

MindBodySpirit
inspirational events since 1977

Wellbeing FESTIVAL



LONDON OLYMPIA 24 - 27 MAY

LONDONWELLBEINGFESTIVAL.COM

HEALTH | YOGA | NUTRITION | SPIRITUALITY | WELLBEING MARKET

ADMISSION PRICES

Online bookings available 24/7 at www.londonwellbeingfestival.com - book now!
Ticket booking lines are open weekdays 10.00-16.00.

Please telephone your booking to 01494 435135

ENTRANCE TICKETS

| Type | Cost | Advanced |
|----------------|------|----------|
| One Day Ticket | £15 | £13 |
| Concessions* | £13 | £11 |

OPENING TIMES:

Friday to Sunday - 10.00 – 19.00

Bank Holiday Monday - 10.00 – 17.00

All tickets including workshops have additional booking fees.

*Concessions: Senior citizens, disabled, unemployed, NUS students, NHS nurses. On production of relevant supporting ID (accompanied children under 15 free). Please note booking fees do apply on all tickets.

WORKSHOP INFORMATION:

All tickets are purchased in relation to Mind Body Spirit Festival Ltds terms and conditions. These can be found at www.mindbodyspirit. Tickets are non-refundable and non-transferable. A ticket guarantees entry to the workshop at starting time. We reserve the right to refuse admission after the start of any workshop session, without refund. Seating is unallocated. **As workshops are part of the Festival, a Festival entrance ticket will be required for each day attended.**

LATE BOOKINGS AND TICKETS:

Entrance tickets are available during the event. Workshop tickets are also available from the box office at the event, subject to availability.

CHILDREN:

Children under 10 will not be admitted to workshops. Children under 15 have to pay to attend workshops.

As organisers we have carefully selected the Festival participants. However we cannot accept any responsibility for the views, opinions, descriptions or claims of individual advertisers, presenters or exhibitors. We reserve the right to refuse admission to the Festival, and to use any photographs taken at the event for our own advertising and promotional needs.

HOW TO FIND US

BY TRAIN & TUBE

The nearest station is Kensington Olympia Overground which is just outside the venue. Alternatively, you can go to Barons Court (9 minute walk to venue), High Street Kensington (12 minute walk) or Hammersmith Station (15 minute walk to venue).

BY BUS

The following buses all stop within a very short walking distance of the venue: 9, 10, 27, 28, 49, 391, 9, 10, 27, 28

BY CAR

The venue can be found at W14 8UK. It is highly recommended that you book parking in advance of attending the event. To book parking please visit: <http://www.olympia.london/visiting/parking/book-parking>
Full travel details available at www.olympia.london



1977 - 2019

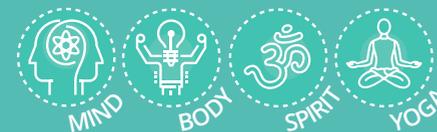
Olympia London

Hammersmith Road, London W14 8UX
United Kingdom



IT'S THAT TIME AGAIN WHEN WE OPEN THE DOORS TO THE BIGGEST WELLBEING FESTIVAL IN EUROPE!

We're incredibly excited to reveal our 2019 festival. We've lovingly curated a brilliant line up to give you the tools you need to discover you! As we have a record breaking 200 workshops & sessions, we thought we would help you find what you're looking for by adding in some easy to spot symbols. We've split the paid workshops, as best as possible, into whether they are aimed at your MIND / BODY / SPIRIT and for ease we've clearly marked which sessions are Yoga.



On top of our workshop programme, we have some brand-new experiences around the festival.

NOURISH

This year will see the London launch of a new free feature, Nourish. This space is dedicated to providing top tips to enhance your nutritional wellbeing. Eat happy and consciously, learn nifty tricks and enjoy debunking of common food myths.

Oasis of Sound

Turn up, turn off and drift away into the Oasis of Sound. In this space you can experience meditational therapy like no other, as you are taken on a journey with an amazing sound bath led by Anne Malone. Do remember to pre book on the festival website to avoid missing out.



10:30 - 12:00

OVERCOMING STRESS: 7 PRACTICAL WAYS TO REDUCE THE STRESS IN YOUR LIFE

DR MARILYN GLENVILLE £15.00 WORKSHOP 2

Nowadays stress is blamed for everything, but does it have a positive side? When does stress become distress and how does it affect your health? This talk will explain the effects of stress on your health and how to reduce it. Stress contributes to mood swings, tiredness, weight gain, cravings, hormone problems, anxiety, and much more. I will show you which vitamins and minerals can help reduce stress and explain how you can test if stress could be affecting your health

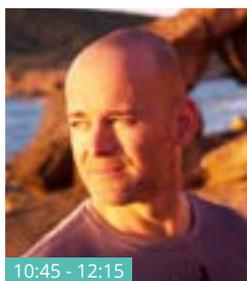


11:00 - 12:00

THE AYURVEDIC WAY TO LIVE A HAPPY, HARMONIOUS & CONSCIOUS LIFE

EMINÉ RUSHTON £12.00 WORKSHOP 3

SATTVA is the essence of all good things. Discover how SATTVA can be applied to the home, the family, relationships and wellbeing. You will learn how to, move from a doing to a being approach in all life situations with loving-kindness. Live with natural seasonal cycles, choose foods to eat for sattvic nourishment and recognise the roots of disease in modern life and how to prevent them.



10:45 - 12:15

NIDRA YOGA SLEEP LAB: NIDRA WORKSHOP

STEPHEN MARKS £15.00 YOGASPACE

When was the last time you had a really good sleep? We are inundated today with sleep technology, apps, mattresses, supplements and even sleep clothing. Almost every week, newspapers publish articles on how to deal with insomnia. Could the answer lie in the ancient practices of yoga nidra? It is now impossible to ignore the modern connections of neuroscience and the practices of the ancient yogis. Journey with Mark in this wonderfully calming workshop.



12:30 - 13:30

TEA. A JOURNEY THROUGH SPIRITUALITY, HEALTH AND SUSTAINABILITY

LONDON SCHOOL OF TEA £12.00 WORKSHOP 3

Learn how tea has influenced so many cultures, how it's used to enhance meditation and how we can each make small changes to create a sustainable future for the most consumed beverage in the world. We will look at whether the various tea health claims are true or false, experience a respect ritual and of course, taste some great teas.



12:30 - 14:00

MANIFEST MIRACLES

MIRA KELLY & NATHAN ROSS £15.00 WORKSHOP 2

Do you have a burning heart's desire? Do you feel blocked in reaching your dream? This class will give you the training and the tools to become a miracle worker. We will teach you the steps to properly manifest anything you choose. We will introduce you to the powerful technique of EFT tapping and how to use it when manifesting your best life yet.

When manifesting a goal, it is critical to continuously release your resistance to achieving that intention. We will uncover the core of what blocks you by studying your beliefs and emotions and we will clear them.



13:00 - 14:30

YOUR MAT, YOUR JOURNEY...

MAYA DATTANI £15.00 YOGASPACE

Maya will teach you transformational techniques from the Kundalini yoga tradition. This class is about closing your eyes, trusting yourself and connecting to the real you. Experiencing being at one with the universe. Bountiful, beautiful, blissful you are...



13:00 - 15:00

FUELLING FITNESS

RHIANNON LAMBERT & ALICE LIVEING
£20.00 WORKSHOP 1

Alice will lead a mobility workout, focusing on increasing the range of motion before a short, sharp blast of bodyweight training to get participants sweating! Rhiannon will then take the guests through an open conversation surrounding general wellbeing, and dispel those pesky nutrition myths. This workshop will close with an interactive discussion and Q&A.

