

WELLNESS TIMETABLE



3-5 MAY 2024

- MAIN STAGE
- SELF BUILD SHOW
- CAMPERVAN CULTURE
- DOG FRIENDLY POOL

- TRAVEL HUB
- WELLNESS SANCTUARY
- FORAGING
- SILENT DISCO
- SHOPPING VILLAGE
- FAMILY ZONE

Sponsored by



WHITE BUFFALO

FRIDAY

Yoga and somatic movement with Claire
10am (60mins)

Guided Meditation & Conscious Connected Breathwork with Lyndsey and Jessica
12pm (90mins)

Mediumship Demonstration with Kerry Standfast
3pm (45mins)

Ecstatic Dance With Charmaine
5pm (90mins)

SATURDAY

Yoga with Lyndsay (Roaming Radfords)
10am (60mins)

Guided Meditation & Conscious Connected Breathwork with Lyndsey and Jessica
12pm (90mins)

Drumming Circle with Tyson
3pm (45mins)

Ecstatic Dance with Charmaine
4.30pm (90mins)

SUNDAY

Yoga with Lyndsay (Roaming Radfords)
10am (60mins)

Guided Meditation & Conscious Connected Breathwork with Lyndsey and Jessica
12pm (90mins)

Drumming Circle with Tyson
3pm (45mins)

Story Of The Body Movement Meditation
4.30pm (60mins)

ANAHATA

FRIDAY

Raise your vibe with Stacey
11am (45mins)

Sounds bath and meditation with Myra
2pm (60mins)

Hypnotherapy session to reprogram limited beliefs
4.30pm (60mins)

SATURDAY

Sound Healing Journey
10am (45mins)

Gene Keys with Gabi
11am (60mins)

Activation of the Expanded Chakra System with Myra
2pm (60mins)

Sound healing journey
3.45pm (45mins)

SUNDAY

Sound Healing Journey
10am (45mins)

Raise Your Vibe Workshop with Stacey
11am (45mins)

Chakra balancing, sound healing and poetry with Vicki
2pm (90mins)

Meditation and Sound Healing with Myra, Lyndsey & Jessica
4.30pm (60mins)

MULADHARA

FRIDAY

Open for all, a space to come and relax, talk, do oracle cards and connect.

Crystal Necklace Workshop with Jennie and Nick
2pm (60mins)

SATURDAY

Crystal Necklace Workshop with Jennie and Nick
11am (60mins)

Women's Only Sacred Sharing Circle with Rosina
2pm (60mins)

Mens Only Sacred Sharing Circle With Wayne
3pm (60mins)

SUNDAY

Men and Women's sharing circle
11am (60mins)

Crystal necklace workshop
2pm (60mins)

Hosted by

