



om
yoga show

Mind Body Soul
experience

VeganLife
Live

16TH | 17TH | 18TH OCTOBER 2026

Alexandra Palace, London, N22 7AY



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WELCOME!

**To the OM Yoga Show, Mind Body Soul Experience,
and Vegan Life Live**

**Alexandra Palace, London N22 7AY
16th, 17th & 18th October 2026**

We're delighted to welcome you to Alexandra Palace, for the spectacular **OM Yoga Show, Mind Body Soul Experience, and Vegan Life Live** – three incredible events all under one roof.

Throughout the three-day event, you can take part in hundreds of live yoga classes, workshops, lectures and meditations, suitable for all levels and abilities.

Plus, there is plenty of vegan food on offer for you to try and buy.

Whether you're a dedicated yogi, an holistic health enthusiast, or passionate about plant-based living, there's something for everyone.

The **OM Yoga Show** provides a space to deepen your practice, explore new techniques, and connect with a vibrant community, while taking part in classes and workshops taught by some of the most respected names in the yoga world.

The **Mind Body Soul Experience** introduces innovative wellness practices, holistic therapies and spiritual guidance to nourish your entire being.

At **Vegan Life Live**, you can immerse yourself in the dynamic world of veganism with delicious food, insightful and passionate talks, and eco-friendly products designed to work with the world instead of against it.

Across all three shows, you'll find fantastic products to purchase, taking you one step further towards firing up your yoga practice and welcoming a harmonious environment into your mind and home.

Plus don't forget to visit the **OM Yoga & Lifestyle magazine** team on stand T7, where you can learn about the recently revamped magazine. If you subscribe over the weekend, you'll receive one of our infamous exclusive goodie bags!

So come along, join in the fun and soak up all the good vibes and positive energy.

We look forward to seeing you there.

THANK YOU TO OUR SPONSORS



/yogashow



@yogashow #omyogashow



@omyogashow



About The Shows

16th, 17th & 18th October 2026
Alexandra Palace, London N22 7AY (sat nav)

Information:

A ticket to one of the shows entitles you to entrance to the other two shows at no additional cost.

Dates: 16th, 17th and 18th October 2026

Show opening times: Friday 11am – 6pm
Saturday 10am – 6pm
Sunday 10am – 5pm

Children under 16 can attend the shows free of charge and don't need a ticket, but must be accompanied by a paying adult. Any child attending a workshop requires a paid-for ticket to that workshop and must be accompanied by a parent or guardian who also has a ticket to that workshop.

Catering

OM Yoga Show and Mind Body Soul Experience:

A selection of vegetarian and vegan hot and cold food snacks and beverages will be available throughout the event.

Vegan Life Live: Enjoy a wide range of vegan foods in the Vegan Food Court within Vegan Life Live. Please note that if you venture into OM Yoga Show and Mind Body Soul Experience, there will be non-vegan food available so please ask if uncertain.

Cloakroom

There is a cloakroom based in Palm Court Entrance. There is a charge to use the cloakroom.

Water refill point

You can refill water bottles at the water refill point on the wall behind the Warrior Open Class.

All shows

All presenters and exhibitors are correct at the time of going to print. Prime Impact accepts no liability for programme changes beyond our control. Audio and visual recording of the workshops, lectures and open classes are strictly prohibited and subject to copyright. Admission to free sessions, talks, demos and classes do not require a separate ticket, other than the overall show ticket. These free sessions operate on a first come, first served basis so please arrive at the designated room/area approximately 5–10 minutes prior to the start time.

For physical classes

It is advisable to come suitably dressed in loose, comfortable clothing and that you bring sufficient water, a shawl or extra top and towel. It is advisable not to eat two hours before class and, for maximum benefit, not less than one hour after. Please advise the teacher of any ill health or problems, especially heart conditions, epilepsy, high or low blood pressure, or diabetes prior to any class.

Please ensure you bring your own yoga mat – mats are not provided.

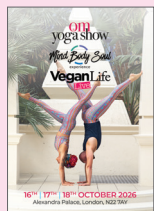
Organisers

Prime Impact Events & Media Ltd
Unit 6 Nags Corner, Wiston Road, Nayland,
Colchester CO6 4LT

Tel: **01787 224040**

Email: **info@primeimpact.co.uk**

These shows are intended as a source of information and enjoyment only. Prime Impact cannot be held responsible for the conduct of any of the exhibitors/instructors/presenters or the advice offered by them.



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@andrewprodphotography
Andrewprod.com

THANK YOU TO OUR SPONSORS



How to Get There



What3words to the Palm Court entrance **///button.master.unit**
Download the what3words app.

By car

Car parking charges now apply at Alexandra Palace. Charges support the venue's charity work to care for the Park and Palace.

You can pay on-site or within 24 hours of leaving, via the following methods. If prompted, the Location ID is **685981**.

- Via the ECP parkbuddy ap
- Online at ecpparkbuddy.com
- Onsite: Cashless payment terminals in the car parks. Please note that American Express is not accepted.

SAT NAV POSTCODE: N22 7AY

Accessible parking

There are dedicated accessible bays in the Grove Car Park and the East Car Park. Spaces are available on a strictly first come, first served basis.

By rail

The venue have their own train station, fittingly called Alexandra Palace Station. It is located at

the Wood Green entrance to the Park. A regular train service with Great Northern runs direct from Moorgate, through Highbury & Islington. There is also a service direct to/from King's Cross.

By bus

The W3 bus runs from Finsbury Park and Tottenham to Alexandra Palace Palm Court.

By tube

Wood Green is the nearest underground station on the Piccadilly Line. Journey time is 20 minutes from Piccadilly Circus. Exit Wood Green Station and head to the bus stop to get the free shuttle bus up to the venue.

By bike

There are (uncovered) bicycle racks in the East Court car park. There are geo-fenced areas, marked in green, in Grove and East Court car park for Lime bikes.

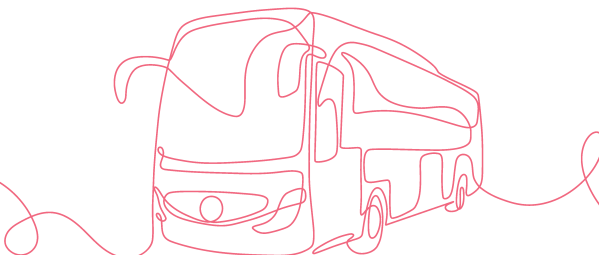
FREE SHUTTLE BUS

Friday 16th, Saturday 17th and Sunday 18th October

From Wood Green Tube Station & Alexandra Palace Train Station to the event

Starts 10am Friday
9am Saturday and Sunday
(Departs approx. every 20 minutes)

Last bus leaves Alexandra Palace at
6.30pm Friday and Saturday
5.30pm Sunday



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The Mask and Mirror



Nights From The Alhambra



The Road Back Home



Lost Souls



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Royal Albert Hall
Wednesday 31 March

22 Feb	Groningen, NL
23 Feb	Amsterdam, NL
24 Feb	Amsterdam, NL
27 Feb	Eindhoven, NL
28 Feb	Nijmegen, NL
01 Mar	Rotterdam, NL
03 Mar	Dusseldorf, DE
04 Mar	Hamburg, DE
05 Mar	Hannover, DE
06 Mar	Bremen, DE
08 Mar	Mannheim, DE
09 Mar	Stuttgart, DE
10 Mar	Frankfurt, DE
13 Mar	Zwickau, DE
14 Mar	Leipzig, DE
16 Mar	Berlin, DE
17 Mar	Wroclaw, PL
18 Mar	Zabrze, PL
19 Mar	Budapest, HU
20 Mar	Vienna, AU
22 Mar	Munich, DE
23 Mar	Nuremberg, DE
24 Mar	Zurich, CH
25 Mar	Lausanne, CH
27 Mar	Lyon, FR
28 Mar	Antwerp, BE
29 Mar	Brussels, BE
31 Mar	London, UK
02 Apr	Paris, FR
03 Apr	Paris, FR

Scan for Tickets:





OM Yoga Competition

WIN A YEAR'S WORTH OF VIVOBAREFOOT FOOTWEAR WORTH £800*



Free your feet for a whole year! One lucky person will win £800* worth of Vivobarefoot to build your barefoot wardrobe for every season – from every day movement and training to trails and adventures.

What's the big deal with barefoot?

Minimalist footwear makes healthy feet and healthy feet are the foundation of whole body wellness.

We hate to break it to you, but your sneakers have a dirty secret. Feet are our foundation. Healthy feet promote better posture, coordination, and strength throughout our kinetic chain, counteracting the harmful effects of sedentary lifestyles. But we neglect our health below our ankles. This means we undervalue and misunderstand our feet – and overlook the fact that narrow, rigid, cushioned shoes are robbing us of our natural potential.

Normal shoes have impacted our feet, and not for the better – 95% of babies are born with healthy feet and yet 77% of adults go on to have foot problems (American Podiatric Medical Association, 2014).

Vivos free your feet to move like feet. Our Fit, Feel, Flex system helps build stable, sensory, strong foundations. This enables natural movement with better balance, posture, coordination, and strength – all important ingredients in your holistic health. Don't just take our word for it. A growing body of research is exploring what happens when you



go barefoot. These findings guide how we understand feet and build barefootwear. University of Liverpool researchers showed that wearing Vivos for six months increases foot strength by a whopping 57.4% versus non-minimalist footwear (Curtis et al., 2021). A similar study found that wearing minimalist footwear for just eight weeks enabled significant increases – an average of 41.11% – in muscle strength and size (Ridge et al., 2019).

For more information visit vivobarefoot.com

To enter visit ommagazine.com/vivobarefoot

Terms & Conditions: Competition closes 31st October 2026. Single prize to be won by one winner only. Winner will be contacted within 60 days of the closing date. Footwear selection up to a value of £800 must have been completed by 31st December 2027. Prize is non-transferable and there is no cash alternative available. Full terms and conditions available at www.ommagazine.com. *equivalent of 5 pairs of shoes within 12 months.

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feel free to get in touch with our friendly team.

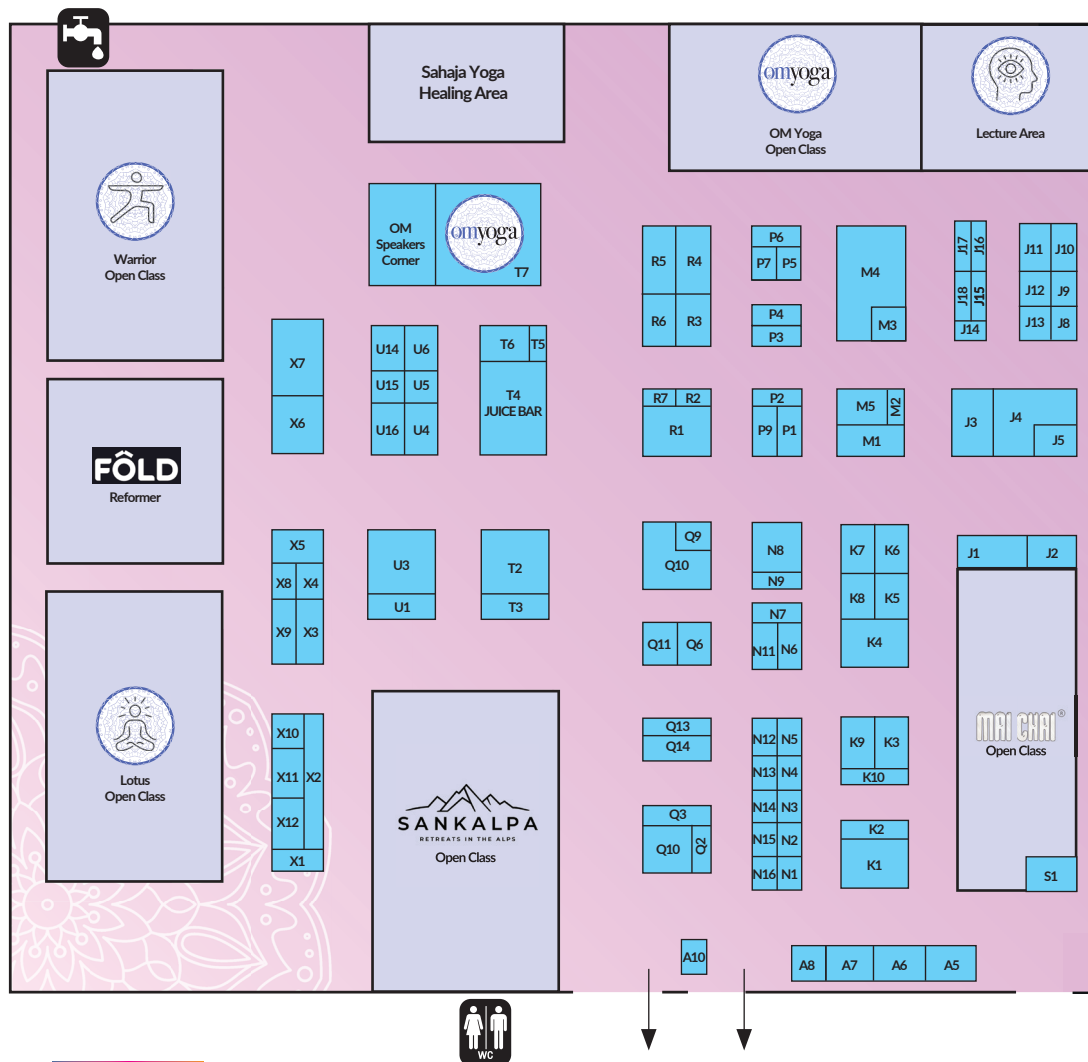
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Floor Plan for OM Yoga Show



