

5-7 MAY 2023

South of England Showground, RH17 6TL

WELLNESS SANCTUARY TIMETABLE

FRIDAY

Mental Health with
Tash & Kat

16:00 - 17:00

Foraging Walk with
Urban Forage

17:00

Silent Disco hosted
by VDub Radio

19:00 - 22:00

SATURDAY

Yoga with
Lyndsay Radford

10:00 - 11:00

Breathwork with
Conscious Heart Warriors

11:30 - 13:30

Foraging Demonstration
with Urban Forage

17:00

Foraging Demonstration
with Urban Forage

17:00

Yoga with
Lyndsay Radford

18:15 - 19:15

Silent Disco hosted
by VDub Radio

20:00 - 22:00

SUNDAY

Yoga with
Lyndsay Radford

10:00 - 11:00

Foraging Brunch
Demonstration with
Urban Forage

17:00

Breathwork with
Conscious Heart Warriors

11:30 - 13:30

Mental Health with
Tash & Kat

14:00 - 15:00

Yoga with
Lyndsay Radford

18:15 - 19:15

Foraging Walk with
Urban Forage

17:00

Silent Disco hosted
by VDub Radio

19:00 - 22:00



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