ABOUT RHIANNON LAMBERT & ALICE LIVEING

Rhiannon Lambert is a nutritionist and founder of the Rhiannon clinic in Harley Street, author of 'Re-Nourish' and podcast host for 'Food for Thought'. Alice Liveing is a renowned personal trainer, three-times author and founder of the 'Living Well' events series.





14:00 - 15:00

SOCIAL MEDIA FOR A NEW AGE

KATIE BROCKHURST £12.00 WORKSHOP 3

Social Media for a new age labels success as creating a platform you enjoy, a community that you cultivate and a social media practice that supports and rewards you in multi-dimensional ways. In this session Katie will help you to: Shift any overwhelm around social media, move through visibility vulnerability, which could be stopping you from sharing your ideas and or being seen, create a strategy of love & build a connected community for marketing in the new paradigm.



14:30 - 16:30

HOW THE MIND HEALS THE BODY

DAVID HAMILTON £20.00 WORKSHOP 2

Learn how belief impacts the brain, how imagination alters brain structure, how mindset affects the immune system, how feelings can impact the heart and arteries, and how to design practical strategies for harnessing the mind-body connection to tackle injury, illness and disease.



15:00 - 16:30

MYTHIC YOGA FLOW: THE DRAGON & THE PHOENIX

NIKO GEO £15.00 YOGASPACE

Creative vinyasa flow like you've never seen before! A soulful journey to ignite magic in body, mind and heart. Myths and stories come to life as they jump out of the books and take form in spirit within us all. Open to everyone.



15:30 - 17:00

LEARN THE CHAKRA WISDOM TAROT

TORI HARTMAN £15.00 WORKSHOP 3

Your Chakras guide you to what you will and won't create. What if you could clearly see your personal chakra map through Tarot? This is a unique moment to have a deck creator uncover reading secrets and reveal a new way to view the Tarot through the energetic lens of chakras. **Free deck included with workshop ticket!**



15:30 - 17:30

ASMR – RELAXATION THROUGH SOUND

SOPHIE MICHELLE £20.00 WORKSHOP 1

During this session we will be experimenting with sound and personal attention, as well as a guided meditation for wellness. This is also an opportunity for others in the ASMR community to meet and get some in-person tingles.

WHAT IS ASMR?

ASMR (Autonomous Sensory Meridian Response) is a physical sensation which usually begins in the crown of the head and often works its way down the spine and limbs. The feeling is often described as tingles and can occur when hearing certain sounds, a soft voice, watching someone else carefully perform a task or receiving personal attention.



17:00 - 19:00

HOW SPIRITUALITY AFFECTS BUSINESS

JONATHAN & JULIAN £20.00 WORKSHOP 2

There is a growing awareness that to be successful in business, a deeper outlook is required. In this experiential workshop, the founders of Leon Restaurants will set you up for sustainable and rewarding success. You will learn profound skills and insights based on the Daoist and Zen wisdom, as used in Leon Restaurants chain.



17:00 - 18:30

KANGA YOGA: EXPLORING ECSTATIC BREATH AND INTERNAL IMAGERY

LAUREN TAYLOR £15.00 YOGASPACE

Kanga Yoga is an energetic, alignment - based flow yoga practice using music, gravity and breath to rediscover and rejuvenate the body and mind. The practice is influenced by Sivananda, Iyengar and Ashtanga styles.

This workshop focuses on musicality, use of weight, release and expressive flowing movement. Lauren explores ecstatic breath and internal imagery to elevate somatic experience and transcendent awareness



WORKSHOPS



ANCESTRAL HEALING

SUE ALLEN £15.00 WORKSHOP 3

Imagine your generations of ancestors and all that happened to them. Some of the patterns, programmes, beliefs, health conditions, behaviours and skills may have passed down the generations. During this workshop you will learn how to work with your ancestors, even if you have little knowledge of who they were.



17:30 - 19:00



THE HAPPINESS METHOD: INTERSECTION OF ANCIENT WISDOM & MODERN SCIENCE

SAH D'SIMONE £15.00 WORKSHOP 1

Come build the architecture of happiness in your daily life. Learn powerful ancient practices supported by scientific evidence to transform your life and help you build healthy habits that align with how you want to feel every day.



18:00 - 19:30

FREE



SILENT DISCO

Move, shake, wiggle and dance at the Silent Disco. Free your body from inhibitions, self-judgment and learn to take yoga off the mat and break out of your own box. Be free, be fluid and have fun!!

Our group of teachers will assist you to explore fluidity in motion, and wake up your body's own intuitive way of moving to create dance. Give yourself permission to listen and be with yourself in each moment, not knowing where your body will take you next.

Expect a whole array of music, fun and laughter throughout the day.

FREE EXPERIENCES

ALCHEMY OF SOUND

11:00 **ANNE MALONE**
MANTRA MAGIC

12:00 **JASON KALIDAS**
SOUND HEALING WITH INDIAN RAAGAS

13:00 **TORI LEWIS**
YOGA NIDRA AND SOUND HEALING

14:00 **MR & MRS BRILLIANT**
MR & MRS BRILLIANT

15:00 **VISHWAM HECKERT**
HEART OPENING DIVINE KIRTAN

16:00 **ALLEY CAT AMETHYST**
SOUND SAFARI JOURNEY

17:00 **NATALI SHAKED**
FREE YOUR VOICE

WELLBEING STUDIO

10:45 **FAISAL ABDALLA**
FAISAL'S SIGNATURE FULL BODY MADNESS

11:45 **DAWN BARNES**
HOW TO LET YOUR CHILDREN'S SPIRITUAL WINGS GROW

12:45 **ALICE BILLEREY**
MINDFUL FLOW

13:45 **AMY RUSHWORTH**
CULTIVATING CONFIDENCE: DITCH YOUR STRESS & SELF-DOUBT

14:45 **SOFIA BARNES**
ELEMENTAL DANCE AND COCOA CEREMONY

15:45 **MAYUR SHAH**
TAO CHANG HEALING MEDITATION

16:45 **JOE HOARE**
LAUGHTER YOGA AND MINDFUL MOVEMENT

17:45 **SIRI SIRI SADHANA KAUR**
MANTRA DANCE MEDICINE FOR THE SOUL

CEREMONY SPACE

10:30 **RITA LOTUS**
11:11 ASCENSION

11:45 **THOMAS BJORGE**
AURA MODELLING

13:00 **LOTUS FLOWER**
GUIDED MEDITATION WITH SOUND HEALING

15:30 **DIRISH SHAKTIDAS**
SHAKTI DANCE CEREMONY

16:00 **ELAINA CONNEELY**
AKASHIC RECORDS CEREMONY - ACTIVATE YOUR GRACE

16:45 **TORI LOO**
WOMB HEALING CEREMONY

18:00 **ADIL & MARIA LOVE**
EMBRACING THE SHADOW

MAIN STAGE

10:30 **TIM WHEATER**
MORNING ENERGY SOUND TRANSMISSION

11:30 **DAVID HAMILTON**
THE SCIENCE OF SELF ESTEEM

12:00 **KWALI KUMARA**
EXPAND YOUR RADIANCE

12:30 **ANNE MALONE**
MANTRA MAGIC

13:00 **LAUREN TAYLOR & DOMIK ZAERIN**
PRIMAL SOUL: AN ECSTATIC MOVEMENT RITUAL

13:30 **SOPHIE MICHELLE**
WHAT IS ASMR? BENEFITING THE MIND

14:00 **JONATHAN GOLDMAN & JULIAN HITCH**
HOW SPIRITUALITY AFFECTS BUSINESS

14:30 **TIM WHEATER**
HARMONY TRANSMISSIONS

15:00 **SIRI SADHANA KAUR**
MANTRA MEDICINE FOR THE SOUL

15:30 **NATALI SHAKED**
NATALI AKA HANDS

16:30 **SAM GARRETT**
SAM GARRETT (LIVE PERFORMANCE)

SOOTHE YOURSELF WITH SILENCE

We are bombarded by noise from the moment our alarm clock sounds in the morning to the second we switch the TV off before bed, and this constant bombardment can leave us feeling overwhelmed, stressed and anxious.