VeganLife
live



Water Refill Point

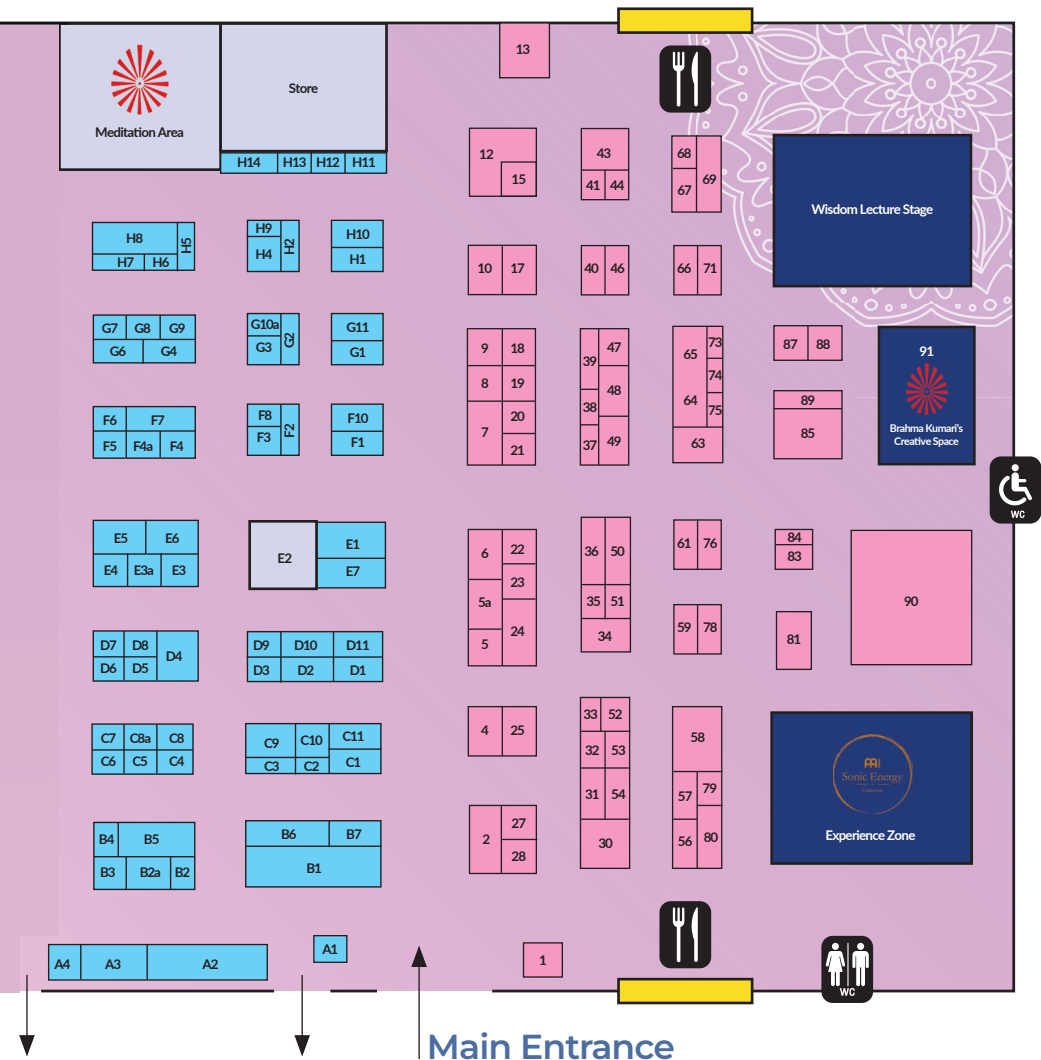


Catering Outlet



Toilets

& Mind Body Soul Experience



VeganLife
Live

THANK YOU TO OUR SPONSORS





OM Yoga Show Stand Listings



U14 AI For Wellness Business

wellness-support.help

D8 ActiveXplore Travel

activexplore.co.uk

F4 AHA4Health

aha4health.com

X6 Air Control Pilates

aircontrolpilates.com

H4 ALL WORLD GAYATRI PARIWAR LONDON

awgp.org/en

M2 ALZHEIMER'S SOCIETY

alzheimers.org.uk

N4 Ann'c Tea

annc.co.uk

J9 ANP Wellness

anpwellness.co.uk

N6 appleyoga

appleyoga.com

T2 Avaja Singing Bowls and Gongs

avaja.co.uk

F3 Azrac Surf Morocco

azracsurf.com

R5 Balens Ltd

balens.co.uk

G3 BAR:SUDS – Soaps with Attitude

BARSUDS.co.uk

D10 bee-booked.com

bee-booked.com

J13 Better Guts Probiotics

betterguts.com

N2 Bhupi Panesar

bhupipanesar.com

T4 Big Juice

bigjuiceltd.com

G6 Bi-inca Candles

bi-inca.com

G1 Blue Beyond Books

bluebeyondbooks.co.uk

H8 Brahma Kumaris UK – Raja Yoga

brahmakumaris.uk

B7 British Pranich Healing Council

britishpranichealingcouncil.org.uk

M1 British Wheel of Yoga

bwy.org.uk

T3 Buttafly

thebuttafly.com

C2 Cacao Co.

drink.cacaoco.co.uk

A4 CACAOPURA

cacaopura.co.uk

G8 Charava

charava.co.uk

Q11 Chloe Ward Holistic Guide

chloeward.yoga

Q9 College Naturopathic Medicine

naturopathy-uk.com

Q10 Colour Flow Active

colourflowactive.com

J12 Danny Dee and Mr. Benoit Palmistry & Tarot

dannyydeepalmistry.com

C4 Deena Davda Art

deenadavdaart.com

M3 Deeply - Gut Health

deeplyfoods.com

D11 doTERRA essential oils

office.doterra.com/karenarathbone

F5 elliot. Organics

elliotorganics.co.uk

P3 ETHEREAL WARRIOR

etherealwarrior.co.uk



- J16 Fauna & Flora**
fauna-flora.org
- T2 Fiore di Loto Jewellery**
etsy.com/shop/DesignFioreDiLoto
- X5 FÔLD**
foldreformer.com
- T5 Foodwick**
foodwick.com
- A1 Forever Living**
instagram.com/c4everaloer
- C11 Foyht & BGi.uk**
foyht.org
- N14 Fredereka**
fredereka.com
- K2 Free Spirit**
freespirit.co.uk
- N5 From The Mat**
fromthemat.co.uk
- K4 Full Power Cacao**
fullpowercacao.com
- D3 FUNG SHUI MUSHROOMS**
fungshui.co.uk
- J17 Gladwell School of Massage**
massagewatford.com
- E5 GONG TEMPLE**
gongtemple.co.uk
- H7 Green Chef**
greenchef.co.uk
- J1 Hot Yoga 4 You RVC**
bikramyogarvc.com
- D9 House of Jugnu**
houseofjugnu.com
- F6 Human Design**
instagram.com/whatsthesoultruth
- N16 I AM BEING WELLNESS & CACAO**
iambeing.co.uk
- E3 ILU**
ilufitwear.com
- N12 Indigo Jewels**
indigojewels.co.uk
- K9 Institute of Phytobiophysics**
phytob.com
- G10a iWellbeingAngel**
iwellbeingangel.com
- C9 KatKin**
katkin.com
- U3 KIASA INFRARED HEATING**
kiasa.co.uk
- F4a Kitan Aromatherapy**
kitanaromatherapy.com
- H6 Kundalini Therapeutics**
kundalinitherapeutics.com
- F1 Lovegrass Ethiopia**
thelovegrass.com
- X2 Lumina Jewellery**
luminajewellery.etsy.com
- H9 Lumina Orbs**
luminaorbs.com
- J2 Lunar Kisses**
lunarkisses.co.uk
- D4 MACMILLAN CANCER SUPPORT**
macmillan.org.uk
- S1 Mai Chai**
maichai.com
- J11 Massage World Magazine**
massageworld.co.uk
- C6 MIHAELA CHRISTOU JEWELLERY**
instagram.com/mihaelachristou.jewellery
- P7 Mini Movers Toddler Yoga**
deaville yoga.com/teacher-training
- J18 MNB Services**
instagram.com/mnb_e_services/
- B3 MONKEY FUNGI**
monkeyfungi.com
- R4 Monte Velho Retreat Centre**
montevelhoecoretreats.com
- Q1 Naze**
naze.co.uk
- B4 Nede Hair & Skin Care**
nede.shop
- T7 OM Yoga & Lifestyle magazine**
ommagazine.com
- K7 PAANI**
paanibottles.com





OM Yoga Show Stand Listings



N1 PASITHEA YOGA TEACHER TRAINING
pasitheayoga.com

N15 Peya
peyalondon.com

B2 PhiNutriomics
phinutriomics.com

C5 Planet Warrior
planet-warrior.com

E7 Pure Pet Food
purepetfood.com

E4 Quills by G
Quillsbyg.com

Q14 Rare Pilates – Stay Rare!
nikkiihealth.com

J5 Ravi Yoga Goa
ravi.yoga

X8 Reformd Pilates
reformd-pilates.com

P1 Reiki with Kiran
kiransidhu.com

C7 Ringana Partner
amesha.ringana.com

D1 RISE HOT YOGA TEACHER TRAINING
hullyoga.co.uk

K6 Riverford Organic Farmers
riverford.co.uk

U4 Root & River Yoga
rootandriveryoga.com

E2 Rosen Method UK
rosenmethod.co.uk

C3 RSPB
rspb.org.uk

U10 SAHAJA YOGA MEDITATION
sahajayoga.org.uk

S2 Sankalpa Retreats in the Alps
sankalpa-retreats.com

H11 Sapónne Naturals
saponne.com

H13 SHARPE FITNESS SHILAJIT
sharpefitness.uk

H12 Shobhna's Ayurveda
shobhnasayurveda.co.uk

D7 Shree Yoga Art
shreeyogaart.com

K3 Singing bowls from Nepal
moonkarma.com

A8 Sivananda Yoga Vedanta Centre
sivanandalondon.org

K5 SkiD O2- Double Strap Yoga Bag
skido2.com

C8a SOLE SQUAD UK
solessquad.uk

F8 Somii
somihealth.com

G4 Sophos Training Solutions
yansophokleous.com

G9 SOUL FRUIT
soulfruit.co.uk

A10 Soulbeat Yoga and Love Batana
lovebatana.co.uk

X10 Spiritual Tiik
spiritualtiik.com

C8 St Marks Stays Retreat Venue
stmarksstays.co.uk

N11 STATERA | Functional Blends
bestatera.com

J3 Sukha Oils & Wellbeing
sukhaoils.com

F7 SuperFoodLx
superfoodlx.com



- J4 Suryan Organic**
suryanorganic.com
- X4 T. Buckwheat Tea (Soba-cha)**
buckwheat-t.com
- P4 tails.com**
tails.com
- E6 TEEN YOGA**
teenyoga.com
- K1 Temple of Incense**
templeofincense.com
- Q2 Tessana – Movement and Massage**
tessana.co.uk
- H5 The Fungi Folks**
thefungifolks.co.uk
- G7 THE SEEKERS CIRCLE**
theseekerscircle.com
- A5 The Vedanta**
thevedanta.org
- N3 this is mabel**
thisismabel.co.uk
- J8 Triple Goddess Yoga * BAREFACE**
triplegoddessyoga.com
- U6 Tropic Skincare**
tropic.com/pages/danielletlumwood
- B5 Truviv LTD**
truviv.com
- J14 Tulasi Maharani Jewellery**
tulasimaharani.com
- P6 Vedanta School of Yoga**
thevedanta.org
- B1 VEDIC COSMOS**
vediccosmos.com
- D6 VeeFlowYoga**
veeflowyoga.com
- D2 VICTORIA AND ME**
victoriaandme.co.uk
- D5 Wellness Wisdom by Lu Law**
lulawauthor.com
- A7 West Lexham Retreat**
westlexham.org
- A2 White&CO Teeth Whitening**
whiteandcouk.com
- C1 Wild Hart Rituals**
wildhartrituals.com
- R2 Wild Soul**
emergencyyoga.org
- P2 Worldly Aromas London**
worldlyaromas.com
- H14 YOGA NATIONAL**
instagram.com/YogaNationalUSA
- X3 Yogacourse.com**
Yogacourse.com
- P9 YOGALATES LONDON**
yogalateslondon.com
- M4 YogaMad**
yogamad.com
- N8 Yogamasti - Clothing for Men and Women**
yogamasti.co.uk
- R7 Yogamenda Retreats**
yogamenda.com
- J4 Yogiverse**
yogiverse.in
- R1 YOYOGI**
YOYOGI.CO.UK
- R6 YUTORIZEN**
yutorizen.com
- N13 ZARIF BEAUTY**
zarifbeauty.co.uk
- P5 Zen Ki Yoga**
zenkiyoga.com
- X7 Zenergy Hub**
zenergyhub.com
- Q13 Zenzimat: Travel & Grippy Mats**
zenzimat.com/en-gb
- J10 Zinzino**
zinzino.com





Mind Body Soul Stand Listings



- 85 **Affinity Therapy Equipment**
affinityequipment.co.uk
- 27 **Alternatives**
alternatives.org.uk
- 8 **Anji Main Artist Medium**
anjimain.co.uk
- 23 **Annette-Psychic Counselling**
annetteheals.co.uk
- 86 **Bev Mann – Mediumship from the Heart**
bevmann.com
- 38 **Bioenergetica**
bioenergetica.co.uk
- 44 **BLINK Gallery Limited**
blinkgalleryhk.com
- Creative Space** **Brahma Kumaris UK - Soul Spa**
brahmakumaris.uk
- 17 **Capricorn Crystals**
instagram.com/capricorn_crystals_
- 75 **Charlotte Worth Coaching**
charlotteworthcoaching.co.uk
- 21 **Cosmoenergy World**
cosmoenergyworld.co.uk
- 63 **Crystal Buddha**
instagram.com/crystalbuddhajewellery
- 52 **Crystal Johns**
crystaljohns.com
- 70 **DAUGHTER OF DANU**
daughterofdanu.co.uk
- 57 **Deborah Lee**
deborahlee.uk
- 84 **DTHomeopathy – Holistic Health**
dthomeopathy.com
- 12 **ELEANOR GRACE PSYCHIC DESTINY**
gracedestiny.com

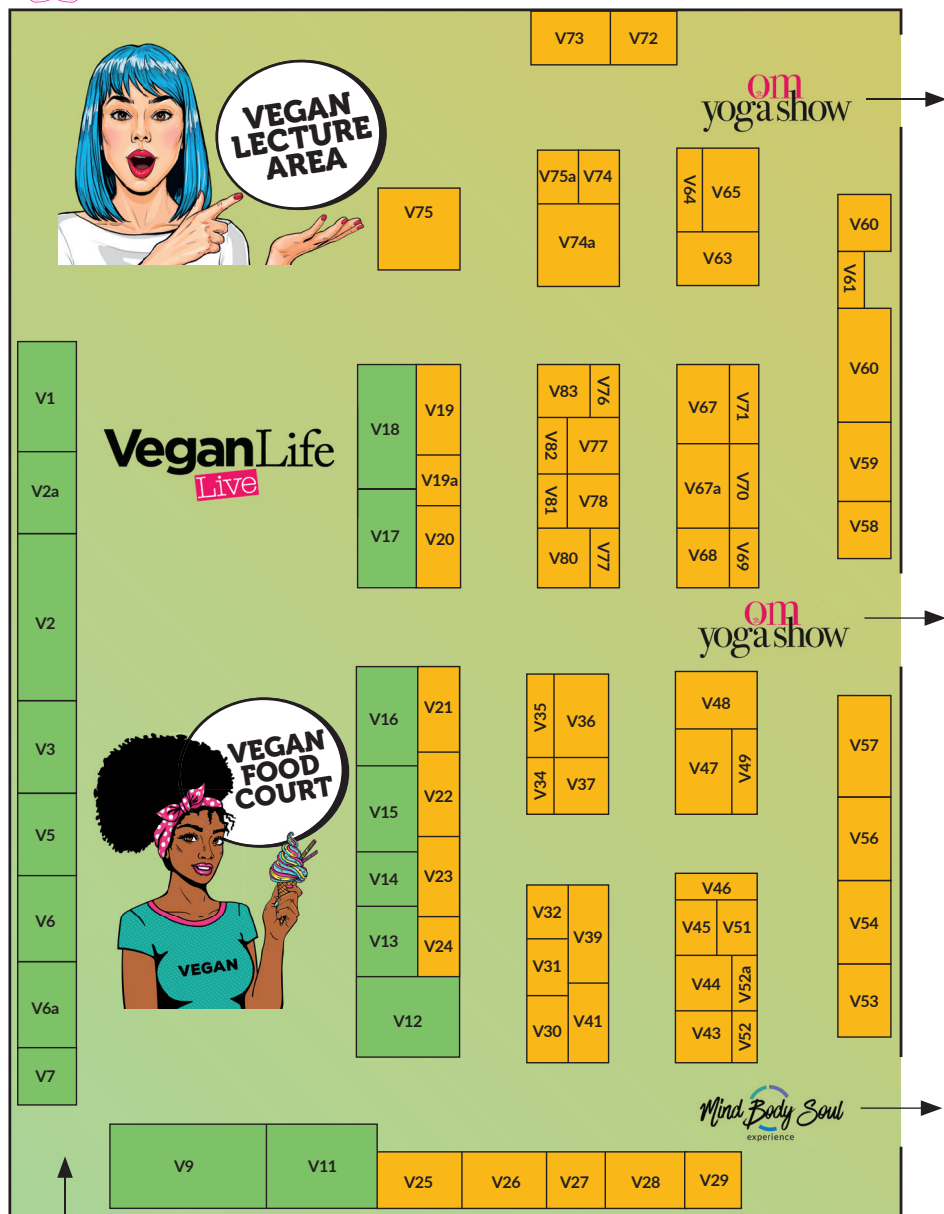
- 47 **Fiona Radman – Intuitive**
fionaradman.com
- 28 **Gaia's Treasures**
instagram.com/gaias_treasures_uk
- 43 **GFHH PSYCHIC SURGERY**
gfhh.energy
- 65 **Gut Feelings – Elaine Stavert**
gutfeelings.uk
- 39 **Hannah Blackburn Somatic Coach**
hannahblackburn.com
- 6 **Happy Science UK**
happy-science.org/en-gb
- 15 **HARMONYU – Holistic Wellbeing**
harmonyuhmu.com
- 1 **Healing Animals Organisation**
healinganimals.org
- 83 **HempWell**
hempwell.co.uk
- 73 **Her Khaani is changing**
herkhaani-ischanging.com
- 10 **Highlandoak.shop**
highlandoak.shop



