sky **FREE**.

PLUS... Metamorphic Technique, Massage, Reflexology, also have some beautiful crystal bowls. **FEE applies**



MASSAGE, REFLEXOLOGY, AROMATHERAPY **fee applies**

Open throughout the whole weekend

Ellie, embraces a low waste & cruelty free ethos. Her expertise lies in Swedish body massage, reflexology, and aromatherapy,

BEAUTY BUS **fee applies** SALON

Open throughout the whole weekend

Visit Bella who is offering Hand, Nail care & Festival Glitter

MINDFULNESS AND DESIRE **FREE**

Fri 11am & Sun 2:30pm

Amanda - Learn mindfulness techniques which will help to create space in our busy minds so that we can take back control of our thoughts. **FREE**

YOGA WITH HAYLEE

Thurs 4pm & Fri 9am **FREE**

Start with Pranayama, move to floor based warm-ups, Surya Namaskar, standing, balance Asana & back down to the ground for floor based Asana and Savasana. **FREE**



SIMPLE SELF DEFENCE FOR VANLIFE / TRAVELLING **FREE**

Sat 1pm & Sun 11am

Learn the principles of: Conflict communication, Body language & simple, effective physical techniques in these **FREE**, family friendly sessions



PLANT MEDICINE WORKSHOP **FREE**

Timings on the blackboard

Join Lou for Plant medicine workshops & sound therapy group sessions. Learn to identify medicinal herbs, craft simple plant-based remedies, and deepen your connection with the wisdom of nature. **FREE**



You will also find a variety of TRADERS offering: * Indian Handcrafts * Alternative natural health care * Beauty BUS salon offering Hand, Nail care & Festival Glitter, * Crystals & Gemstones, * Birthstone, Chakra & Aromatherapy Diffuser Jewellery, * Afternoon Teas / Vegan, * Highhopes Mobile Hairdresser. * Hand crafted goods - macrame, dog accessories, decorations