



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 - 2.45 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

Yoga with Saffron 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
Divine Calling with Beth white tent	2.00 pm - 2.45 pm
Plant medicine with Lou outside her van	2.00 pm - 2.45 pm
Storytelling for children with Liz stretch tent	2.00 pm - 2.45 pm
Crystals with Naomi stretch tent	3.09 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 Saffron 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