- 40 **Hora Vektor**
HoraVektor.com
- 25 **Intuitive Consult**
intuitiveconsult.co.uk
- 58 **Ions Therapy**
ionstherapy.com
- 36 **iUVO Skincare**
iuvoskincare.com
- 53 **Kaizen – Mindful Crafting**
instagram.com/craftskaizen
- 61 **Karmic Psychic**
karmicpsychic.co.uk
- 78 **KOMIYO**
komiyo.co.uk
- 56 **KRISTALGLOBE**
instagram.com/kristalglobe
- 2 **LIFE ALIGNMENT**
life-alignment.com
- 68 **LifeWave**
lifewave.com/LoLiWa
- 90 **Meinl Sonic Energy**
meinlsonicenergy.com/en/home
- 80 **Melonie Syrett THE DRUM WOMAN**
thedrumwoman.com
- 81 **Mother Earths Magic**
MotherEarthsMagic.co.uk
- 66 **MYCO MUSHROOMS**
mycouk.com
- 74 **OstaraSoma**
ostarasoma.com
- 13 **PAMPER FOR YOU LTD**
instagram.com/pamperforyou_ltd
- 41 **Ray of Light Prints**
rayoflightprints.com
- 20 **Robert Lee Psychic Medium**
robertleepsychicmedium.com
- 33 **Root Minerals (Natural Makeup)**
rootminerals.com
- 51 **SAPPHIRE AND TEAL**
sapphireandteal.co.uk
- 48 **Shumei UK**
shumei.uk
- 79 **Simply Dhoop**
simplydhoop.co.uk
- 49 **Spirit Encounter**
spirit-encounter.com
- 34 **Spirit Social – Hannah Medium**
hannahmedium.co.uk
- 59 **STARLIGHT WELLNESS CENTRE**
starlight-wellness.com
- 35 **Studio 108 London**
studio108.uk
- 87 **Supreme Master Ching Hai I.A.**
suprememastertv.com/en1/max/
- 50 **Symprove**
symprove.com
- 37 **Tailored Retreats**
tailoredretreats.com
- 19 **Tensegrity Health (BodyTalk)**
tensegrityhh.com
- 7 **The Little Tibet**
thelittletibet.com
- 9 **The Natural Centre**
thenaturalcentre.com
- 22 **The Source – Abdominal Brain**
TheSource-AbdominalBrain.com
- 31 **The Spiritual Therapist**
instagram.com/ejaysoulguide
- 76 **The Woodland Trust**
woodlandtrust.org.uk
- 5 **Tim Elford Tarot Reader**
timelford.com
- 4 **Total Eclipse Beauty**
linktr.ee/ShannonHolder
- 89 **UNIVERSAL SUFI ORDER**
universalsufiorder.org
- 71 **Virginia Rounds Griffiths**
virginiaroundsgriffiths.com
- 46 **WWF**
wwf.org.uk
- 32 **ZOETIC TAROT**
zoeticartarot.com



Vegan Life Live Floor Plan & Stand Listings



VeganLife
Live

Key:

Food Stands



- V59 Animal Aid**
animalaid.org.uk
- V76 Animal Freedom Network**
animalfreedom.org.uk
- V7 ARIELA'S GELATO**
arielasgelato.com
- V12 AUNT CATS VEGAN KITCHEN**
cestcheeseco.com/general-7
- V35 AvaCare**
avacare.co.uk
- V6 BALI SATAY HOUSE**
balisatayhouse.co.uk
- V41 Bennetto**
bennetto.co.uk
- V36 Bonsoy**
bonsoy.com
- V67 Booja-Booja**
boojabooya.com
- V62 Borneo Orangutan Survival UK**
borneoorangutansurvival.org
- V75 Britt's Superfoods**
brittsuperfoods.co.uk
- V73 CasseNoisettes**
cassenoisettes.fr
- V68 CATS PROTECTION**
cats.org.uk
- V34 Cetana Drinks**
cetana.co.uk
- V14 CHAPPERS CHEESECAKE**
chapterscheesecake.com
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figandfleur.co.uk
- V81 DAIRY FREE CREAM LIQUEURS**
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- V46 EKProject**
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iamkooky.com
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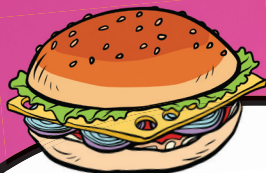


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Vegan Food Court



Discover a vibrant variety of mouth-watering plant-based dishes at Vegan Life Live's buzzing food court, where an exciting selection of vegan delights is ready to tempt your tastebuds.

V1 – Joy's Caribbean Fusion

Hot food including rice bowls, Jerk tofu, roasted cauliflower, chickpea curry and BBQ mushroom

V2 – Hush Hush Chefs

Delicious artisan filo pastries and pies, handmade using the finest, freshest ingredients

V2a – The Lentilist

Vibrant, Indian-inspired plant-based street food that's rich in flavour, colour, and comfort

V3 – The Holy Kitchen

Colourful plant-based feasting with bold flavours, seasonal ingredients and botanical flowers

V5 – Happy Sprout

A delightful selection of vegan quiches





V6 – Bali Satay House

A family-run restaurant providing authentic Halal Indonesian cuisine

V6a – St Best Caribbean Caterers

Authentic Jamaican vegan cuisine alongside handcrafted cocktails and mocktails

V7 – Ariela's Gelato

A wide selection of authentic Italian gelatos and sorbets suitable for vegans, produced in the artisan way using only the best natural ingredients

V9 – Coffee, Pancakes & Smoothies

Vegan pancakes, acai bowls, smoothies and coffee

V11 – Evergreen Eats

A selection of vegan burgers, hotdogs, wraps and loaded fries

V12 – Aunt Cats Vegan Kitchen

Vegan fusion cooking, with dishes inspired by worldwide travels

V13 – Pickle Pockle Vegan Cuisine

Healthy homemade vegan food

V14 – Chappers Cheesecake

Indulgent vegan cheesecake

V15 – Lo Viet Vietnamese Family Food

Authentic Vietnamese family food with recipes passed down from grandma, mum and aunts

V16 – LotusV Food

Oriental vegan foods including sushi, bao buns and satay dumplings

V17 – Desi Indian street food

Indian food and snacks including chaats, curry and wraps

V18 – Ethiopian Vegan Food

Colourful, beautifully presented plant-based feasting with bold flavours, seasonal ingredients

V74a – OMNOM

Pure vegan food inspired by Eastern philosophies, promoting modern wellbeing, mindful eating and positive community change



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BRAHMA KUMARIS MEDITATION AREA

Presenter: Brahma Kumaris World Spiritual University
20-minute guided meditations • Suitable for all • Free to attend
FRIDAY, SATURDAY & SUNDAY

TIME SLOT	TOPIC	DESCRIPTION
10.30 to 10.50 am (Sat & Sun Only)	MOMENTS OF PEACE	Peace is as essential to sustain the soul as water is for the body. Learn to nourish the self and become an oasis that can serve others.
11.00 to 11.20 am	MASTER YOUR THOUGHTS & FEELINGS	Raja Yoga meditation helps you to relax easily, work calmly and live harmoniously. Learn how to absorb life's knocks and challenges and stay feeling positive.
11.30 to 11.50 am	FEELING GREAT – NO MATTER WHAT!	Energise yourself with the power of a positive attitude. Learn how to feel fantastic no matter what!
12.00 to 12.20 pm	CONNECTING WITH GOD	Through the ages people have tapped into the experiences of unlimited love and boundless peace that transcends religion. Whether you believe this to be universal energy or a Supreme soul, it is an experience open to anyone and everyone.
12.30 to 12.50 pm	LETTING GO	Gently let go of past hurts by generating good feelings in the present. Learn how to forgive, become free and move on.
1.00 to 1.20 pm	NATURAL RELAXATION	Learn how we can de-clutter our mental, emotional & physical spaces so we can enjoy our natural state of being, and invite others to share this experience.
1.30 to 1.50 pm	GARDEN OF INNER LIGHT	Observe your true self. Go deep into that self. Explore the inner light. Create a garden of such beauty that others will take inspiration from you.
2.00 to 2.20 pm	UNCONDITIONAL GIVING	Nature in harmony, like a fruit tree, gives unconditionally. We too must become generous. Whatever we feel we lack, it is that, which we must first learn to give.
2.30 to 2.50 pm	EXPERIENCING A HIGHER POWER	Through the ages people have tapped into the experiences of unlimited love and boundless peace that transcends religion. Whether you believe this to be universal energy or a Supreme soul, it is an experience open to anyone and everyone.
3.00 to 3.20 pm	HEALING RELATIONSHIPS	At home, at work, at school, meditation can help sustain healthy relationships. And when a misunderstanding happens, it's the means to improve the quality of your feelings and interactions.
3.30 to 3.50 pm	BEING BEFORE DOING	Explore the art of simply 'being' by observing and mastering your thoughts. 'Being' allows others to take what they need from us. 'Being' benefits both sides.
4.00 to 4.20 pm	LETTING GO	Gently let go of past hurts by generating good feelings in the present. Learn how to forgive, become free and move on.
4.30 to 4.50 pm	FEELING GREAT – NO MATTER WHAT!	Energise yourself with the power of a positive attitude. Learn how to feel fantastic no matter what!
5.00 to 5.20 pm (Fri & Sat Only)	SIMPLE STEPS TO CHANGE OLD HABITS	They say old habits die hard... Understand the process and transform old ways of coping with life.



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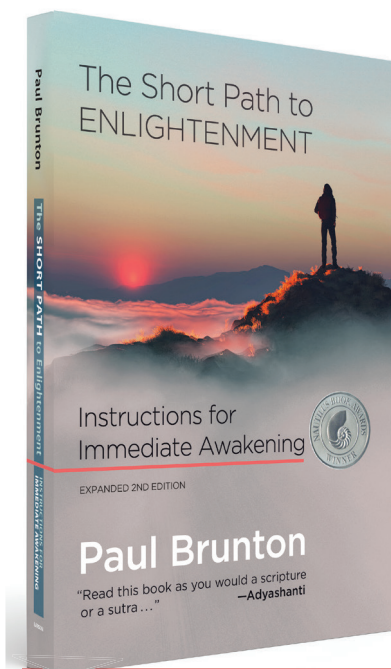
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The Self Realisation Area

16th, 17th, & 18th October

Achieve Yoga! True union with your spirit.

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Experience Sahaja Yoga meditation, effortlessly and spontaneously at stand W8, it will be taking place continuously throughout the show.

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FOLD Reformer Pilates Area

All FOLD Reformer Pilates sessions are FREE to attend. Classes are suitable for all levels of ability. Admission is on a first come, first served basis – please arrive at the FOLD Reformer Pilates area under the organ in the Great Hall 5–10 minutes prior to the session start time.



Fifi – Instructing all sessions on 16th October

Fifi is a personal trainer, Mat and Reformer Pilates instructor, Lagree specialist and wellness creative. Over a decade of teaching has shaped a style that blends Pilates

precision with Lagree intensity and functional strength. A background in taekwondo and track and field brought discipline into her training early, and that same discipline runs through every session she teaches. Fluent in five languages, she teaches the way she moves through the world: bringing people together, whatever their background or body.



Zoe – Instructing all sessions on 17th and 18th October

Classically trained in Mat Pilates with Exhale London and comprehensively trained with Equinox, Zoe has taught for over six years across London

and North America, in boutique studios and members' clubs. Her classes are rooted in classical Pilates principles, pairing thoughtful cueing with intentional movement to build strength, body awareness and confidence. Expect to leave each session feeling stronger, longer and more connected to your body.

Friday sessions

11:30 – 12:00

12:30 – 13:00

13:30 – 14:00

14:30 – 15:00

15:30 – 16:00

16:30 – 17:00

Saturday sessions

10:30 – 11:00

11:30 – 12:00

13:00 – 13:30

14:00 – 14:30

15:00 – 15:30

16:00 – 16:30

17:00 – 17:30

Sunday sessions

10:30 – 11:00

11:30 – 12:00

12:30 – 13:00

13:30 – 14:00

14:30 – 15:00

15:30 – 16:00

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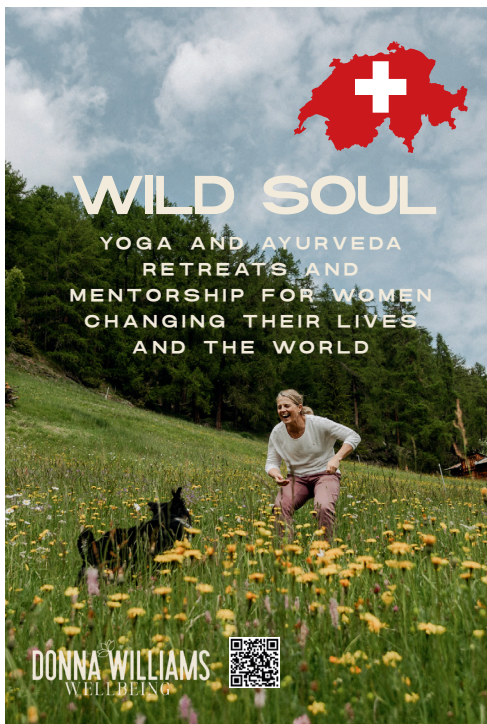
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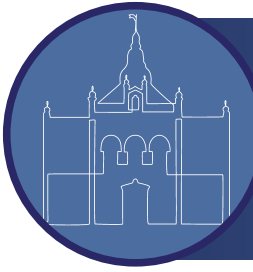
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FRIDAY 16TH OCTOBER

Palace Suite Workshops

Workshops cater for a range of abilities – please check the listing for the class level. Tickets for workshops can be purchased online in advance at omyogashow.com or by scanning the QR code at the entrance to the Palace Suite on the day (subject to availability). Please note all tickets are on a first come, first served basis and are non-refundable.

Please ensure you bring your own mat – yoga mats are not provided.



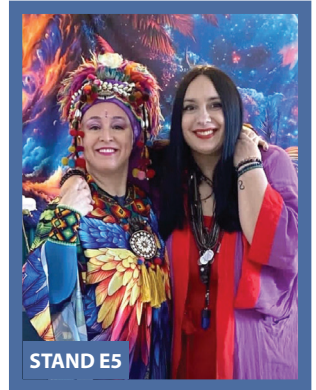
12:00pm – 1:30pm

All levels

To book visit omyogashow.com

£15 Galactic Gong Initiation & Celestial Sound Journey with Gong Temple

Step into a profound realm of sacred frequency with this special introduction to Gong Temple and their powerful galactic gong initiation. Kwali Kumara will open their legendary sonic journey drawing upon her mastery of Kundalini Yoga and Serpent Healing. Joanna Bilik will take you deeper into the celestial journey, unlocking healing frequencies playing galactic gongs and other sacred instruments to create an expansive, immersive atmosphere. This awesome offering will culminate in a rich, restorative celestial sound journey.



STAND E5

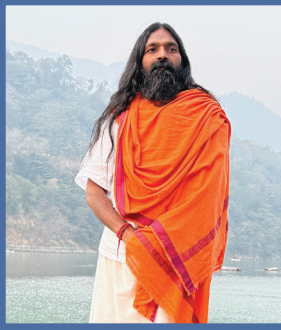
1:45pm – 3:15pm

All levels

To book visit omyogashow.com

£15 Foundations and Flow of Mastery with Yogi Ashokananda

Mastery begins with foundation. Without steadiness in the body and clarity in the breath, there can be no stability in awareness or sensitivity to the movement of energy. This guided practice includes an exploration of asana, with careful attention to posture, alignment, and the natural coordination of breath, and the disciplined practice of Prana Kriya Yoga, where movement, breath, primordial sound, and focused attention are integrated in a structured and intentional way. Mastery is not built through complexity or intensity, but through clarity, repetition, and conscious engagement.