'Time, space and silence will be one of the most precious future luxuries,' the summit reported. 'This has given rise to a sharp new desire - for actual silence, quiet contemplation, to leave the shrieking world totally behind.'

In fact, studies have found silence can lead to the development of new brain cells linked to learning, memory and emotion.

And there are some unusual places now answering this cry for silence.

'Silence is one of the most meaningful trends in wellness that will only deepen and evolve in years ahead,' added the summit's report.

Why not try and fight the battle against noise with these suggestions on how to enjoy a little slice of silence:

DRIVING

Turn off the radio and let the gentle hiss of tire on tarmac soothe your senses while you enjoy the scenery around you.

KIDS

If you have children get them involved by playing the 'who can stay silent for 10 minutes' game. You'll get to enjoy a moment of peace and they will learn the benefits of silence from an early age.

EATING

Turn off the telly, put your mobile phone away and sit and eat in silence for a relaxing, calming, stress-free mealtime. Also, sip your morning cuppa on the sofa without the telly on to set you up for a peaceful day.

SPEAKING

Know when to speak. At work, avoid those water cooler moments – just because you can contribute to a conversation doesn't mean you have to.

These days, finding even a couple of minutes' peace is pretty hard, and it's near impossible to enjoy a moment of complete and utter silence.



10:30 - 13:30

INSTANT CONFIDENCE!

PAUL MCKENNA £40.00 WORKSHOP 1

During this event, you will learn some effective techniques to help you push the 'off' switch for fear and desperation, and create massive amounts of confidence and motivation in just a few moments. Before this amazing event is finished, your whole attitude to life can begin to change for the better!



10:30 - 11:30

FENG SHUI AND MONEY

EJ SHAFFERT £12.00 WORKSHOP 3

E.J. Shaffert, author of FENG SHUI AND MONEY, will show you the direct connection between the energy of your space and your inflow of financial energy. If you are feeling 'stuck', this workshop will offer specific Feng Shui insights to transform your home and attract greater opportunities and prosperity.



10:45 - 11:30

SOCIAL YOGA: RITUALISING CONNECTION

CAT DUVAL £15.00 YOGASPACE

All humans have a core need for connection and this yoga style fulfils it. This workshop outlines consent, touch and boundaries as we explore human-mandalas and partner yoga flows to find deeper release in your body, breakthroughs in trust and enabling you to express your heart's desire to connect with other humans. Bring a partner or come solo, all levels welcome.



11:00 - 13:00

HOW TO THRIVE AS A HIGHLY SENSITIVE PERSON IN A NON-SENSITIVE WORLD

MEL COLLINS £20.00 WORKSHOP 2

Highly Sensitive People (HSP) are highly empathic and pick up on subtleties that others are unaware of. They process their emotions more deeply and can feel overwhelmed in certain environments, like crowds of people. This workshop discusses how to thrive as an HSP and transform feeling overwhelmed and frazzled to empowered and fulfilled.



12:00 - 13:00

RITUALS TO IGNITE YOUR INTUITION

THERESA CHEUNG £12.00 WORKSHOP 3

Intuition can be cultivated and strengthened through intentional, ritualistic practice. In this interactive talk, Sunday Times bestselling author and spiritual teacher Theresa Cheung will explore the science, psychology, and most importantly- the behaviour- of developing your intuitive abilities. She will explain what intuition is, how we can cultivate it, and crucially, how we can recognise and access it to enrich our lives.



12:45 - 14:15

TOGETHER WE FLOW

DAVID KAM £15.00 YOGASPACE

Join David in an open-ended enquiry, exploring the many creative possibilities of mindful journeying between and beyond asanas. We will honour our inner athletic artists, presently flowing from a place of authenticity towards ultimately creating a collective flow as a community. Together we celebrate one another.



13:30 - 14:30

HOW MODERN LIFE IS AFFECTING YOUR HORMONES

ANGELIQUE PANAGOS £12.00 WORKSHOP 3

In this workshop, Angelique, a leading nutritionist, author of 'The Balance Plan' and owner of a successful West End clinic, will help you to understand how modern life is affecting your hormones, leading to mood swings, belly fat, cravings and low energy. She will also teach you what you can do to change this.



13:30 - 15:30

THE BREATHARIAN LIFESTYLE - THE ULTIMATE LEAP IN HUMAN CONSCIOUSNESS

RAY MAOR £20.00 WORKSHOP 1

Join only one of five world breatharian teachers on tour and discover the scientifically proven world of energetic nourishment from a personal testimonial. Ray is known to bridge the gaps between our spiritual aspirations and our materialistic western desires. His gift on stage is in his passion, authenticity and his ability to simplify complex spiritual subjects into daily practicality.





14:00 - 16:00

MEET THE MONK

SWAMI SIVARAMA £20.00 WORKSHOP 1

A live-interview with Swami Sivarami who will give us a flavour of his life's journey from an engineering student at Canada's top university to being a celibate Monk of over 50 years. He will answer both personal and philosophical questions and share tools to help us in our own spiritual transformation.



14:45 - 16:15

TEACHINGS OF YOGI ASHOKANANDA

YOGI ASHOKANANDA £12.00 YOGASPACE

The energising practice of Prana Kriya Yoga harmonises and unites the flow of the physical movement in our bodies (kriya) with its energetic power. This form of yoga slows down the ageing process, by recharging the blood with oxygen and decarbonising it, rejuvenating the brain and spinal centres, preventing the decay of tissues in the body. Prana Kriya Yoga awakens your hidden energy (kundalini) to transform and free you from limiting beliefs and old behavioural patterns.



15:00 - 16:30

HOW TO LOVE YOUR BODY NO MATTER WHAT

HARRIET WALEY-COHEN £15.00 WORKSHOP 3

Body shame is very common, whether it's about how you look, illnesses, injuries or disabilities, plus the wider impact on life is huge. Come and learn how to forgive yourself for how you feel, and discover practical ways to create a newly nurturing, appreciative and powerful relationship with your body.

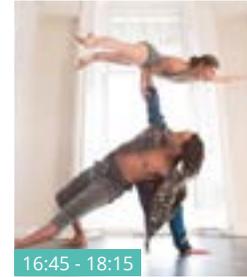


16:00 - 17:30

MOON MANIFESTING - CONSCIOUSLY CREATE YOUR LIFE WITH THE MOON AS YOUR COSMIC TIMER

YASMIN BOLAND £15.00 WORKSHOP 2

If you have a feeling that you're actually consciously (or unconsciously!) creating your life, you're right! Learn how to do it in time with the Moon and you will start to manifest your dreams in ways you probably never realised were possible. Join Moonologer Yasmin Boland to show you how!



16:45 - 18:15

ACROYOGA WORKSHOP

PIP & EUGENE £15.00 YOGASPACE

Eugene and Pip are sought after AcroYoga teachers, well known for helping people fall in love with the practice and discover what they are capable of. In this workshop you will be introduced to the foundations of AcroYoga Skills covered in Level 1 AcroYogaDance Syllabus.