3:30pm – 5:30pm

All levels

To book visit omyogashow.com

£20 Living Softly: Bringing Softness into Practice and Teaching with Tara Stiles

What if softness wasn't the opposite of strength, but the pathway to it? Many of us were taught that we need to force, push, and struggle to achieve. Yet this approach often leaves us disconnected from ourselves, exhausted in the process, and far away from our actual potential. Through movement, breath, and guided exploration, we'll discover how to move from support rather than struggle, connection rather than force. Softness isn't giving up. Softness is how we become adaptable, resilient, and truly powerful.





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At Stand V69 you will find signed copies of my books, guided journals, early access to the app — and a quiet place to simply rest between sessions.



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— and your body as the extraordinary
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Unouya neyi — what will you come away with?



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FRIDAY 16TH OCTOBER



Sankalpa Open Class

All yoga open classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis. Please arrive at the yoga open class area 5–10 minutes prior to start time. **Please ensure you bring your own mat – yoga mats are not provided.**



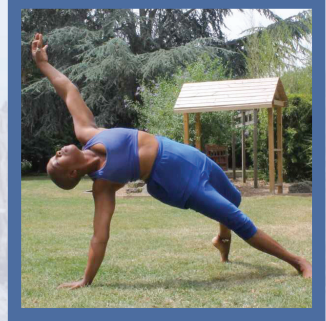
12:15 – 12:45

All levels

Free class – bring your own mat

YogaStretch with Amenda Davis

Ever wished you could stay in a comforting yoga pose just a little longer, allowing the body to soften, open and release? This class offers the time and space to do just that, helping with flexibility, mobility and body awareness while encouraging a sense of calm and wellbeing. **STAND R7**



13:00 – 13:30

All levels

Free class – bring your own mat

Yoga & Sound with Dipesh Munakarmi

Join Dipesh from Moon Karma for a Vinyasa Flow session and experience the soothing power of Himalayan bowls. This unique yoga and sound healing combination offers a chance to connect and explore the transformative effects of Himalayan Sound bowls. **STAND K3**



13:45 – 14:15

All levels

Free class – bring your own mat

Sthira Sukham Pranayam with Conny Erschen

Steadiness and ease – sthira, sukham – is what we reach for in every posture. Here, we borrow Patanjali's key principle of asana practice for the breath. After a few preparatory asanas to open our chest and heart, we'll settle into pranayama and explore what steady, easeful breathing actually feels like. Nothing to achieve. Just breath, and space. Conny, founder of Sankalpa Travel, found yoga through rock climbing and never looked back. With 500+ hours of training across Vinyasa, Yin, Hatha, and Ashtanga – including transformative months in India, Bhutan, and Nepal – she teaches with depth, warmth, and keeps it real. **STAND S2**



14:30 – 15:00**All levels****Free class – bring your own mat**

Full Power Cacao Ceremony with Liam Browne

It looks like cacao – it feels like a lightning bolt. Liam Browne's Full Power Cacao Ceremony is a full-body activation for your heart, mind and mission. Energise your spirit and feel clearer, stronger, and more connected to your truth by discovering pure presence, authenticity and the power to shift everything. **STAND K4**

**15:15 – 15:45****All levels****Free class – bring your own mat**

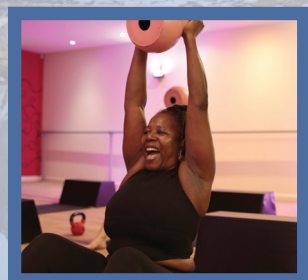
Feel Whole Again with Katy Appleton

Stress is a choice, they say, and so is inner peace! This simple and brilliantly dynamic physical practice, guided by Katy's unique teaching style, will deepen your level of presence and leave you feeling strong and open in the body, deeply connected to the preciousness of life once more. **STAND A6**

16:00 – 16:30**All levels****Free class – bring your own mat**

Listen With Your Body – Intuitive Energy Healing and Meditation with Maude Hirst

Has your body been trying to talk to you? Not in words, perhaps in tension, in emotion, in the places you unconsciously guard or in the breath you've been holding for years. Through meditation and intuitive energy healing, we'll slow down enough to feel what's actually here, not what you think should be here. Let your body lead for once instead of follow.

**16:45 – 17:15****All levels****Free class – bring your own mat**

Inferno Pilates with CJ

Inferno Pilates is high intensity interval class using Pilates principles to create a whole-body workout in a hot room. It's the perfect balance of mind, body, strength, flexibility... and great music. This class is good fun and you'll laugh a lot, but it's also incredibly effective.

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FRIDAY 16TH OCTOBER



Mai Chai Open Class

All yoga open classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis. Please arrive at the yoga open class area 5–10 minutes prior to start time. **Please ensure you bring your own mat – yoga mats are not provided.**



12:00 – 12:30

All levels

Free class – bring your own mat

Awakening the Energetic Body with Yogi Ashokananda

Step into the subtle power of Prana Kriya Yoga in this energizing session designed to gently awaken your life force. This practice blends breath, movement, mudras, and sound to harmonize body, mind, and energy, offering a glimpse into the deeper realms of yoga practice to support emotional clarity, physical rejuvenation, and spiritual insight.



12:45 – 13:15

All levels

Free class – bring your own mat

Embodied Asana: Breath, Bandha & Drishti with Cordelia Simpson

Move beyond the shape of the pose and into the experience of practice. In this embodied yogasana class, we'll explore how breath, bandhas, and drishti work together to create stability, focus, and presence. Through mindful movement and awareness, discover how these subtle tools can transform modern postural yoga from the inside out. **STAND Q10**



13:30 – 14:00

All levels

Free class – bring your own mat

Flow Into Autumn with Ease with Sunnah Rose

As the seasons shift, this session invites you to slow down, soften, and reconnect. Through flowing and grounding movement, focus on the stability in your body and mind, and explore a variety of balances. Use breath work and embrace moments of hibernation (restorative poses) to cultivate self-care for the darker months ahead. **STAND M1**



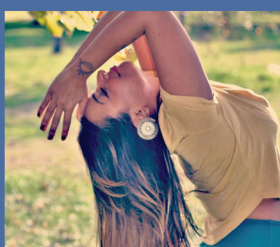
14:15 – 14:45

All levels

Free class – bring your own mat

Soulbeat Yoga: Soft & Strength with Tina Gill

Explore the balance between strength and softness as you move between moments of power and moments of ease, discovering how both qualities support one another. Yoga offers us the opportunity to explore both – to be strong without becoming rigid, and soft without losing our stability. **STAND A10**



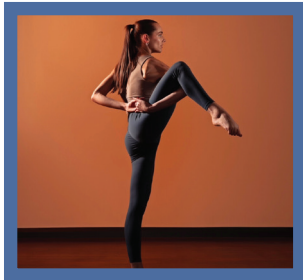
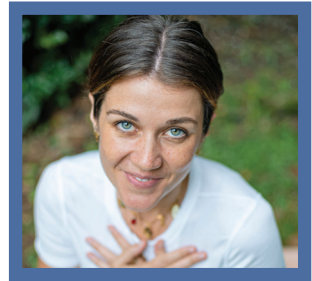
15:00 – 15:30

All levels

Free class – bring your own mat

Somatic Flow with Tiana Prince

An accessible, embodied yoga practice combining asana, free movement, and somatic techniques to cultivate awareness, support the nervous system, release tension, and explore individual expression. Drawing on her background in dance and education, Tiana loves to offer immersive, creative yoga classes that balance structure and freedom, empowering participants to follow their curiosity into deeper connection. **STAND A5 & P6**



15:45 – 16:15

All levels

Free class – bring your own mat

Align & Flow with Brigita Paskeviciute

This Mat Pilates class combines controlled movement, core strength, mobility and flexibility in a supportive environment. Expect mindful movement, improved posture, increased strength and a full-body workout that leaves you feeling stronger, longer and more energised. Move with intention, build strength and leave feeling refreshed. **STAND X8**

16:30 – 17:00

All levels

Free class – bring your own mat

The Joy Flow: Cacao, Music & Movement with Lenka Powell

A high-vibe yoga experience where cacao, movement and music come together to awaken the body and open the heart. Designed to lift your mood, deepen your connection to yourself and invite more aliveness into every breath and movement, this is not just a cacao ceremony, it's a celebration of life. **STAND A4**



17:15 – 17:45

All levels

Free class – bring your own mat

A Twist a Day with Luci Trendle

Explore the rotational ability of your spine in this gentle vinyasa class where you will practice several twists, and discover, even when we focus on this central structure of our bodies, that a twist affects the entire body. **STAND U4**

FRIDAY 16TH OCTOBER

Lotus Open Class

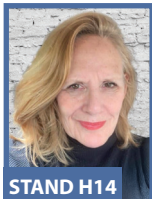
All yoga classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis – please arrive at the yoga open class area 5–10 minutes prior to start time. **Please ensure you bring your own mat – yoga mats are not provided.**



12:00 – 12:30

Taming the Tiger Within with Patricia Gavin All levels

This Chair Yoga class incorporates a Pilates Magic Circle to help stimulate strength in the back, shoulders and arms. It is also used to strengthen adductors, abductors, calf muscles, ankles and feet. Yoga postures are integrated with pranayama breath work and the Copenhagen five exercises to encourage movement, build strength and flexibility and provide techniques for pain management.



STAND H14

12:45 – 13:15

Modern Yoga for Modern Bodies with María Caballero All levels

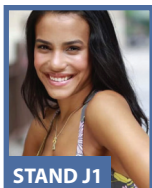
A welcoming, exploration-led yoga class designed for modern lifestyles and real, individual bodies. Move away from performance and perfection, and towards curiosity, comfort and connection. Expect creative flows, exploratory movement and skilful, supportive cues that help you understand your body and move with greater independence.



13:30 – 14:00

Power Vinyasa with Marci Catala All levels

Build strength, improve mobility, and energise your body with this dynamic Power Vinyasa class. Marci Catala combines creative sequencing with mindful movement to help you develop balance, flexibility, and confidence both on and off the mat. Suitable for all levels, with options to challenge yourself at your own pace.



STAND J1

14:15 – 14:45

Partner Yoga with Rooted Together All levels

Join Mother Daughter duo T and El for a joyful heart opening partner yoga session, celebrating human connection. Through shared movement and breath, discover how energy flows between us all. Move, breathe and find unity with your community, both familiar and new. Leave with an open heart and a smile!



STAND Q10

15:00 – 15:30

Arhatc Yoga with Dr Gowri Subramanian All levels

Arhatc Yoga is referred to as “the yoga of synthesis”, as it integrates all types of yoga into one system taught in several levels. Considered the yoga of the elite, Arhatc Yoga is advanced spiritual training, and its purpose is to help practitioners achieve union with their higher self.



STAND B7

15:45 – 16:15

Yoga for Manifesting with Kiran Sidhu All levels

Let go of what no longer serves you and open your heart to make room for the new in this manifestation-focused yoga sequence designed to help you detox and reset. Please note: This class is not suitable for those who are pregnant.



STAND P1

16:30 – 17:00

Awaken the Healer Within with Chloe Ward All levels

Softened into stillness through a soul-nourishing meditation, peeling back the layers of emotion, expectation and attachment, to return to the truth of who you are. Journey through the seven major chakras, learn how to feel, heal, and connect to each one, and awaken the healer that has always lived within.



STAND Q11

17:15 – 17:45

Breathe, Release & Restore with Danielle Thumwood All levels

This nourishing session uses simple, accessible breathwork and Yoga Nidra (a deeply restorative practice often described as yogic sleep) to invite the body to soften and the mind to settle. Breathe deeply. Release what you no longer need. Restore your energy. A little time out for your mind, body and soul.



STAND U6

Warrior Open Class

All yoga open classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis – please arrive at the yoga open class area 5–10 minutes prior to start time. **Please ensure you bring your own mat – yoga mats are not provided.**



12:15 – 12:45



STAND N1

Rise & Radiate: Breath, Balance, Power with Candice O'Keeffe All levels

This revitalising Hatha class is designed to awaken the body, focus the mind, and elevate your energy. Expect a steady, accessible flow that encourages both grounding and lightness, helping you feel aligned, energised, and fully present. Build strength, stability and concentration and leave feeling refreshed, focused, and empowered.

13:00 – 13:30



Flow to Restore with Ingrid Viana Falcao All levels

A gentle 30-minute class designed to help you reset, recharge, and return to your day feeling balanced. This practice is based on balancing yang and yin energies, moving from an active flow that builds warmth and circulation into slower, grounding postures that invite stillness and restoration. Come as you are!

13:45 – 14:15



STAND X6

Planting Seeds with Debbie Robbins All levels

A grounding Pilates matwork session designed to reconnect you with your body, your breath and the ground beneath you. Explore how awareness creates stability, how breath supports movement, and how developing a stronger connection to the body gives us greater confidence and freedom. The more grounded we are, the more freedom we have to move.

14:30 – 15:00



STAND J5

Traditional Yoga with Ravi Dixit All levels

A Hatha yoga class, as taught in India. Reconnect with yourself through the practice of asana, pranayama and mantra. This authentic yoga class by Ravi has a focus on improving flexibility and strength, connecting breath with movement to bring harmony to body and mind.

15:15 – 15:45



STAND P9

Glute Strength For Yogis with Yogalates London All levels

Squeezing your glutes? Popular cues aren't always the most effective. Experience firsthand how specific glute-strengthening exercises can be seamlessly woven into a yoga practice to support better posture, increase stability in balancing poses, and relieve common lower back and pelvic discomfort.

16:00 – 16:30



STAND J8

MyoYin: Lower Body Reset with Sue Yen Wan All levels

This class is a deep-release for the hips and lower back using MyoYin techniques, yoga blocks, myofascial peanuts and balls. Expect long-held postures, targeted pressure, and breath-led awareness to dislodge dense tension and support long-term mobility and vitality. **Please note: Limited props are available.**

16:45 – 17:15



Dynamic Mandala Flow with Nadeem Yogi Advanced & Intermediate

This challenging Mandala flow promises to be full of energy. Having fought cancer twice in the last 10 years, Nadeem has learned to focus his mind and body and turn negative vibes into positive thoughts. Come and join this dynamic session aimed at intermediate and advanced practitioners.



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FRIDAY 16TH OCTOBER



OM Yoga Open Class

All yoga classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis – please arrive at the yoga open class area 5–10 minutes prior to start time. **Please ensure you bring your own mat – yoga mats are not provided.**

12:15 – 12:45

All levels

Free class – bring your own mat

Kick-Start Your Weekend Cacao Ceremony with Gizelle Renee

This nourishing cacao ceremony is designed to awaken body, breath and spirit. Join a shared space of connection and intention, activate energy and invite clarity through conscious breathwork, gentle invigorating movement and mindful presence. You'll leave feeling uplifted, centred and ready to step into your day with joy, clarity and purpose.



STAND N16

13:00 – 13:30

All levels

Free class – bring your own mat

Strength from Within with Melissa Murtagh

Strength isn't about pushing harder – it's about moving with awareness, breathing with intention and trusting your body. In this uplifting Vinyasa Flow, we'll build heat through creative, breath-led sequences that develop strength, balance and mobility while encouraging a sense of calm focus. Come ready to move, breathe and challenge yourself. Leave feeling stronger, steadier and empowered from within.



STAND R6

13:45 – 14:15

All levels

Free class – bring your own mat

Teen Yoga For All with Charlotta Martinus

This fun all-levels class for young people and their families and friends features partner work, group postures and yoga to music! It is open to all, but young people are particularly welcome.



STAND E6

14:30 – 15:00

All levels

Free class – bring your own mat

Accessible and Inclusive Yoga with Nikki May

This inclusive and accessible yoga class creates a safe and supportive space for everyone, from stroke survivors to wheelchair users and those with varying abilities in between. Discover how yoga can help you enhance mobility, create more trust in your body, find mental clarity and give you somewhere to belong.



STAND K5

15:15 – 15:45

All levels

Free class – bring your own mat

Integrated Yoga to Energise the Chakras with Sneha Desai

Integrated Yoga is a holistic practice that combines asana (postures), pranayama (breathwork), mindful movement, meditation, and relaxation to create harmony between the body, mind, and spirit. Through conscious movement and breath, Integrated Yoga helps release physical tension and promotes the smooth flow of prana (life force energy) throughout the body.

16:00 – 16:30

All levels

Free class – bring your own mat

Movement to Stillness with Shona Langridge

This gentle flow energises the body with a restorative yin practice to calm the mind. Combining yin yoga, Tibetan sound healing and guided breathing creates a powerhouse of relaxation, along with guided meditation that leaves people feeling refreshed, relaxed and serene, and promotes a sense of wellness and hope. Just what we all need!



STAND D1



STAND A8

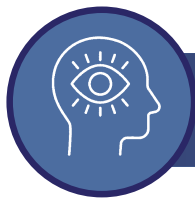
16:45 – 17:15

All levels

Free class – bring your own mat

Relax and Recharge with Anush Ganesh

This gentle yoga class includes a short pranayama session and classical hatha yoga postures with emphasis on breath and relaxation. Mindful effort in postures paves the way to profound release and deep relaxation afterwards. The process of rest and repair is felt in every cell and the body and mind are brought to a state of complete stillness.



FRIDAY 16TH OCTOBER

Lecture Area

Located in the Great Hall. All lectures are FREE to attend. Admission is on a first come, first served basis. Please arrive at the area 5–10 minutes prior to start time.

12:00 – 12:30

Hara & Gut Wisdom: Unlock Your Core Healing Ability with Janie Larmour

Most of us have too much energy in our upper body and not enough where it should be: the deep core – our hara/belly/gut. Learn simple techniques to pull your energy down to your deepest self and align with your truth, helping to eliminate anxiety, back pain, digestive issues and more.



STAND P5

12:45 – 13:15

More Than a Class: How to Build Deeper Connections with Clients with Victoria Mudie

Ready to offer more than just a great class? To deepen your relationship and offer more for your clients? Health coaching turns casual 'after-class' advice into a professional service. Level up your skills, give your clients the one-on-one support they need, and grow your business with a more personal touch.



STAND Q9

13:30 – 14:00

Why Toddler Yoga Is the Fastest-Growing Gap in Your Timetable with Heather Deaville

Toddler yoga is one of the fastest-growing but least understood areas of children's movement teaching. Many qualified yoga teachers have never considered it, despite already having the skills to do it well. This talk offers a clear, practical starting point for anyone curious about bringing movement, play and connection to the earliest years of a child's development.



STAND P7

14:15 – 14:45

An Introduction to Himalayan Singing Bowls with David Mitchell

David from Avaja introduces Himalayan Singing Bowls, talking about their origins, how they are made, the different types and demonstrating how to play a Bowl. He will also be discussing Chakras, frequencies and their use in relaxation.



STAND T2

15:00 – 15:30

Posture & Presence: Embodiment in Practice with Loulou James

What if posture isn't something we do to the body, but a dynamic expression of how we navigate life? Explore what your posture may reveal about how you're reacting, and discover how embodied awareness can become a pathway back to presence – finding greater centre, balance and inner steadiness from within.



STAND T3

15:45 – 16:15

From Surviving to Thriving: A Roadmap to Lasting Vitality with Lu Law

Join author Lu Law for an insightful session exploring the transformative shift from the pressures of modern living to a state of sustainable vitality. Seeking a deeper approach than the surface-level trends often found in the health industry, Lu has dedicated twenty years to researching the profound connection between mind, body, and the spirit to create.

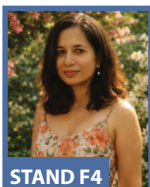


STAND D5

16:30 – 17:00

Gut-Brain Reset: Shape Your Future & Future Generation with Reetu Muneem

Your wellbeing starts in your gut. Science now confirms what Ayurveda knew for centuries – your gut is your second brain. Learn to restore your gut-brain connection and transform your mood, immunity, energy and generations to come. Leave with small, easy steps that make a big difference for you and your family.



STAND F4

17:15 – 17:45

Tea Rituals for Modern Wellbeing with Anncini Pius

Step into the secret world of Sri Lankan botanical teas and uncover the stories, traditions and rituals behind some of nature's most fascinating infusions. From colour-changing flowers to exotic wellness botanicals, discover how tea has been enjoyed for generations and how a simple cup can become a mindful daily ritual.



STAND N4

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INSPIRED LIFE.

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FOR CLARITY, CONFIDENCE & CALM.



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STRESS SUPPORT



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FRIDAY 16TH OCTOBER

WISDOM LECTURE STAGE

Located in the main hall. Please arrive 5–10 minutes prior to the start time. These talks are all FREE to attend and are available on a first come, first served basis.

12.00–12.30 Psychic Destiny with Eleanor Grace

Join Eleanor Grace on stage and take a peek into the Crystal Ball to find insights about your life and your future! Throughout her distinguished career, Eleanor has captivated global audiences by bridging the gap between the physical and spiritual worlds, offering profound accuracy and compassionate guidance to high-profile clients, celebrities, and everyday individuals alike. **STAND 12**



LIFE ALIGNMENT
A SYSTEM OF HEALING AND TRANSFORMATION

FREE

12.45–13.15 The Invisible Architecture of Your Life with Behnaz Kanani

What if what shapes your life isn't always visible? Beneath our thoughts, emotions, choices and reactions may lie patterns and experiences we are not consciously aware of – yet they can influence how we experience ourselves, others and the world around us. You don't need to have a problem to look beneath the surface. Perhaps there is simply more of yourself to discover. **STAND 2**

13.30–14.00 Wellness Travel to Understand Illness Root Cause and Kickstart Lifestyle Change with Amisha Patel

Can a holiday be more than a break and more of a prescription? Amisha Patel, Founder of Tailored Retreats and student of Ayurveda, explores how specialised wellness travel through the prana-rich landscapes helps clients uncover the true root cause of their health challenges, and why stepping away from energy-depleting daily patterns, to habitats which nourish us, is a powerful first step to real, lasting change. **STAND 37**



FREE

14.15–14.45 Time to Rise! with Her Khaani

Discover how to govern your inner world of thoughts and emotions in the face of adversity, injustices, and change, using the creative fire that burns within you – not as anger or resistance, but as courageous love in action. Leave not only inspired, but embodied into your most confident, brave, and soul-aligned self. **STAND 73**



15.00–15.30 A Pathway to Inner Clarity with **Simone Pentel**

Awaken your inner being to a living connection with the Sacred. Spirit Encounter cards, meditations, and guided practices invite you to slow down, settle into the present moment, and reconnect with yourself. This session offers practical suggestions for using Spirit Encounter decks as tools to cultivate clarity, alignment, and spiritual attunement. **STAND 49**


FREE

FREE

15.45–16.15 Heal Your Shadows with **Feras Hasan**

Explore the subconscious shadow: the hidden emotional pain, suppressed emotions, traumatic experiences, fears and beliefs that can continue influencing our thoughts, behaviour, relationships and choices without us realising it. Learn how shadows can be formed, how to recognise when a shadow may be influencing your life, and why understanding a problem consciously isn't always enough to change it. **STAND 43**

16.30–17.00 Utilising Light for Wellness with **Gen Brightlight**

Discover the Power of the LifeWave patches using Light Experience, a revolutionary approach that's natural, non-invasive, and in tune with your body's innate intelligence. LifeWave patches use light and your body's own frequencies to gently stimulate its natural ability to respond and repair. Whether you are seeking better sleep, more energy, faster recovery, improved resilience, greater endurance, enhanced emotional balance, or overall wellbeing, the patches offer a powerful approach that works in harmony with your body. **STAND 68**


FREE

FREE

17.15–17.45 Finding Stillness in a Busy World with **Albert Chung**

In many spiritual traditions, the number 66 is a sacred amplifier of harmony and compassion. This guided meditation is designed for 66 souls to sit together, breathe together, and heal together. Let the world wait outside for just a little while. You deserve this moment of peace. Together, we may just create a ripple that changes everything. **STAND 44**



FRIDAY 16TH OCTOBER

MEINL SONIC ENERGY EXPERIENCE ZONE

Located in the main hall. Please arrive 5–10 minutes prior to the start time. These sessions are free to attend and are available on a first come, first served basis. Please bring your own mat if required – they will not be provided.

12.00–12.30 Dance to Awaken – An Embodied Dancing Meditation with Vayia Nafees

An embodied dancing meditation inviting you out of the mind and into the body. Through guided movement, music and conscious dance, we'll explore what it means to soften, surrender and embody the flow — releasing what's ready to move and reconnecting with your natural aliveness, freedom and inner wisdom.



FREE

12.45–13.15 Journey to Your Akashic Records with Chris Barton

Take a deeply relaxing guided journey into your Akashic Records, a sacred space of wisdom, insight and possibility. You'll be invited to explore, receive guidance and discover whatever insight, message or experience may be waiting for you. Simply come with an open mind, relax and allow your journey to unfold.



FREE

13.30–14.00 Immersive Sound Bath with Meinl Sonic Energy

Join Meinl Sonic Energy brand ambassadors Lauren Raby and Woodie Wulin for an immersive sound bath using a carefully curated selection of Meinl Sonic Energy instruments. Through resonant tones and soothing vibrations, this restorative experience offers an opportunity to pause, unwind, and reconnect. Step away from the energy of the festival, settle into stillness, and allow this guided sound journey to support deep relaxation, restoration, and renewal. Following the session, you're warmly invited to visit the Meinl Sonic Energy stand – stand number 90 – where you can discover the instruments up close, meet Lauren and Woodie, ask questions and gain deeper insights into their practice, experience and approaches in the world of sound healing. **STAND 90**



FREE





FREE

14.15–14.45 Cosmic Fusion Bellydance: Fundamentals with Agni Trishula

Discover the fundamentals of Fusion Bellydance, focusing on the most popular moves of the hips, chest, and arms. You will have a chance to stretch your body the "dancer's way", activate energy flow and dive a little deeper into your softness. Experience how Fusion Bellydance promotes a mystical feeling of connection with the Universe.



FREE

15.00–15.30 Chakra Dancing with Lizzie

Let's dance! Spontaneous free form movement that energises and balances the body. You'll be guided through the 7 chakras from the root to the crown with music that corresponds to each fascinating energy centre, stimulating your natural energy flow. **STAND 1**



FREE

15.45–16.15 Voice Activation with Jack DiPPY of DiPPYBaMba

Embark on a journey from silence through breath toward sound and beyond. Powerfully conjure the gifts of vibration to experience the magic of life in togetherness. Expanding a beautiful spectrum of silliness and sacredness, on a pursuit of liberation and sensation!

16.30–17.00 Drum Healing Meditation with Melonie Syrett

Lay or sit, close your eyes and let Melonie's drum beats, words and sounds take you on a journey. Start with grounding and opening, then tune in and let Melonie lead you into some divine depths! Bring a mat, blanket and pillow if you can. **STAND 80**



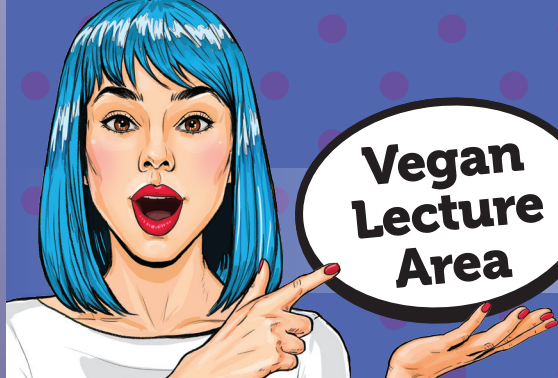
FREE



FREE

17.15–17.45 Qigong Mindful Movement with Elizabeth Whiter

Elizabeth invites you to join her in a series of gentle coordinated body, posture and movement connected to breathwork and meditation suitable for all levels of ability. Focusing on the 5 Element Qigong practice and the beautiful seasons that make up our calendar year. **STAND 1**



FRIDAY 16TH OCTOBER

Located in the West Hall. Please arrive 5–10 minutes prior to the start time. These are **FREE** talks and are available on a first come, first served basis.



Mould Exposure and the Overloaded Body with Mays Ali

Join Mays a graduate of the College of Naturopathic Medicine (CNM) and practicing Nutritional Therapist for a clear, practical overview of mould exposure and its potential effects on health, including fatigue, brain fog, digestive disturbance and immune imbalance. This informative session focuses on how naturopathic principles can be used to support detoxification and restore balance. **STAND Q9**

12.00–12.45



13.00–13.45



The Science Behind Low-FODMAPs and Digestion with Heather Mills

Heather's own personal experience with gut health reflects a widespread problem, with many adults suffering weekly reflux unresolved by standard medications. This talk explores how a low-FODMAP protocol addresses chronic gut health distress and supports long-term gut health. Learn how you can reduce digestive discomfort while sustaining a plant-based diet. **STAND V78**

Discover Where Vegan Natural Cooking Could Take You with Beth English Myers

Join Beth to discover CNM's Vegan Natural Chef qualification and explore where your passion for plant-based food could take you. Hear inspiring graduate stories, discover the skills you'll learn and get a taste of the course with delicious recipes, including vegan passionflower yolk eggs and spicy cauliflower wings. **STAND Q9**

14.00–14.45



It's Never Too Late: The Health Plan Every Woman in Midlife Can Afford with **Vegan Susy**

In this talk, Susy Kern, founder of Lean Plant Based, shares how a whole-food, plant-based approach helped her lose weight sustainably, ease long-standing gut issues, and move through menopause with minimal symptoms – no HRT required. This isn't another diet talk. It's the health plan that costs nothing but attention – and it's never too late to start. **STAND V82**

15.00–15.45



16.00–16.45



The Aftercare Gap with **Ngoni Diana Johns**

You can't build a better world while quietly breaking within it. Explore 'The Aftercare Gap' and learn why purpose-driven people burn out and what actually sustains you. Discover gentle, practical frameworks to protect your energy, honour your limits, and sustain a life of purpose. **STAND V69**

Storytelling and Creativity as Vegan Activism with **Martin Treanor**

Can stories change the normalisation of animals as food and tools? Can creativity inspire people to rethink what they eat, value, and how they live? This talk explores how storytelling, imagination, and creative expression can become powerful methods for vegan activism. Discover how creative approaches can challenge assumptions, spark empathy, and inspire meaningful change. **STAND V61**

17.00–17.45



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SATURDAY 17TH OCTOBER

Palace Suite Workshops

Workshops cater for a range of abilities – please check the listing for the class level. Tickets for workshops can be purchased online in advance at omyogashow.com or by scanning the QR code at the entrance to the Palace Suite on the day (subject to availability). Please note all tickets are on a first come, first served basis and are non-refundable.

Please ensure you bring your own mat – yoga mats are not provided.

11:00am – 12:15pm

All levels

To book visit omyogashow.com

£15 Full Power Cacao Ceremony with Liam Browne

Step into the magical world of transformation and experience one of Liam Browne's renowned Full Power Cacao Ceremonies in a more intimate setting. Guided by the gentle spirit of Lady Cacao, you'll be invited to release fear, transmute stagnant energy, dissolve limiting beliefs and reconnect with the love, peace and infinite potential that already exists within you. Come with an open heart and leave feeling lighter, clearer, more connected and ready to step into your Full Power.



STAND K4

12:30pm – 2:00pm

All levels

To book visit omyogashow.com



£20 Hard Poses Made Easy with Tara Stiles

Handstands. Forearm stands. Crow. Arm balances. Strength-building poses. These poses and movements can seem intimidating, but they're not about forcing your way through difficulty. In this workshop, we'll explore the foundations that make balancing and strength-building poses feel lighter, steadier, and more possible. Rather than relying on force or tension, we'll learn how to move with better coordination, connection, and efficiency. Hard poses aren't about working harder. They're about discovering a more efficient way to move.

*Don't forget to bring
your own yoga mat*



2:15pm – 3:45pm

All levels

To book visit omyogashow.com

£15 Refining our Vinyasa Practice & Asking 'Why?' with Adam Husler

You may have gone to hundreds of vinyasa classes, but in these 75-minute affairs, slotted precariously into high energy weeks, you move from asana to asana without having time to truly explore the pose, understand the pose, take it deeper or acknowledge the sensations of the body. This workshop offers the opportunity to become more engaged, attentive, integrated and focused in your asanas, and explore the alignment, anatomy and intention of common postures, potentially feeling them in entirely new places. Your downward dog might never be the same!