"Mesmerising" - *London Evening Standard*

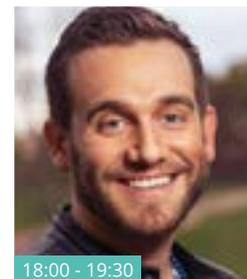


17:00 - 18:30

AS EASY AS LETTING GO: 7 CHAKRA CLEARING

MARIA KELLIS £15.00 WORKSHOP 3

Come to this workshop to clear the clutter and make more room in all areas of your life! You will discover what needs clearing for YOU, and the energetics and techniques to effectively let it go! Experience for yourself the magic of how clearing delivers miracles into your life.



18:00 - 19:30

HEALING THROUGH LUCID DREAMING

CHARLIE MORLEY £15.00 WORKSHOP 2

Do you want to learn to heal yourself while you sleep? Through lucid dreaming you can! Lucid dreaming allows us to become fully conscious within our dreams and has been used for millennia to heal both the mind and the body during sleep. Come and learn the art of lucid dreaming and how to unlock your healing power while you sleep.



Aura Images

FINAL CHANCE TO HAVE YOUR AURA READ ON POLAROID

FREE EXPERIENCES

ALCHEMY OF SOUND

- 11:00 **ANNE MALONE**
MORNING MEDITATION ...
GREET THE DAY WITH SOUND
& SONG
- 12:00 **BELINDA MATWALI**
ELECTRONIC MUSIC SOUND
MEDITATION
- 13:00 **JEZNEY HOLLIS**
HOLISTIC RESTORATION
SOUNDSCAPE
- 14:00 **OTTO SOUND
THERAPY**
ACCESSING HIGHER
INTELLIGENCE WITH DRUM
AND OVERTONING JOURNEY
- 15:00 **MARC JB**
THE MEANING OF LIFE &
JOYFUL LIVING MEDITATION
- 16:00 **RACHAEL WELFOR**
CHILL PILL (REIKI ACTIVATED
GONG BATH)
- 17:00 **LUCYNE JADE**
SING EACH OTHER HOME

WELLBEING STUDIO

- 10:45 **THE ZEN SISTERS**
YOGODESSEY
- 11:45 **JEFF LEVIN**
HEALTHY HOME, HEALTHY
LIFE - UNDERSTANDING
THE EFFECTS OF
ELECTROMAGNETIC
RADIATION
- 12:45 **KAREN MILLS-
ALSTON**
VISIONING FOR A LIFE WORTH
LIVING
- 13:45 **SEMRA HAKSEVER**
SPELL MAKING WORKSHOP
- 14:45 **VEX KING**
PATH, PACE, POWER AND
PURPOSE
- 15:45 **MELISSA**
BELLYDANCE
BEGINNERS BELLY DANCE
- 16:45 **ANTARMA**
ANTARMA SHARES
MEDITATION CELEBRATION
- 17:45 **RORY Z FULCHER**
INTRODUCTION TO
HYPNOTHERAPY

CEREMONY SPACE

- 10:30 **KWALI KUMARA**
VIBRATE YOUR TRUTH
- 11:45 **MAREN LANDER**
SO THE FIRE OF THE GODDESS
MAY BURN ON - WOMEN'S
CIRCLE
- 13:00 **AMENTI**
AWAKENING THE SACRED
HEART IN THE HALLS OF
AMENTI - SACRED SOUL LIGHT
SOUND JOURNEY
- 14:15 **PIXIE PETE**
CACAO DANCE OF
MANIFESTATION
- 15:30 **BARBARA
MEIKLEJOHN-FREE**
WALKING WITH THE
ANCESTORS
- 16:45 **FLAVIA KATE PETERS**
ARCHANGEL ACTIVATION
- 18:00 **SHAKTI SUDARIN**
INITIATION INTO SELF-
SOVEREIGNTY

MAIN STAGE

- 10:30 **TIM WHEATER**
MORNING ENERGY SOUND
TRANSMISSION
- 11:00 **RAY MAOR**
INTRODUCTION TO THE
BREATHARIAN LIFE
- 11:30 **DAVID KAM**
POETRY OF VINYASA
- 12:00 **KWALI KUMARA**
EXPERIENCE ECSTASY
- 13:00 **DIRISH SHAKTIDAS**
SHAKTI DANCE
- 13:30 **BARBARA & FLAVIA**
HEAVEN & EARTH
- 14:00 **ALLEY CAT AMETHYST**
ALLEY CAT AMETHYST
- 14:30 **MELISSA BELLY DANCE
AND MAHIRA GIRLS**
VIBRANT AND COLOURFUL
BELLY DANCE PERFORMANCE
- 15:00 **PIP & EUGENE**
ACRO YOGA DANCE
- 15:30 **ANTARMA**
ANTARMA SHARES CELEBRATION
MEDITATION
- 16:00 **ISHWAR SHARMA**
ANTARJYOTI UDDEEPAN YOGA -
AWAKEN THE LIGHT WITHIN
- 16:30 **TIM WHEATER**
HARMONY TRANSMISSIONS
- 17:00 **SWAMI SIVARAMA**
SINGING YOUR WAY TO DIVINITY

SATURDAY 25 MAY

TURN UP, TURN OFF AND DRIFT AWAY

INTO THE

Oasis of Sound

Experience a meditational therapy like no other as you are taken on a journey that is a simple yet profound way to connect with the core of your being.

Tune your body at a cellular level through the gentleness of its resonance, using healing sounds of Tibetan Singing Bowls, Voice, Shamanic drum, Sansula and Rainstick. Hosted by Anne Malone.

WHAT PEOPLE SAY ...

"Anne's Sound Bath is the perfect counterpoint to the stresses and hassle of living in a major city. The music is sublime, played on an assortment of instruments that include rain sticks, gongs, drums and Anne's stunning voice transports the room to a haven of tranquility".
- **Michael Reece**

"Anne is an extraordinary sound explorer and healer. Her musical journeys are incredible soundscapes for the yoga of life"
- **Shiva Rea**

The exquisite healing sounds of these instruments and vocal tones, release stress and blockages as we place the Tibetan Bowl on your body, gently 'retuning' and balancing you with healing voice. Drift into the magical world of nature as you are showered with the sounds of the Rainstick, Shamanic drum and wind instruments ... leaving you feeling renewed and tingling with vibrant energy.

The only side effect is happiness and harmony!!

BOOK YOUR SESSION NOW AT: LONDONWELLBEINGFESTIVAL.COM

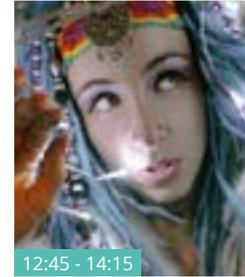


10:30 - 11:30

SENSUAL ENLIGHTENMENT FOR WOMEN (AND MEN IF THEY DARE)

VANYA SILVERTEN £10.00 WORKSHOP 3

Women are incredible creatures, gifted with healing abilities, naturally intuitive, highly sensual and have been designed to create abundance and bless life with love. Women today are returning back to their very powerful truth. In this workshop, you will awaken these female gifts by learning to cultivate your sexual energy to be a sacred source of vitality. Includes energy clearing and transformative meditations.



12:45 - 14:15

STRENGTHEN YOUR HEART & EXPAND YOUR AURA

KWALI KUMARA £15.00 YOGASPACE

Experience the powerful technology of kundalini yoga and sacred sound vibration to repair the nervous system, cleanse the blood, heal the heart and balance your psycho electromagnetic field. This session will culminate in a deep gong relaxation to integrate the magic and seal it into every cell of your being.



10:45 - 12:15

SHAKTI POWER

KIRSTY GALLAGHER £15.00 YOGASPACE

Shakti is the essence of manifestation, happiness, sensuality and freedom. Weaving stories of the Goddesses of yoga this playful, creative, empowering workshop will help you find your inner Shakti, power and purpose as you tune deeply into the messages of your body, intuition and instinct to find your own true rhythm.