4:00pm – 5:30pm

All levels

To book visit omyogashow.com



£15 An Introduction to Crystal Bowl Sound Healing with Holly Husler

Do you feel drawn to sound healing, crystal singing bowls, or energy work, but aren't sure where to begin? This workshop is a welcoming first step for those who are curious about sound, spirituality, and the possibility of becoming a sound healer. Whether this becomes the start of a new path or simply a beautiful experience for you, this workshop will help you feel calm, inspired and connected – with a deeper sense of whether sound healing is calling you. No experience needed – just curiosity and an open heart!



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SATURDAY 17TH OCTOBER



Sankalpa Open Class

All yoga open classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis. Please arrive at the yoga open class area 5–10 minutes prior to start time.

Please ensure you bring your own mat – yoga mats are not provided.



11:15 – 11:45

All levels

Free class – bring your own mat

Sunshine Yoga Flow with the Azulfit Teaching Team

Join our inspiring teachers for a fun and flowing yoga class to bring joy and sunshine into your day! Our warm and experienced teachers love sharing their passion and look forward to guiding and supporting you along your wellbeing journey.

12:00 – 12:30

All levels

Free class – bring your own mat

Rest & Receive – A Crystal Bowl Sound Journey with Holly Husler

Lie down, close your eyes and relax, while Holly Husler guides you into a state of deep rest, peace and harmony with her alchemy crystal bowls and soothing singing voice.



12:45 – 13:15

All levels

Free class – bring your own mat

Flow for Lymphatic Health & Vitality with Barbora Besta

In this accessible open class, we'll use a targeted sequence of rhythmic movement, gentle twists, and strategic inversions designed to stimulate lymph flow, reduce inflammation, and clear out stagnant energy. You will leave feeling lighter, deeply refreshed, and armed with simple techniques to support your body's natural defence system daily.

13:30 – 14:00

All levels

Free class – bring your own mat

Twist & Flow with Conny Erschen

A plot twist... Coffee with a twist... Twists do plenty of things, but first and foremost, they can help us change our perspective. This Slow Flow adds a little twist to our sun salutations, opening the spine and inviting us to meet the mat – and maybe one or two other things – from a new angle. Nothing forced. Just a change of view. Conny, founder of Sankalpa Travel, found yoga through rock climbing and never looked back. With 500+ hours of training across Vinyasa, Yin, Hatha, and Ashtanga – including transformative months in India, Bhutan, and Nepal – she teaches with depth, warmth, and keeps it real. **STAND 52**



14:15 – 14:45

All levels

Free class – bring your own mat

Partner Yoga: Move in Harmony with Karina Blackstone & Marci Catala

Experience yoga in a whole new way through movement, connection, and play. Karina Blackstone and Marci Catala will guide you through fun and accessible partner poses that cultivate trust, communication, balance, and teamwork. This uplifting class is a chance to laugh, connect, and discover what's possible when you move together. **STAND J1**



15:00 – 15:30

Inter/Adv

Free class – bring your own mat

What's My Purpose? with Katy Appleton

A power-packed 30-minute flow that offers time for insight, attunement and upliftment. Expect to walk away with a spring in your step! **STAND N6**



15:45 – 16:15

All levels

Free class – bring your own mat

FREE YOUR VOICE: A Meditation Experience with Maude Hirst

We live in a world of noise. And in all that noise, the one voice that gets quieter and quieter is your own. This meditation experience is designed to help you shut out the external noise and come home to your own voice, the one you lead from, teach from, and live from.



16:30 – 17:00

All levels

Free class – bring your own mat

As Within, So Without with Fredereka

Join Freddy for a heart-centred Daoist yoga practice that guides you to reconnect with your innate wisdom, so that greater self-trust, vitality, and abundance become available to you. After all, when the heart overflows, the world around us begins to feel more abundant too. **STAND N14**



17:15 – 17:45

All levels

Free class – bring your own mat

Beyond the Pose with Nikkii Behrens

Nikkii is passionate about creating spaces where people can reconnect with themselves through movement, breath, and presence. Her classes blend mindful flow with moments of stillness, encouraging students to explore their practice with curiosity rather than perfection. Nikkii believes yoga is about feeling at home in your body and carrying that sense of balance beyond the mat. **STAND Q14**



SATURDAY 17TH OCTOBER



Mai Chai Open Class

All yoga open classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis. Please arrive at the yoga open class area 5–10 minutes prior to start time.

Please ensure you bring your own mat – yoga mats are not provided.



11:00 – 11:30

All levels

Free class – bring your own mat

Functional Yoga Legs with Adam Husler

If yoga is a practice of balance, then, physically, flexibility is only half the conversation. Strength and control are often the missing pieces. This short practice explores what it means to actually own your lower body flexibility. Expect unique movements, balance challenges, mobility work and the chance to feel common poses in an entirely new way.



11:45 – 12:15

All levels

Free class – bring your own mat

Introduction to Animal Flow with Tessa Helm

Animal Flow is a ground-based movement practice that builds full-body strength, mobility and coordination. Inspired by animals, it works the whole body as one connected system through fluid sequences. This 30-minute introduction covers the foundation switches and transitions, a dynamic complement to yoga. No shoes, no mats, no previous experience necessary. **STAND Q2**



12:30 – 13:00

All levels

Free class – bring your own mat

From Overwhelm to Ease in 30 minutes with Judy Hirsh Sampath

When we feel the charge of overload, there are many simple practices to interrupt overwhelm and find ease. We begin with noticing why we are reacting in a certain way and then use movement, breath and the senses to move it through us and away.



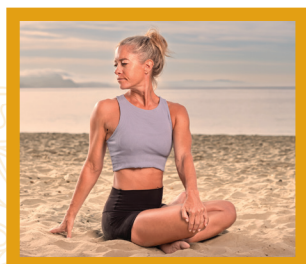
13:15 – 13:45

All levels

Free class – bring your own mat

Life in Motion – Move with the Rhythm of Life with Pip Scammell

Inspired by years of practicing and teaching beside the sea, Life in Motion brings the fluidity, energy and ever-changing nature of the ocean to the mat. Flow with the breath through a creative blend of strength, mobility and balance during this uplifting celebration of the freedom, joy and possibility of movement.



14:00 – 14:30

All levels

Free class – bring your own mat

FEMBODIED: Reclaim Your Body's Rhythm with Christina Gill

This gentle yet powerful movement journey is a deeply supportive, cyclical approach to self-healing and wellness for women – rooted in listening to your body and responding to its changing needs. Regulate your nervous system and tap into your innate body wisdom, no matter your age or stage in life. **STAND K2**



14:45 – 15:15

Inter/Adv

Free class – bring your own mat

The Art of Arm Balancing with Adam Duke

Bring your curiosity and your questions as we explore the art of arm balancing and inversions. With years of experience coaching recreational gymnastics and as the lead asana teacher at an ashram in South India, Adam brings a playful energy into the mechanics and energetics of balancing on our hands and arms. **STAND A5 & P6**



15:30 – 16:00

All levels

Free class – bring your own mat

Hatha Gentle for Mature Bodies with Amenda Davis

Mature bodies often have their own stories, and a little extra time spent opening up can feel wonderfully nourishing. In this Hatha Gentle taster session, we'll take time just for you – moving through seated asana to release tension and calm the mind. We'll close with a short Yoga Nidra guided meditation for deep, blissful relaxation. **STAND R7**



16:15 – 16:45

All levels

Free class – bring your own mat

Align & Flow with Brigita Paskeviciute

This Mat Pilates class combines controlled movement, core strength, mobility and flexibility in a supportive environment. Expect mindful movement, improved posture, increased strength and a full-body workout that leaves you feeling stronger, longer and more energised. Move with intention, build strength and leave feeling refreshed. **STAND X8**



17:00 – 17:30

All levels

Free class – bring your own mat

Oasis of Love – A Journey into the Heart of Sound with Anne Malone

Immerse your heart into the blissful oasis of sound, a space to relax and rewire. Relax and bathe in the exquisite healing sounds of shamanic drum, rainstick, Himalayan singing bowls, hang drum, vocal tones and mantra, releasing stress and blockages, gently 'retuning' and balancing you back into harmony. The only side effect is happiness and harmony!



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SATURDAY 17TH OCTOBER

Lotus Open Class

All yoga classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis – please arrive at the yoga open class area 5–10 minutes prior to start time. Please ensure you bring your own mat – yoga mats are not provided.



11:15 – 11:45



STAND F3

Inner Tides: Exploring the Rhythms Within with Sophie Legal All levels

This all-levels Hatha practice explores the natural ebb and flow of movement, breath and energy within the body. Rather than forcing a particular pace or outcome, this practice invites you to notice your own rhythm and move with it. Inspired by the rhythm of the ocean: always moving, always changing, always finding its own rhythm.

12:00 – 12:30



STAND E2

Rosen Method Movement – Moving from the Heart with Ease and Joy with Marzena Hunter All levels

Rosen Method Movement is beneficial to those of all ages and abilities. It involves performing a range of motions and gentle stretches to music, which are designed to release the muscles around joints, improving mobility, balance and flexibility. Join us for a session of free and joyful movement!

12:45 – 13:15



STAND D6

Flow With Your Heart with Emy Mendoza All levels

This Vinyasa Yoga flow is an invitation to deeply connect with your heart and flow with it. Get ready to open your heart, move your body, connect with people and chant affirmations. This is an inclusive class for all – everybody is welcome.

13:30 – 14:00



STAND D6

Love Your Hips with Vanessa Cairns All levels

Take an around-the-world tour of the hips in this vinyasa flow class designed to release tension and improve mobility in your hips, helping lower back pain and emotional release. Find your own depth and comfort within the practice through difficult hip openers and leave feeling calm, relaxed and connected.

14:15 – 14:45



STAND Q11

Awaken the Healer Within with Chloe Ward All levels

Soften into stillness through a soul-nourishing meditation, peeling back the layers of emotion, expectation and attachment, to return to the truth of who you are. Journey through the seven major chakras, learn how to feel, heal, and connect to each one, and awaken the healer that has always lived within.

15:00 – 15:30



STAND Q13

Yoga for Stress Relief with Sophie Sarin (Zenzimat) All levels

Unwind, reset, and release the weight of your day in this soothing session designed to melt away tension and quiet a busy mind. This accessible class offers a peaceful sanctuary to ground yourself, reconnect with your body, and leave feeling lighter, recharged, and deeply centred.

15:45 – 16:15



STAND Q10

Intuitive Movement with Lisa Shrubbs All levels

Lisa Shrubbs leads this intuitive movement class helping you to reconnect with your body, slow down, and move in a way that feels natural and freeing.

16:30 – 17:00



STAND H14

Yoga Fusion with Patricia Gavin All levels

Yoga Fusion blends pranayama breathwork with floor postures to open the hips and strengthen your arms and back through standing postures with light weights. Also featuring a spine strengthening series on the mat and a final savasana to close.

SATURDAY 17TH OCTOBER

Warrior Open Class

All yoga open classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis – please arrive at the yoga open class area 5–10 minutes prior to start time. **Please ensure you bring your own mat – yoga mats are not provided.**



11:00 – 11:30



STAND X3

Balance Within the Bind with Kelly Harris All levels

What if balance wasn't about standing still, but about learning to stay present through challenge? In this dynamic Hatha Flow, we'll explore the balance between strength and softness, effort and ease, breath and movement. Rather than striving for perfection, discover the strength that comes from moving with honesty, awareness and intention.

11:45 – 12:15



STAND P5

Psoas Reset: Anxiety + Back Pain Relief with Janie Larmour All levels

Experience how easily you can release your Psoas using Yin + Yang techniques to relieve back pain, improve posture and restore hormone balance. Learn how the Psoas is linked to anxiety, adrenals and reproduction and take home techniques you can use daily. Finish feeling lighter, taller and calmer.

12:30 – 13:00



STAND J5

Traditional Yoga with Ravi Dixit All levels

A Hatha Yoga class, as taught in India. Reconnect with yourself through the practice of asana, pranayama and mantra. This authentic Yoga class by Ravi has a focus on improving flexibility and strength, connecting breath with movement to bring harmony to body and mind.

13:15 – 13:45



STAND E5

Galactic Gong Temple Initiation with Gong Temple All levels

Unite with sacred sound pioneers Kwali Kumara and Joanna Bilik for an interstellar Gong Temple Galactic Gong Ceremony. Indulge in the therapeutic frequency of the Temple Gongs and experience profound vibrational elevation, a powerful portal for transformation.

14:00 – 14:30



STAND N16

A Cacao Ceremony to Roar & Rise with Gizelle Renee All levels

An invigorating cacao ceremony designed to awaken your inner fire and help you reclaim your energy. This is a space to roar, rise and reconnect with your power, leaving you energised, grounded and fully alive in your body, ready to meet the rest of your day with confidence and clarity.

14:45 – 15:15



Laughter Yoga for Real Life with HaHaHannah All levels

Sometimes life isn't all 'HaHaHeeHee' – but it can be! Pop your scepticism aside and come along to this accessible, non-Asana breath work and laughter workshop to find out how to put some joy into the mundane.

15:30 – 16:00



STAND P9

Yoga & Pilates Fusion with Yogalates London All levels

Experience Yogalates; an energising, award-winning blend of core-stabilising Pilates techniques and regenerative yogic practices. Rooted in current research on functional movement, back care and therapeutic exercise and designed to build strength, stamina and flexibility while supporting nervous system regulation, Yogalates offers a balanced, whole-body approach to movement and wellbeing.

16:15 – 16:45



STAND J8

Bareface Yoga and the 6 Lymph Nodes with Sue Yen Wan All levels

A targeted Bareface Yoga session teaching six essential lymphatic drainage points to stimulate circulation and clear stagnation. Designed to support upper body symptoms including puffiness, sinus pressure, headaches, and brain fog, while enhancing skin vitality and natural glow.

17:00 – 17:30



STAND X6

Finding Your Wings with Debbie Robbins All levels

Inspired by Aerial Pilates, this uplifting session explores the relationship between strength and freedom. Using breath-led movement, mobility and connecting sequences, we'll create space within the body, awaken areas that may feel restricted and discover the strength already available within us. Find your wings, and develop the mobility, awareness and confidence to move beyond familiar patterns.



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SATURDAY 17TH OCTOBER

OM Yoga Open Class

All yoga classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis – please arrive at the yoga open class area 5–10 minutes prior to start time. **Please ensure you bring your own mat – yoga mats are not provided.**

11:15 – 11:45

All levels

Free class – bring your own mat

From Touch to Movement: Infant Massage & Baby Yoga with Jumoye Knee

The relationship between parent and baby is built through touch and movement long before language appears. Through demonstration and guided partner exercises, paediatric doctor and yoga teacher Juju introduces simple infant massage strokes and baby yoga movements that can support digestion, sleep, sensory development, emotional regulation and parent–baby connection.



STAND B2



STAND R6

12:00 – 12:30

All levels

Free class – bring your own mat

Power Flow with Melissa Murtagh

Move, breathe and turn up the energy in this uplifting, dynamic Vinyasa Flow. Expect an energising, playful practice where breath leads the way and there's no pressure to achieve the "perfect" pose. Come ready to move, perhaps wobble, definitely breathe — and leave feeling stronger, energised and alive.

12:45 – 13:15

All levels

Free class – bring your own mat

The Wings of Love with Jed Fox

Explore the yoga philosophy of Abyhasa and Vairagya, the two wings of the practice, steady continuous effort and the letting go and loosening our grip on the outcomes. Work on what lifts the body and find the gravity point that allows you to fly; physically, mentally, emotionally and spiritually, and cultivate the courage to let go in a final Sivasana.



STAND T3

13:30 – 14:00

All levels

Free class – bring your own mat

Yoga from the Inside Out: Finding Your Centre with Loulou James

What changes when we stop trying to make the body fit the pose and begin experiencing yoga from within? Through breath, imagery and embodied awareness, explore alignment and presence while discovering your relationship with the ground, pelvis and spine – and a sense of centre from which movement can naturally unfold.