13.00 - 13.45 or 14.00 - 14.45

TRANSFORM YOUR LIFE WITH BRACO'S GAZE

BRACO £9.00
TWO EXCLUSIVE GAZING SESSIONS

Braco's gaze is indescribable. It's something you need to experience for yourself! He stands on a podium and silently gazes at groups of people filling them with a deep sense of peace and wellbeing. It's like embracing a childlike openness and creativity, diving deeper into joy. For many, Braco's Gaze is the chance for a new beginning.

Braco will be presented two gazing sessions beginning at either 13.00 or 14.00

Gazing policy for encounters with Braco:

Please note that the event with Braco is open for adults only (18 years+) and for pregnant women until the end of their first trimester. The encounter with Braco is not a replacement for medical treatment or consultation. Braco's gazing encounters are not affiliated with any specific religion.



11:00 - 13:00

ANXIETY, STRESS AND HABIT CHANGE

NATASHA DEVON & SHAHROO IZADI
£20.00 WORKSHOP 2

During the workshop, Natasha will outline the fundamentals of stress and anxiety as well as help you to consider your coping strategies and the values that drive your habits. Shahroo will then guide written exercises designed to help you change any habit of your choosing and address sabotaging, negative self-talk.



12:00 - 13:00

LOVE YOURSELF THROUGH LOVING YOUR HOME

HELEN SANDERSON £12.00 WORKSHOP 3

Discover how creating a space you love goes hand-in-hand with a conscious, healthier mindset, making room for new ideas and transformation. Helen will help you explore how aspects of your home are a mirror of your psyche and suggest ways to overcome obstacles to creating a truly nurturing and supportive home.



13:30 - 15:30

THE VOICE OF CHANGE: LIBERATING YOUR AUTHENTIC VOICE

STEWART PEARCE £20.00 WORKSHOP 2

Living through these times of immense change means that we are urged to live authentically. Then fear stops us, and silenced by oppression we deny ourselves the opportunity to speak. Stewart works to liberate the oppression, providing powerful techniques to open the metaphysical essence of the soul's voice, your signature note.





HAPPINESS IS MORE THAN JUST POSITIVE THINKING

CHARLOTTE WISEMAN £12.00 WORKSHOP 3

We all want to live a happy life, but what is that? This session will demystify happiness, exploring how both positive and negative experiences contribute to life meaning, fulfilment and physical health. You will walk away inspired, with the knowledge and practical tools to thrive, enhancing health and fuelling happiness.



13:30 - 14:30



THE YOGA SLEEP METHOD

NATASHA KERRY £15 YOGASPACE

Natasha Kerry will introduce you to the transformative practice of her 'Yoga Sleep Method' for better health and vitality as well as better sleep at night. You will explore Pranayama, Yin Yoga and Yoga Nidra practices to deeply restore the body and access relaxation states. All welcome. Attendees will receive further details of how you can practice the Yoga Sleep Method at home to drift off easily.



14:45 - 16:15



RELEASE YOURSELF NOW FROM SPIRITUAL CAGES

ART GISER £15.00 WORKSHOP 3

Your life is controlled by a series of 'spiritual cages' These cages are created by 'spiritual contracts' -- agreements which your spirit made that limit what is or isn't possible for you. In this life-changing session, you will be guided through a unique and powerful new process that transforms these contracts and opens up more of your hidden potential for success and happiness.



15:00 - 16:30



THE ART OF MAINTAINING THE PERFECT BALANCE

SADIE FROST & HOLLY DAVIDSON £15.00 WORKSHOP 1

We are all up against it. Modern life offers so many solutions, yet it also gives us many stresses and anxiety. Which diet to follow? Should I meditate? How much should I exercise? It's pretty overwhelming. In this workshop, Holly & Sadie share their knowledge of diet, exercise and mindfulness and provide the tools to find the perfect balance!



16:00 - 17:30



PERSONAL LAW

VIOLA EDWARD £15.00 WORKSHOP 2

Society's civil rights laws are changing to give women more empowerment. But she must still break through a remaining inner law governing what she thinks and feels about herself called 'Personal Law'. Men are also invited to this workshop, to learn what their mothers, sisters, wives, daughters and female co-workers feel. Together, men and women can collaborate to go beyond these limitations and create the sustainable society we all deserve.



16:00 - 17:30



HIP HOT & HOLY

LUIS VALENTINE £15.00 YOGASPACE

Jivamukti Yoga is a path to enlightenment through compassion towards all beings. Created by Sharon Gannon and David Life in 1984, Jivamukti is an internationally recognised form of hatha yoga and is founded on five tenets; ahimsa (non-harming), bhakti (devotion), dhyana (meditation), nada (sound) and shastra (scripture). With a hip opening focus, expect a fiery Jivamukti practice, including flowing vinyasa sequences, hands on assists, devotional chanting and deep relaxation all set to a specially mixed soundtrack.



16:45 - 18:15



THE YOGA JAM - FEATURING BHAVINI VYAS, EMMA BONNICI & FRIENDS

THE YOGA JAM £20.00 WORKSHOP 1

"The creative fusion of contemporary beats & rhythms with ancient Sanskrit mantras, yoga & meditation. Yoga Jam presents the perfect blend of sound & silence, movement & stillness." Featuring Bhavini Vyas, Emma Bonnici and friends.



17:30 - 19:30

WELLBEING SPA

Soul Stretch Events creates beautiful healing spaces which invite people to relax and connect with themselves. Here at the London Wellbeing Festival we've brought you a blissful area for massage and rejuvenation. Our variety of treatments are delivered with natural, organic products in beautifully decorated spaces which create a warm and cosy spa atmosphere in the midst of the festival fun. Book your treatment online now.



SOUL STRETCH SPA



WORKSHOPS



17:00 - 18:30

SPIRITUAL SCIENCE

STEVE TAYLOR £15.00 WORKSHOP 3

Dr. Steve Taylor will demonstrate how a spiritual vision of the world can help explain many areas of reality that normal science cannot make sense of, such as consciousness, psi phenomena, altruism and near-death experiences. Drawing on the insights of philosophers, physicists, mystics, and indigenous cultures, he will offer a vision of the world as sacred and interconnected.



18:00 - 19:30

SPELL-CASTING MAGIC!

BARBARA MEIKLEJOHN-FREE & FLAVIA KATE-PETERS
£15.00 WORKSHOP 2

Come join MBS' favourite witches Barbara & Flavia to learn how to cast spells and make magical charms for Love, Healing and Protection. Discover how to harness your personal power to magically forge together the mystical forces of nature, in conjunction with ancient wisdom. Includes candle magic and ritual altar work.



FREE

NOURISH



Nourish brings together inspiring teachers, leading experts and foodies. What are the benefits of a nutritional diet to the mind, body and spirit? Come and find out!

Learn about the importance of provenance and the easy changes that can make a huge difference to your life and health. This new free feature will not only raise your awareness of important food decisions, but it will also de-myth some of those common and misunderstood fads!

FREE EXPERIENCES

ALCHEMY OF SOUND

11:00 **ANNE MALONE**
MANTRA MAGIC

14:00 **MICHELLE CADE**
SOUND JOURNEY

16:00 **LOUISE SHIELS**
HEART OPENING SOUND JOURNEY

17:00 **FABIO GARCES**
SOUND MEDITATION BY SONIC ENCHANTMENT

WELLBEING STUDIO

10:45 **DENICA NENOVA**
ANCIENT WAYS FOR MODERN TIMES

11:45 **UZ AFZAL**
MINDFULNESS FOR CHILDREN

12:45 **YASIN LICELI**
ANIMAL FLOW

13:45 **KAMRAN BEDI**
DEALING WITH DAILY MENTAL HEALTH CHALLENGES. ANXIETY, STRESS, DEPRESSION - HOW TO COPE

14:45 **MALWINA STACH**
INTUITIVE CHAKRA DANCE

15:45 **CATE MACKENZIE**
THE ART OF COMMUNICATING LOVE

16:45 **SANDRA BARNES**
THE GODDESS WITHIN

17:45 **GEORGIA COLERIDGE**
CHAKRAS: SEVEN EASY WAYS TO TRANSFORM YOUR LIFE

CEREMONY SPACE

10:30 **NICI PHOENIX**
HOW TO STOP THINKING WITH YOUR HEAD AND START THINKING WITH YOUR HEART

11:45 **LYDIJA M ROSATI**
HEAL YOUR MONEY STORY

12:00 **VANYA SILVERTEN**
AWAKENING LOVE & ABUNDANCE

14:15 **LAKIS CHRYSANTHOU**
SACRED HEART JOURNEY

15:30 **PATRICK ZEIGLER**
ALL LOVE SEKHEM

16:45 **ELAINA CONNELLY**
AKASHIC RECORDS CEREMONY - YOUR FUTURE SOUL SELF

18:00 **CATE MACKENZIE**
THE ART OF PRESENCE WITH CATE MACKENZIE

MAIN STAGE

10:30 **TIM WHEATER WITH MR & MRS BRILLIANT**
SHINING SONIC SHIMMERS

11:30 **LOUISE PRESLEY**
FIND YOUR PURPOSE & TURN IT INTO A BUSINESS THAT CHANGES LIVES

12:00 **MALWINA STACH**
INTUITIVE CHAKRA DANCE

12:30 **ANNE MALONE**
CELTIC CALM MEDITATION

13:00 **SEAN PATRICK**
IS SPIRITUALITY GOOD FOR YOUR MENTAL HEALTH?

13:30 **MANTRA THERAPY**
THE MANTRA THERAPY FUSION EXPERIENCE

14:00 **KLEEM**
SACRED CHANTS WITH KLEEM

14:30 **CATE MACKENZIE**
OPEN YOUR HEART TO LOVE

15:00 **BLAKE D. BAUER**
QI GONG: GENTLE EFFECTIVE SELF HEALING EXERCISE

15:30 **THE ASCENSION SEED**
NEW EARTH ASCENSION TRANSMISSION

16:00 **ZEN BLYTHE**
ZEN BLYTHE (LIVE PERFORMANCE)

16:30 **GANDA BOYS**
SOULFUL CONTEMPORARY EMOTIONAL AFRICAN FUSION

17:00 **JASMIN HARSONO**
BREATHE LOVE BY EMERALD AND TIGER

17:30 **MR & MRS BRILLIANT**
MR & MRS BRILLIANT

Your inner elemental

Discover which nature spirit you have the strongest bond with and how to utilise your connection



Q2 Which outdoor activity do you prefer?

- A) Walking through the woods
- B) Hill walking or climbing mountains
- C) Sunbathing
- D) Swimming in the ocean

Q4 How would you describe yourself?

- A) Hardworking and practical with a logical mind
- B) A dreamer with a big imagination
- C) Adventurous and passionate with the drive to succeed
- D) Sensitive and emotional with an open heart

Q6 What do you prefer to do in your free time?

- A) Gardening
- B) Read a good book
- C) Go on a bike ride
- D) Watch a weepy movie

Q1 How do you react when receiving a gift?

- A) Accept it with a simple 'thank you'
- B) Express in many words how delighted I am
- C) I love the gift and hug the giver tightly
- D) I'm overwhelmed and burst into tears

Q3 Which shadow trait do you sometimes see in yourself?

- A) Stubbornness
- B) Exaggeration
- C) Hot headedness
- D) Over emotional

Q5 As a child, what did you want to be when you grew up?

- A) A doctor, vet, lawyer or landscape gardener
- B) A dancer, teacher, artist, performer or musician
- C) A top sportsperson, chef or explorer
- D) Nothing. I was happy to go with the flow

Q7 Which is your favourite spiritual tool?

- A) Crystals
- B) Incense
- C) Candles
- D) Essential oils

Mostly As

You have a strong connection to the gnomes. You are a natural healer and feel right at home in the woods and meadows and have an extraordinary bond with animals, often preferring them to people. You are practical and grounded and love to get your hands dirty in the garden as you work side by side with the fairies. Working with crystals, herbs and tree lore will enhance your connection with the gnomes.

Mostly Bs

You are attracted to the sylphs. You are gifted with an artistic flair, enjoy your surroundings to be harmonious and are a wonderful communicator, not only with people, but with nature spirits, too. Using your colourful imagination through day-dreaming and meditation to receive messages and visions is key to your connection with the sylphs.

Mostly Cs

You are drawn to the salamanders. When you have a burning desire to do something there is no stopping you. You ooze passion, desire, charm and confidence which puts you in the spotlight, and draws others to you like a moth to a flame. Candle magic will help you shine brightly, raise your vibration and encourage the salamanders to draw near.

Mostly Ds

You have a special bond with the undines. You are sensitive, empathetic and deeply emotional. You have a big heart which you use to intuitively tap into the emotions of others. The elementals commune with you through your feelings, so always trust and follow that sensitive heart of yours. Water scrying will enhance your prophetic dreams and psychic awareness, as well as build your connection with the undines.





MIRANDA MACPHERSON



MARTIN AYLWARD



EOIN SCOLARD AND JENNY GRAINGER

OUR RETREATS 2019

Here at the Positive Living Network we believe that time and space are essential to deepen one's spiritual growth and unfolding. Our retreats give you the chance to step out of your busy life for a few days, to be

supported by authentic, internationally-respected spiritual teachers and to be nurtured by beautiful, peaceful surroundings. You are invited to join us in Ireland with **Miranda Macpherson** (May), **Martin Aylward** (November) or in the Dordogne with **Eoin Scolar and Jenny Grainger** (September). Full info and bookings here:

www.positivelivingnetwork.com

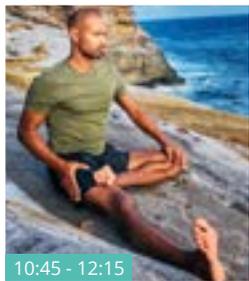


10:30 - 12:00

EMBRACE YOUR CALLING
- FIND YOUR PURPOSE

JESSICA HUIE, MBE £15.00 WORKSHOP 3

True self love is the honouring of who we are beyond the roles, titles and belief systems we have become conditioned to adhere to. Join Jessica in this interactive workshop to strip back your layers, reconnect with all that is meaningful to you, and take the first steps required to create your best purpose driven life.



10:45 - 12:15

PRIMAL FLOW - YOGA FLOW, ELEMENTAL
MARTIAL ARTS AND PRIMAL MOBILITY

RYAN KAI CALDERON £15.00 YOGASPACE

Our Yoga foundation will lead us, as we intertwine Martial arts into the flow, stretching and invigorating the body and breath through static and transitional postures. In the Primal Mobility Therapy session, we swim with dolphins, spin with monkeys, leap with leopards and walk with giraffes. Then we slow down and enter a deserved sumptuous Savasana.



11:00 - 12:30

RELIGHT YOUR FIRE

ANDREA MCLEAN £15.00 WORKSHOP 1

"Too often we feel overwhelmed by the idea of pursuing a dream or saying out loud what we'd like to change in our life. As women, it can feel vain – greedy even – to put your hand up and say you'd like more... whether that's simply asking for more support, more understanding or more out of life. Andrea wants to help people re-light their fire. To feel empowered, invigorated, strong and capable – but above all, not to feel invisible.