14:15 – 14:45

All levels

Free class – bring your own mat

Mini Movers: The Magic of Toddler Yoga with Heather Deaville

Discover the magic of toddler yoga! Expect movement, storytelling, games and creative ideas that you can take straight into your own classes, nurseries or family sessions. Learn why toddler yoga is so much more than just yoga — it's a powerful way to nurture little bodies, big emotions and lifelong wellbeing.



STAND P7



STAND K5

15:00 – 15:30

All levels

Free class – bring your own mat

Yin & Integrated Yoga with Sneha Desai

This holistic practice unites the stillness of Yin Yoga with functional, integrated movement to enhance flexibility, posture, breath, and overall well-being. Slow down, reconnect with yourself, embrace stillness, and experience the transformative power of yoga in everyday life.

15:45 – 16:15

All levels

Free class – bring your own mat

Movement to Stillness with Shona Langridge

This gentle flow energises the body with a restorative yin practice to calm the mind. Combining yin yoga, Tibetan sound healing and guided breathing with meditation creates a powerhouse of relaxation and guided meditation that leaves people feeling refreshed, relaxed and serene, and promotes a sense of wellness and hope. Just what we all need!



STAND D1



STAND G1

16:30 – 17:00

All levels

Free class – bring your own mat

Sri Chinmoy Meditation with Kokila & Garga Chamberlain

Sri Chinmoy Meditation is centred on the spiritual heart, or heart chakra. Sri Chinmoy described his path as the path of the heart, or the sunlit path. In this class we will discuss his approach, guide you through a heart-chakra meditation, and teach you a simple melodic peace mantra.

17:15 – 17:45

All levels

Free class – bring your own mat

Soil & Soul: The UK Premiere for ORIGIN's Global Livestream Broadcast with Katy Appleton & ORIGIN

Join Katy Appleton, UK Global Ambassador for ORIGIN, as we host the official UK premiere of ORIGIN's Global Livestream Broadcast. Through meditation, living prayer and sound, we will come together to ignite an intention fuelled by active hope within our hearts. It only needs to start with something small. Join this incredible synchronous moment, echoing across the globe as we unite to launch the Inaugural ORIGIN Global Gathering.



STAND N6



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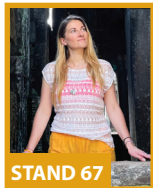


SATURDAY 17TH OCTOBER

Lecture Area

Located in the Great Hall. All lectures are FREE to attend. Admission is on a first come, first served basis. Please arrive at the area 5–10 minutes prior to start time.

11:00 – 11:30



STAND 67

Chiron: The Wisdom in Your Wounds with Martina Anguelova

Chiron is the part of the birth chart that marks the place where we were hurt earliest and most quietly. Begin your own Chiron journey and learn what it reveals about the texture of your healing story. You will leave knowing your Chiron sign, what it is asking of you, and one practice to work with it.

11:45 – 12:15



STAND K9

Phytobiophysics Energy Antidote with Diana Mossop

Introducing TELEDOTE®, a specially formulated blend of natural plant-based essences combined with advanced biophysics principles. This innovative solution neutralises harmful EMF radiation using quantum resonance and frequency harmonization to transform the potentially harmful energies into beneficial frequencies.

12:30 – 13:00



STAND B7

Menopause Whisperer with Dr Gowri Subramanian

Never before discussed – the energetics of menopause. International functional medicine expert, Dr Gowri uncovers the lies we've been told and breaks the cycle of fear and myth around HRT. Dr Gowri will demonstrate on one chosen volunteer the powerful yet simple techniques to help instantly with your symptoms.

13:15 – 13:45



STAND E6

The Politics of Presence: What Yoga Can Teach a Generation in Crisis with Charlotta Martinus

Anxiety, burnout, body image, digital addiction – young people are under siege. What if yoga isn't just self-care, but social care? Charlotta Martinus explores how presence, breath, and embodiment can become revolutionary acts.

14:00 – 14:30



STAND X10

Your Body Remembers: The Power of Awareness with Spiritual Tiik

How stress, unresolved emotions and habitual patterns may be reflected in the body. Practical tools will cultivate greater self-awareness, recognise the messages your body may be communicating and begin creating meaningful shifts that support a more balanced, authentic and intentional way of living.

14:45 – 15:15



STAND F4

The Science of Breath with Piyush Kumar

An inspiring talk exploring how conscious breathing influences the nervous system, stress, energy, mental clarity, performance, and long-term health. Uncover how something as simple as your breath can become a powerful tool for resilience, emotional balance, and human optimisation, transforming the way you feel, think, and live.

15:30 – 16:00



STAND F8

You Don't Fix Sleep At Night with Dr Vai Ravi

You can have the perfect bedtime routine and still lie awake. Sleep is built across the whole day, not the last twenty minutes of it. What is actually happening in your brain while you sleep is what Ayurveda understood about daily rhythm long before we could measure it, and the changes that make the biggest difference.

16:15 – 16:45



STAND D8

Hosting Wellness Retreats: Understanding Responsibilities, Reducing Risk & Building Trust with Toby Simmons

Hosting a retreat is about far more than finding a beautiful venue and filling the spaces. This interactive session explores the responsibilities that come with organising retreats, the common barriers that prevent hosts from growing, and the practical steps that can help build trust with guests while reducing unnecessary risk.

17:00 – 17:30



STAND C1

The Wild Hart Year: A Guided Journey Back to Yourself with Lauren McCourt

Navigating burnout, transition, or heavy seasons? Step into a nurturing, grounding space designed to help you quiet the noise and return to yourself. In this focused, restorative session, we'll step away from the festival rush to tend to what's heavy. Through powerful journaling prompts, you'll leave with a tangible anchor. You are welcome here just as you are.

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SATURDAY 17TH OCTOBER

WISDOM LECTURE STAGE

Located in the main hall. Please arrive 5–10 minutes prior to the start time. These talks are free to attend and are available on a first come, first served basis.

10.45–11.15 The Art of Being Magnetic with **Hannah Blackburn**

Discover how your nervous system influences your ability to receive love, success, visibility, abundance and pleasure. Learn to recognise the patterns that keep you playing small, so you can expand your capacity to feel safe having more. Come ready to reconnect with your body, release what's holding you back and experience the magnetic power of being fully yourself. **STAND 39**



FREE



FREE

11.30–12.00 Boost Your Holistic Wellbeing for Life Purpose with **Michael Chung**

Discover ways to boost your holistic wellbeing and achieve life purpose. Michael will share how HARMONYU Holistic Wellbeing Practice could raise your energy frequency and help you lead a fulfilling life. **STAND 15**

12.15–13.15 Animal Healing with **Elizabeth Whiter**

Demonstration of animal healing with a canine guest and how you can give healing to your animal companions at home. Sharing with you valuable tips on nutrition and holistic lifestyle changes, Elizabeth will also narrate a creative meditation to remain focused and grounded. **STAND 1**



FREE



FREE

13.30–14.00 Entering the Animal Spirit Kingdom with **Ejay SoulGuide**

This profound exploration of how animal energies mirror the hidden dimensions of the human soul is a compelling invitation to deepen one's spiritual awareness through the ancient intelligence of the animal kingdom. Discover how these spirit allies communicate through intuition, synchronicity, and behavioural patterns, helping you navigate life with greater purpose and inner balance. **STAND 31**

14.15–14.45 Stepping Into Your Power with **Crystal Johns**

This empowering session focuses on releasing self-limiting beliefs, such as 'I am not good enough'. It will help to clear what is holding you back, allowing you to reconnect with your inner power and step into your highest timeline, leaving you feeling empowered and restored.

Supported by Chia Yen Oh, Reiki Master. **STAND 52**



FREE

15.00–15.30 From Kaizen to Zen: Why Recovery is Your Greatest Performance Tool with **Diana Bereczki**

We live in a world that celebrates constant productivity, yet rarely teaches us how to recover. Inspired by the Japanese philosophies of Kaizen and Zen, this talk explores why sustainable performance begins with intentional pause. Discover how small shifts, mindful rituals, and the art of recovery can help you return to life with greater clarity, energy, balance and purpose. **STAND 78**



FREE

15.45–16.15 Welcoming A Conscious New Planet Earth with **Medini Nadarajah**

Planet Earth is currently being subjected to extensive destruction, and there are many mental and physical health issues preventing Humanity from living life in a joyful way, but there is a way out: Living consciously, becoming aware of the energy around you and its effect on you and others. **STAND 22**



FREE

16.30–17.00 Breathwork Through The Chakras And Inner Child Healing with **Joti Liddar**

Vedic Astrologer, Psychic, Healer, Writer and Breathwork teacher, Joti leads you on this chakra journey including breathwork, EFT and an inner child healing exercise. **STAND 61**



FREE

17.15–17.45 Boost Your Health & Vitality with **Virginia Rounds Griffiths**

Discover what your body is trying to tell you through medical intuition & body scanning, and how learning to listen to your body's signals can help you take a more proactive approach to your health, energy and wellbeing.

You'll leave with practical insights, renewed confidence and a fresh perspective on supporting your health from the inside out. **STAND 71**



FREE



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SATURDAY 17TH OCTOBER

MEINL SONIC ENERGY

EXPERIENCE ZONE

Located in the main hall. Please arrive 5–10 minutes prior to the start time. These sessions are free to attend and are available on a first come, first served basis. Please bring your own mat if required – they will not be provided.

11.00–11.30 Activate Your Chakras for Manifestation with Chris Barton

Take a guided journey through your seven main chakras, releasing stagnant energy, restoring balance and creating space for what you truly want to welcome into your life. Finish feeling grounded, aligned and open to the possibilities ahead, ready to take the next step towards creating a life that feels true to you.



FREE

11.45–12.15 Laughter Yoga for Connection with HaHaHannah

If you crave connection and pray for positivity then join us in this accessible, non-Asana breathwork and laughter workshop where we will be testing techniques for everyday joyful engagement.



FREE

12.30–13.00 Soul Alignment Ceremony with Vayia Nafees

This powerful Soul Alignment Ceremony is designed to help you reconnect with your inner wisdom and remember your soul's purpose and soul gifts in this lifetime. Let yourself guided beyond the noise of the mind to connect with your intuition and soul, explore your soul purpose and awaken the gifts already within you.



FREE

13.15–13.45 The Art of Traditional Chinese Medicine with Meinl Sonic Energy

Join Meinl Sonic Energy brand ambassadors Woodie Wulin and Lauren Raby for an immersive demonstration exploring and guiding you through the art of Traditional Chinese Medicine (TCM) through sound. See how our TCM range of instruments work and learn about these ancient traditions and therapeutic sounds can be used to support relaxation, balance and wellbeing. Following the session, you're warmly invited to visit the Meinl Sonic Energy stand where you can discover the instruments up close, meet Lauren and Woodie, ask questions and gain deeper insights into their practice, experience and approaches in the world of sound healing. **STAND 90**



FREE

14.00–14.30 Cosmic Fusion Bellydance: Infinity in Hips with Agni Trishula

This class focuses on hip movements typical for Fusion Bellydance. Explore different rhythms and combinations, focusing on expanding the movement range in the hips and strengthening our pelvic floor.

Experience the energy flow between hips and chest through the spirals and be amazed at snaky flexibility of your spine.



FREE



FREE

14.45–15.45 Ecstatic Dance Set with Cher Dance Alchemy

Experience a one-hour journey into Ecstasy. Ecstatic dance is a freeform, unchoreographed movement practice where participants dance freely to music without judgment, instruction, or steps to learn. Strictly no shoes, no phones and no words for this experience.

16.15–16.45 Chakra Dancing with Lizzie

Let's dance! Spontaneous free form movement that energises and balances the body. You'll be guided through the 7 chakras from the root to the crown with music that corresponds to each fascinating energy centre, stimulating your natural energy flow. **STAND 1**



FREE



FREE

17.00–17.45 Singing with Sisters with Melonie Syrett

Join Melonie as we come together as sisters to sing! This is truly a space that welcomes all voices. Melonie will lead a range of tunes that will bring us together, open our hearts and raise joy! No experience needed.. **STAND 80**



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Great Hall • SATURDAY





SATURDAY 17TH OCTOBER

Located in the West Hall. Please arrive 5–10 minutes prior to the start time. These are FREE talks and are available on a first come, first served basis.



Q&A with **Rahul Shah, Pharmacist and Homeopath**

11.00–11.45

AvaCare was founded when three passionate dads combined their expertise as pharmacists and nutritionists. Come along to this vegan nutrition overview and take part in an informative Q&A session with a qualified pharmacist and homeopath. **STAND V35**



12.00–12.45



The Listening Kitchen – How We Cook Matters As Much As What We Eat with

Morolayo Oladapo Fasan

Drawing on nutrigenomics and everyday kitchen practice, this fresh way of understanding how food speaks to the body explores how what we eat, how we cook, and the rhythm and environment around meals quietly shapes biological expression. Discover how small, repeated choices can support the body's natural capacity to respond – without optimisation or overwhelm. **STAND B2**

Why Some Vegetables Bloat You with Heather Mills

Following a 2013 Lyme disease diagnosis, Heather experienced severe gut health issues. Despite invasive testing and surgical recommendations, Heather sought the root cause – in her case, onion and garlic. This talk highlights the power of understanding why eliminating a typically 'healthy' vegetable from your diet could be the solution to restoring digestive health. **STAND V78**

13.00–13.45



Vegan, Nourished & Thriving with **Dr Britt Cordi, PhD**

What does science tell us about optimal vegan health? In this inspiring, science-led talk, Dr Britt Cordi, PhD, breaks down what the evidence really says about thriving on a plant-based lifestyle. Fresh wheatgrass smoothies will be available for all to try. **STAND V75**

14.00-14.45



15.00-15.45



Changing The World From Our Doorstep with **Tom Harris**

Discover how we can create a powerful mass movement by establishing strong local communities focused on action, impact, and inspiration. **STAND V76**

16.00-16.45



Why We Need to Love Pigeons with **Sue Joyce**

Why do we call pigeons pests? Susan Joyce asks us to look again, challenge prejudice and discover why we need to love pigeons. Learn about the intelligence, resilience and remarkable lives of pigeons in this meaningful talk. **STAND V56**

17.00-17.45



Healing From the Inside Out with **Karen Lee**

Autoimmune disease affects 1 in 10 people in the UK. Author Karen Lee shares how gut health and whole plant foods can influence immune function, helping support prevention and management of autoimmune disease.



SUNDAY 18TH OCTOBER

Palace Suite Workshops

Workshops cater for a range of abilities – please check the listing for the class level. Tickets for workshops can be purchased online in advance at omyogashow.com or by scanning the QR code at the entrance to the Palace Suite on the day (subject to availability). Please note all tickets are on a first come, first served basis and are non-refundable.

Please ensure you bring your own mat – yoga mats are not provided.

11:00am – 12:30pm

All levels

To book visit omyogashow.com

£15 Authentic Indian Yoga, Pranayama & Mantra with Ravi Dixit

What is yoga, and how can its teachings support us in our everyday lives? Since yoga has become mainstream in the West, more people are experiencing the benefits of this powerful practice. However, some principles of the original teachings often get lost in modern yoga. Ravi is passionate about bringing back the essence of yoga, making the principles and values of traditional yoga understandable and approachable for everyone. Join Ravi Dixit for a workshop exploring yoga through asana, alignment, pranayama and mantra, while staying true to the traditional roots of yoga in India.



12:45pm – 2:45pm

All levels

To book visit omyogashow.com

£20 Return to You: Dropping Stress and Tension with Tara Stiles

Underneath stress, busyness, and the pressure to be more, do more, and prove more, there is still you. Your unique, awesome self hasn't gone anywhere. In this workshop, we'll create space to soften, slow down, and reconnect with what matters most. Through restorative movement, relaxation, meditation, reflection, and focused practices, you'll learn how to release tension and return to a greater sense of ease, clarity, and connection. You don't need to become a better version of yourself – you need space to remember who you are.

3:00pm – 4:30pm

All levels

To book visit omyogashow.com

£15 The Connected Core with Hannah Barrett

Most of us were taught that core strength means crunches and a flat stomach. Real core strength is deeper and far more interesting: the way your breath, deep stabilising muscles and nervous system work together to make you feel steady, supported and strong. Explore the science of what the core actually is and how it works, then lead in to a creative flow that puts it all into your body. You'll wake up the muscles that really hold you up, connect breath to movement, and feel the difference between gripping your abs and moving from a truly connected centre.