You can get a fire in your belly again, get fired up, be the girl on fire, no matter what age you are or what stage you're at. Andrea knows what it's like to lose your fire and she wants to help you find yours. One of the key aims in setting up her website 'www.thisgirlisonfire.co.uk' was to give women ways to make themselves feel good. Andrea is a big believer that if you know a way to help someone, you do it, you pass it on, and she wants to give you the confidence you need to make positive changes in your life.



11:00 - 13:00

SECRETS OF ABUNDANCE: PRACTICAL
TEACHINGS FOR MORE WEALTH, HEALTH
AND HAPPINESS

MICHAEL JAMES £20.00 WORKSHOP 2

For the first time, Michael brings his electrifying new teachings about living a prosperous life to the Mind Body Spirit festival in an exclusive workshop. Tap into your inner riches and discover how to manifest your ideal life. This workshop includes meditation, visualisation and written 'take home' techniques.



12:30 - 14:00

ALL LOVE SEKHEM

PATRICK SEKHEM ZEIGLER £15.00 WORKSHOP 3

The All Love Sekhem class is a deep energetic experience. The spiritual opening of the heart centre is the key aspect of the class. Powerful initiations occur spontaneously in the class as well as after. Once the heart center opens the energy clears and flows more freely and a strong connection to source "Sekhem" is experienced.



13:00 - 15:00

WAY TO HAPPINESS

SWAMI JYOTHIRMAYAH £20.00 WORKSHOP 1

Swami Jyothirmayah, a leading member of the Art of Living foundation, presents with both a profound depth of experience and joy, with laughter regularly heard from his audiences, and ancient wisdom delivered in the lightest of ways. Experience the highest knowledge of the mind, delivered to you in an effortless manner to assimilate into living a joyful daily life.



12:45 - 14:15

CHAKRASIZE YOUR LIFE!

DIRISH SHAKTIDAS £15.00 WORKSHOP 3

Rejuvenate, let go, feel fresh and 'Chakrazise Your Life!' The Chakra System is an ancient map detailing the seven primary energy centres and the five elements of the body-mind-spirit. This workshop is designed to clear out your energy centres, with the intention to give you a radiant body re-boost! Expect yoga flow, movement, sound and meditation. Open to all levels.





13:30 - 15:30

PAST LIVES OF THE SACRED FEMININE HEART

SOPHIE BASHFORD £20.00 WORKSHOP 2

Those called to the spiritual arts have had past lifetimes as instruments of divine feminine energy. Through meditations and energy work, you'll be supported to heal past life wounds arising from suppression of feminine wisdom. This workshop is a sanctuary to embolden both women and men called to work with the Goddess.



14:30 - 15:30

INTELLIGENT EATING: A JOURNEY FROM MINDLESS TO MINDFUL EATING

DR HEATHER MCKEE £12.00 WORKSHOP 3

Participants will leave this evidence-based workshop having gained a greater insight into why distracted eating might be affecting their health. Learn how to differentiate between emotional and physical hunger and what to do about it. While also having created their personal habit blueprint to kickstart their own mindful eating practice.



14:45 - 16:30

ROCK YOUR BALANCE

AMBRA VALLO £15.00 YOGASPACE

Spend an afternoon replacing your feet with your hands and learn the essentials to help you soar in arm balancing such as crow, one legged crow, side crow, flying pigeon, dragonfly, firefly, forearm stands and many of their variations. In this workshop we will explore the foundations and key alignment principles of arm balances and play with the techniques that serve to lengthen and strengthen the muscles required to successfully find your balance whilst maintaining lightness in the body.



15:30 - 17:00

TALKING WITH ANGELS - (WHO DOES, WHY, HOW, AND WHERE?)

CHRISSIE ASTELL & PETER STANFORD £15.00 WORKSHOP 1

What is it that angels offer? Why do more people today believe in angels than in God? In this practical and experiential workshop Chrissie Astell (Author of Seven Steps into Angel Light, and religious and cultural historian Peter Stanford, explore why, describe in tangible, emotional and spiritual terms, the energetic mystery that has resonated down the ages. (Includes practical exercises and meditation).

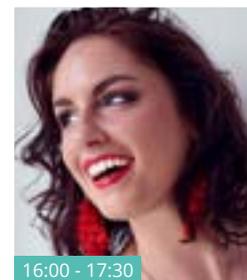


16:00 - 17:30

PRACTICAL, NO B.S. UNCONDITIONAL SELF LOVE

BLAKE BAUER £20.00 WORKSHOP 2

Discover why depression, self-doubt, addiction, physical illness, unfulfilling work & relationship problems are cries from you body, soul & subconscious mind asking you to finally love, value and be true to yourself now. Learn how to; overcome fear, guilt, & shame, and create a healthy relationship to yourself that is based on deep self-respect, acceptance, kindness & self-worth.



16:00 - 17:30

THE ART OF ASTRAL PROJECTION

JADE SHAW £15.00 WORKSHOP 3

We invite you to lift the veil of perception, shift beyond the body and embrace your multidimensional self for the purpose of living a more connected, awakened and fearless life.

This interactive workshop offers practical techniques via a 3 step process to master the art of Astral Projection. It draws on mindfulness, breathing and physical exercises to navigate the state so that you feel safe, equipped and empowered to start a home practise.



The festival would not be complete without immersing yourself in our vibrant Wellbeing Market and indulging in some retail therapy. Here, you'll discover independent organisations, companies and therapists with a wealth of experience, expertise, treatments and treats for you to sample, try and buy. Relax with a massage, discover some cool music, experience a therapeutic sound bath, connect with your soul through meditation and receive guidance from a spiritual reading. A fantastic opportunity to stock up on some of the world's finest books, vitamins, organic beauty products, yoga supplies, supplements, candles, essential oils, handmade jewellery, crystals and so much more!

FREE EXPERIENCES

MONDAY 27 MAY

ALCHEMY OF SOUND

- 11:00 **SIRI SADHANA KAUR**
MANTRA IN MOTION
- 12:00 **KATIA MAYEN**
SACRED SOUND
- 13:00 **ANNE MALONE**
OASIS OF SOUND
- 14:00 **GAVIN FRANK & SIOBHAN SWIDER**
SOUND INFUSION
- 15:00 **KLEEM**
SACRED CHANTS WITH KLEEM
- 16:00 **REGINA MARTIN**
RHYTHM AND MANTRAS

WELLBEING STUDIO

- 10:45 **JULIAN HITCH**
WING TSUN KUNG FU: A CHINESE MARTIAL ART
- 11:45 **RICHARD LAWRENCE**
HEALING FOR YOURSELF AND OTHERS
- 12:45 **KULA ROOTS**
MOVING THE ELEMENTS
- 13:45 **KATIE BRINDLE**
YANG SHENG: THE ART OF CHINESE SELF-HEALING
- 14:45 **PADDY BROSNAN**
BEYOND MINDFULNESS
- 15:45 **ISIK TLABAR**
EMPOWERMENT THROUGH MOVEMENT

CEREMONY SPACE

- 10:15 **MAREN LANDER**
YOUR INNER HEALER - A SHAMANIC JOURNEY
- 11:30 **SIRI SADHANA KAUR**
WELCOMING SOUL HOME
- 12:45 **KWALI**
SERENADE YOUR SUN
- 14:00 **ANTARMA**
ANTARMA SHARES MEDITATION CELEBRATION
- 15:00 **GRENVILLE WILLIAMS**
ALL LOVE SEKHEM
- 16:15 **SARAH JANE**
TIME TO CONNECT WITH YOURSELF & RELEASE

MAIN STAGE

- 10:30 **TIM WHEATER**
MORNING ENERGY SOUND TRANSMISSION
- 11:30 **KULA ROOTS**
MANTRIC TRANSFORMATION
- 12:30 **SCOTT ALEXANDER KING**
MESSAGES FROM SPIRIT AND YOUR ANIMAL SPIRIT GUIDES - LIVE GALLERY READINGS WITH AUSTRALIA'S SCOTT ALEXANDER KING

- 13:00 **SAM RYDER**
SAM RYDER (LIVE PERFORMANCE)
- 13:30 **CHRISSE ASTELL & PETER STANFORD**
TALKING WITH ANGELS (WHO CAN, WHERE, HOW AND WHY?)
- 14:00 **REGINA MARTIN**
HEARTFUL SONGS
- 14:30 **NIKKI SLADE**
KIRTAN - CHANTING FROM THE HEART

- 15:00 **ANANDA MONET**
KIRTAN WITH ANANDA MONET AND FRIENDS
- 15:30 **MICHELLE CADE**
MIKE LIKE WATER (LIVE PERFORMANCE)

FREE

MAIN STAGE

Feel the vibration from the heart of the festival! Absorb the high energy and great sound from the dynamic main stage. Enjoy this year's eclectic mix of artistic, musical and educational demonstrations hosted by MBS legends Tim Wheater.



MR & MRS BRILLIANT
SUNDAY 17:30
Embrace your own brilliance with Mr & Mrs Brilliant: the world's most BRILLIANT sound medicine.



THE GANDA BOYS
SUNDAY 16:30
SOULFUL CONTEMPORARY EMOTIONAL AFRICAN FUSION
The Ganda Boys in the business of sharing sunshine from Uganda the East of Africa.



LAUREN TAYLOR & DOMIK ZAERIN
FRIDAY 13:00
PRIMAL SOUL: AN ECSTATIC MOVEMENT RITUAL
Performance ritual exploring the tension between resilience and catharsis, through ecstatic breath, asana and graceful flowing movement.

SEE ALL LIVE STAGE LISTINGS AT: LONDONWELLBEINGFESTIVAL.COM

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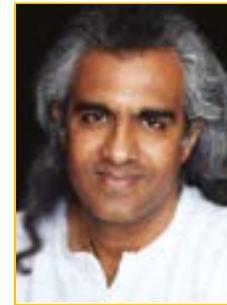


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PRINCIPAL & PROGRAM CONDUCTOR

Master Umesh H. Nandwani [B.Msc,CSMC] has been meditating since a very young age and has had numerous unique miracles happen to him. All the while he was aware that there was something more to life, that there were special reasons for his being on earth in this lifetime. This sense of missing something, of incompleteness has led him to his quest of knowing his purpose here.

After years of searching for answers and undertaking spiritual practices, he experienced an intense awakening and come to a realization that he was here on a mission to serve and inspire humanity to evolve to a higher spiritual level. He designed the “AWAKEN ~ THE DIVINE YOU PROGRAM”[®] to help people reach enlightenment, self-realization, being healthy, happy and successful in life.

YOU CAN CHANGE YOUR LIFE IN 7 DAYS! **RESULT GUARANTEED!**

DO YOU WANT TO...

- have calmness and inner peace?
- live your life with passion and fulfil your life purpose?
- experience love and joy?
- tap into your natural self healing abilities?
- have the personal power to create your own reality and live the life you truly deserve?
- connect to your inner self and discover your true divine self?
- be successful in all areas of your life?

THE GOLDEN PATH OF ASCENSION



If you have answered yes to any or all of the above questions, we invite you to come with us on this journey of consciousness to co-creation.



Watch 1000+ Youtube Videos about this program!
Search “Umesh Nandwani” in Youtube

NEXT INTAKE IN LONDON

31 MAY-06 JUN 2019

10.00AM – 6.00PM

Enjoy the following offers by registering now:

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£1825 per pax

Early Bird
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Call us: +44-7956 918 913
Email us: amrit.ghatora@outlook.com
Website: www.thegoldenspace.co.uk

FREE

ALCHEMY OF SOUND

Alchemy of Sound - Hosted by Anne Malone, the Alchemy of Sound offers a sanctuary of peace and calm. Meditation sessions and immersive sound experiences are hosted by top names in the field. Sessions are free



RACHAEL WELFORD

SATURDAY 16:00
CHILL PILL

Get the benefits of meditation without the usual effort. (Sound) Wave goodbye to your modern woes with this healing sound journey.



TORI LEWIS

FRIDAY 13:00
YOGA NIDRA AND SOUND HEALING

Tori will take you on a yoga nidra journey deep into your body wisdom, melting into cosmic womb consciousness in deep relaxing meditation



BELINDA MATWALI

SATURDAY 12:00
ELECTRONIC MUSIC SOUND MEDITATION

A uniquely transformative experience combining electronic sounds, breathing exercises and movements to allow you to go deep into yourself.

SEE ALL ALCHEMY LISTINGS AT: LONDONWELLBEINGFESTIVAL.COM

FREE

This deep and mystical sacred space is lovingly curated by Kwali Kumara who has filled it with her favourite intimate ceremonial based experiences. It offers a generous, eclectic array of hour long sessions led by outstanding teachers, tribal leaders, shamans and healers. This soulful sanctuary is a melting pot of spiritual lineages which ensures all who step inside this cozy womb space will feel welcome and at home.



TORI LEWIS FRI 16:45

WOMB HEALING CEREMONY

Using guided meditation Tori will lead you deep into your cosmic womb consciousness and body wisdom. A profoundly relaxing process.



KWALI KUMARA SAT 10:30

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Activate the upper glandular system and rebalance the vissudha with the sacred technology of kundalini yoga, mantra and gong meditation.



PATRICK ZEIGLER SUN 15:30

ALL LOVE SEKHEM

All Love Sekhem is an Initiation experience that opens the heart to a divine Love energy awakening.

CEREMONY SPACE



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THE ZEN SISTERS
SATURDAY 10:45
YOGODESSEY

A blissful journey through yoga, movement and sound to ignite the love warrior inside of you



AMY RUSHWORTH
FRIDAY 13:45
CULTIVATING CONFIDENCE: DITCH YOUR STRESS & SELF-DOUBT

Want to radically transform your confidence? Uncover the beliefs and behaviours sabotaging your confidence and learn to trust yourself again.



SOFIA BARNES
FRIDAY 14:00
ELEMENTAL DANCE AND COCOA CEREMONY

Honouring life together through ritual, ceremony and freedom of movement, will give space for the soul to converse with it's surroundings, whilst bringing you home to your own inner rhythm.

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Krishna Das 2019

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Deva Premal & Miten Manose with and Band On the Wings of Mantra World Tour 2019



SATURDAY 22 SEPTEMBER
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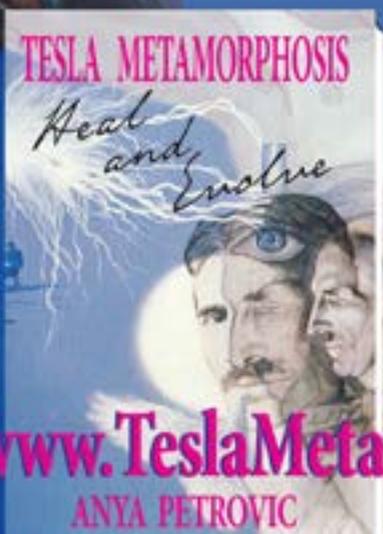
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