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SUNDAY 18TH OCTOBER



Sankalpa Open Class

All yoga open classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis. Please arrive at the yoga open class area 5–10 minutes prior to start time.

Please ensure you bring your own mat – yoga mats are not provided.



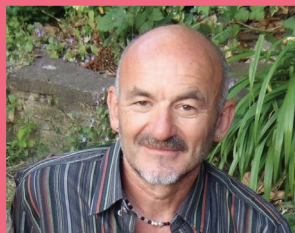
11:15 – 11:45

All levels

Free class – bring your own mat

The Art of Thai Yoga Massage with Daniel Gladwell

Discover the soothing touch and gentle stretches that make this ancient practice a true gift for body and soul. Let yourself be guided through a mini-retreat of relaxation and rejuvenation in this brief but blissful half-hour journey into the art of Thai Yoga massage. **STAND J17**



12:00 – 12:30

All levels

Free class – bring your own mat

Slow Flow & Sound Healing with Dipesh Munakarmi

Join Dipesh from Moon Karma for gentle, grounding, slow yoga followed by a sound healing experience with Himalayan bowls. This session aims to help you slow down, soften and reconnect with yourself. **STAND K3**



12:45 – 13:15

All levels

Free class – bring your own mat

Flow X Form with Nikkii Behrens

A full-body fusion of yoga flow and Pilates-inspired movement designed to build strength, mobility and control from head to toe. Expect fluid sequences, deep core work and intentional movement that challenges the body without losing the connection between breath and flow. Strong, energising and accessible, with plenty of that post-class feel-good factor. **STAND Q14**



13:30 – 14:00**All levels****Free class – bring your own mat**

Mandala Flow with Nicola Glenn

Move your body in all directions as you journey through 360 degrees on your mat. Mandala Flow is a joyous and uplifting practice offering unusual transitions and arm balances between poses. A lively and creative class designed to connect breath and movement and bring you deeply back to yourself. **STAND Q10**

**14:15 – 14:45****All levels****Free class – bring your own mat**

Hatha for Strength & Focus with Conny Erschen

Strength isn't only built in the big, dramatic shapes – it's built in the holding, the steadiness, the staying with it. This grounded Hatha practice slows things right down, holds a little longer, and lets focus do the quiet work. Come ready to meet a gentle challenge, and to feel the reward of it. Strong, steady, present. **STAND S2**

15:00 – 15:30**All levels****Free class – bring your own mat**

There Is No Place Like Home with Katy Appleton

This simple and effective flow is designed to move your energy away from the head and back into the Earth, helping you create a memory recall that can be taken off the mat and into the world when the winds of life are fully flowing! **STAND N6**

**15:45 – 16:15****All levels****Free class – bring your own mat**

Full Power Cacao Ceremony with Liam Browne

It looks like cacao – it feels like a lightning bolt. Liam Browne's Full Power Cacao Ceremony is a full-body activation for your heart, mind and mission. Energise your spirit and feel clearer, stronger, and more connected to your truth by discovering pure presence, authenticity and the power to shift everything. **STAND K4**

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SUNDAY 18TH OCTOBER



Mai Chai Open Class

All yoga open classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis. Please arrive at the yoga open class area 5–10 minutes prior to start time.

Please ensure you bring your own mat – yoga mats are not provided.



11:00 – 11:30

All levels

Free class – bring your own mat

Inner Sanctuary: A Nervous System Reset with Sophie Legal

In a weekend full of inspiration, conversation and sensory stimulation, this practice offers an opportunity to pause, breathe and gently reset. Rather than escaping the world around us, this is an invitation to turn your attention inward and reconnect with a sense of steadiness you can return to wherever life takes you. **STAND F3**



11:45 – 12:15

All levels

Free class – bring your own mat

Somatic Yoga for Nervous System Expansion with Dr Vanessa Michielon

Explore how patterns of stress and nervous system overload can shape our mood, energy, immunity and sense of wellbeing. Woven with an invitation to reconnect with the body's innate capacity for regulation and repair, this session combines yoga therapy for anxiety, grounding breathwork, gentle Somatic floorwork and guided rest to create space for release, restoration and sustainable resilience.



12:30 – 13:00

All levels

Free class – bring your own mat

Ecstatic Cacao Flow with Lenka Powell

A high-energy cacao and yoga experience designed to awaken the body, lift your state and reconnect you to pure aliveness. This dynamic flow uses rhythm, breath and music to build heat, open the heart and move stagnant energy. Ecstasy here isn't about pushing or performing, but about presence, sensation and letting yourself feel fully alive. **STAND A4**



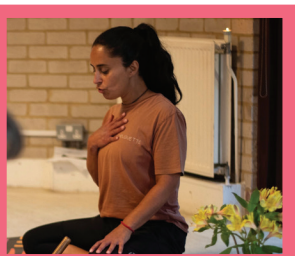
13:15 – 13:45

All levels

Free class – bring your own mat

Autumn Reset with Frida Macabi

This class supports collective 'letting go' through movement, breathwork and sacred sound as we align our energies with the season of autumn. Facilitate deep breathing, open up your lungs and release habitual patterns and emotions this autumn season, as we harmonise our energetic rhythms with the rhythms of the universe. **STAND H6**



14:00 – 14:30

All levels

Free class – bring your own mat

Soulbeat Yoga: Relaxing Gentle Flow with Tina Gill

A gentle, restorative yoga flow designed to create space in the body and mind. Through slow, mindful movement, deep stretches and conscious breath, we'll soften tension, open the body and quieten the mind. An opportunity to step away from the noise, reconnect with your own rhythm and come back to yourself. **STAND A10**



14:45 – 15:15

All levels

Free class – bring your own mat

Care For Your Mind, Body & Soul with Drashti Patel

This Hatha and Vinyasa yoga class blends mindful movement, breath awareness, strength, flexibility, and relaxation to create a balanced practice suitable for all levels. Build physical strength, improve mobility, reduce stress, and reconnect with mind and body in this welcoming class designed to leave you feeling energised, grounded, and refreshed. **STAND H8**



15:30 – 16:00

All levels

Free class – bring your own mat

A Twist a Day with Luci Trendle

Explore the rotational ability of your spine in this gentle vinyasa class where you will practice several twists, and discover, even when we focus on this central structure of our bodies, that a twist affects the entire body. **STAND U4**



16:15 – 16:45

All levels

Free class – bring your own mat

Oasis of Love – Soundbath and Mantra with Anne Malone

As you enter Anne's Oasis of Sound, prepare to leave behind the chaos of daily life and step into a space of peace, harmony, and transformation. In a world that often prioritises noise over silence, this unique experience offers an essential respite – a reminder that within each of us lies the capacity for peace, harmony, and transformation.



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SUNDAY 18TH OCTOBER

Lotus Open Class

All yoga classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis – please arrive at the yoga open class area 5–10 minutes prior to start time. Please ensure you bring your own mat – yoga mats are not provided.

11:00 – 11:30



STAND Q13

Yoga for Desk Workers: Unwind, Unplug & Reclaim Mobility with Sophie Sarin (Zenzimat) All levels

Unbind your body and clear your mind with a practice tailored specifically for desk workers. Move through targeted sequences designed to restore joint mobility, counteract posture strain, and relieve deep-seated physical tension. Combined with calming breathwork, this session offers a complete reset to soothe your nervous system, reduce mental stress, and leave you feeling lighter, focused, and refreshed.

11:45 – 12:15



STAND E2

Yoga with Rosen Touch with Francesca Stutely & Lisa Sprosen All levels

Francesca and Lisa combine a slow yoga class with the gentle Rosen Method Touch to work with the unconscious body and mind. The Rosen Bodywork is a form of sensitive touch which makes us aware of emotions hidden underneath physical tension. When the body is allowed to relax, it reveals its truth.

12:30 – 13:00



STAND X3

The Time Is Now with Rachel Tidman All levels

This fun and energising Vinyasa class is an invitation to slow down mentally while moving dynamically. Through creative sequences, uplifting transitions and breath-led movement, you will release expectations, embrace each moment as it arrives and reconnect with the only time we truly have: right now.

13:15 – 13:45

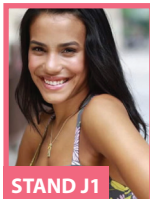


STAND X10

Tibetan Sound Bowl & Gong Meditation Circle with Spiritual Tiik All levels

This guided sound meditation is designed to help you slow down, relax and reconnect with yourself. Through gentle meditation guidance, the soothing resonance of handmade Tibetan singing bowls and the immersive vibrations of the gong, this nurturing session offers a welcoming space to pause, breathe and restore a sense of inner balance away from the demands of everyday life.

14:00 – 14:30



STAND J1

Yogalates with Marci Catala All levels

Experience the best of both worlds with Yogalates, a dynamic fusion of yoga and Pilates designed to build strength, improve flexibility, and enhance core stability. This energising class combines the mindful flow and balance of yoga with the precision and core-focused movements of Pilates, creating a full-body workout that leaves you feeling strong, centred, and refreshed.

14:45 – 15:15



STAND D6

Yin for Deep Relaxation with Vanessa Cairns All levels

Slow down, switch off and give yourself permission to simply be. This deeply relaxing Yin Yoga class is designed to soothe the body, quieten the mind and release built-up tension. Through gentle poses held for longer periods, we'll encourage the body to soften and the nervous system to settle. Perfect for anyone feeling stressed, overwhelmed or simply in need of some time for themselves.

15:30 – 16:00



STAND E6

Teen Yoga For All with Charlotta Martinus All levels

This fun all-levels class for young people and their families and friends features partner work, group postures and yoga to music! It is open to all, but young people are particularly welcome.

16:15 – 16:45



STAND H14

Sunset Relax and Unwind with Patricia Gavin All levels

This sequence of restorative postures is designed to help practitioners wind down after a long day. Longer holds and a focus on breathwork help the parasympathetic nervous system relax the body, lower cortisol and reduce stress. Enter the "rest and digest" state, and experience a deep relaxation which slows the heart rate and lowers blood pressure.

SUNDAY 18TH OCTOBER

Warrior Open Class

All yoga open classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis – please arrive at the yoga open class area 5–10 minutes prior to start time. **Please ensure you bring your own mat – yoga mats are not provided.**



11:15 – 11:45



Laughter Yoga for Real Life with HaHaHannah All levels

Sometimes life isn't all 'HaHaHeeHee' – but it can be! Pop your scepticism aside and come along to this accessible, non-Asana breath work and laughter workshop to find out how to put some joy into the mundane.

12:00 – 12:30



Core Connection with Yogalates London All levels

What is core stability, really? Is it as simple as "drawing the navel to the spine"? This class explores a more integrated approach to core support, revealing how breath plays a central role. Learn how to locate and activate your deep core muscles without unnecessary gripping or tension, creating greater efficiency in movement.

12:45 – 13:15



Galactic Gong Temple Initiation with Gong Temple All levels

Unite with sacred sound pioneers Kwali Kumara and Joanna Bilik for an interstellar Gong Temple Galactic Gong Ceremony. Indulge in the therapeutic frequency of the Temple Gongs and experience profound vibrational elevation, a powerful portal for transformation.

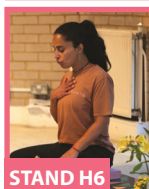
13:30 – 14:00



13.30–14.00 Flexibility for Tight Bodies with Janie Larmour All levels

Make fast improvements to the flexibility in your hip flexors, outer hips, buttocks, lower back, inner thighs, hamstrings, upper back/chest, shoulders and sides using the principles of YIN and YANG, pressure points, meridian work and Zen Ki Yoga. Perfect for tight bodies or anyone wanting to go further with their flexibility.

14:15 – 14:45



Sacred Practices for Well-Being with Frida Macabi All levels

Discover a sacred path to well-being during this Kundalini Therapeutics class supporting divine inner coherence using trauma-informed practices for self-empowerment, healing and transformation. Movement, breathwork, meditation, mantra and mudra to release emotional blocks and rewire the nervous system, fostering a healthy connection to one's self, others and the universe.

15:00 – 15:30



Freedom to Fly with Debbie Robbins All levels

This progressive Pilates flow is designed to explore expansion without losing connection. Through breath-led movement, balance, mobility and flowing transitions, we'll practice moving beyond our familiar range while maintaining awareness, control and trust in the body. Inspired by the experience of Aerial Pilates, this session explores supported movement, curiosity, possibility and freedom.

15:45 – 16:15



Own Your Flow with Donna Williams All levels

This is an all levels flow class for women who are ready to let go of the weight of other people's expectations and embrace being 1000% unapologetically themselves. Expect to have fun and feel fabulous!



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SUNDAY 18TH OCTOBER



OM Yoga Open Class

All yoga classes are FREE to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come, first served basis – please arrive at the yoga open class area 5–10 minutes prior to start time.

Please ensure you bring your own mat – yoga mats are not provided.

11:15 – 11:45

All levels

Free class – bring your own mat

Pregnancy Yoga with Sharon Osu

This gentle, nurturing pregnancy yoga class is an invitation to move with kindness, tune inwards, and find moments of ease. Designed to help you slow down, breathe deeply and connect with your changing body and your baby, you'll explore heart-opening postures and positions, and leave feeling more grounded and supported.

This class is suitable for 12+ weeks of pregnancy at the earliest.



STAND N5



STAND R6

12:00 – 12:30

All levels

Free class – bring your own mat

Slow Down & Let Go with Melissa Murtagh

Step away from the busyness and give yourself permission to slow down. This gentle, nurturing yoga practice combines mindful movement, soft stretches, breathwork and moments of stillness to help release tension and create space in both body and mind. No complicated poses and no need to be flexible – simply come as you are.

12:45 – 13:15

All levels

Free class – bring your own mat

The Sivananda Asana Sequence: Balance, Energy & Awareness with Swami Girijananda

Rooted in the classical Sivananda Yoga tradition, this class explores the traditional sequence of postures designed to harmonise the body, breath and mind. Through this balanced approach of effort and relaxation, the body releases tension and the mind moves towards stillness, allowing you to reconnect with a sense of inner peace, awareness and harmony.



STAND A8

13:30 – 14:00

All levels

Free class – bring your own mat

Harnessing the Power of Natural Breath with Loulou James

Every breath creates movement through the body, including the spine. What happens when we bring our awareness to this natural rhythm and begin to work with it? Slow down, tune in and explore your natural breath to discover the power of this primary relationship and the ease and presence that can emerge.



STAND T3



STAND P7

14:15 – 14:45

All levels

Free class – bring your own mat

Mini Movers: The Magic of Toddler Yoga with Heather Deaville

Discover the magic of toddler yoga! Expect movement, storytelling, games and creative ideas that you can take straight into your own classes, nurseries or family sessions. Learn why toddler yoga is so much more than just yoga – it's a powerful way to nurture little bodies, big emotions and lifelong wellbeing.

15:00 – 15:30

All levels

Free class – bring your own mat

Integrated Yoga – Balance Body, Mind & Energy with Sneha Desai

Through conscious movement and breath, Integrated Yoga helps release physical tension and promotes the smooth flow of prana (life force energy) throughout the body. Whether you're looking to build strength, improve flexibility, reduce stress, or reconnect with yourself, Integrated Yoga offers a balanced and accessible practice for all levels.



STAND K5



15:45 – 16:15

All levels

Free class – bring your own mat

15.45–16.15 Accessible Yoga & Movement with Claire Miller

A completely accessible yoga class that's suitable for everyone, including blind/visually impaired people, and those with limited movement or physical restrictions. Expect to move, breathe and have fun!

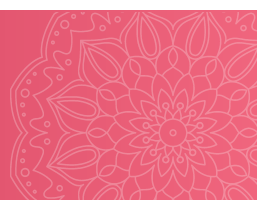
SUNDAY 18TH OCTOBER

Lecture Area

Located in the Great Hall. All lectures are FREE to attend.

Admission is on a first come, first served basis.

Please arrive at the area 5–10 minutes prior to start time.



11:00 – 11:30

Woo Is Woo Until Science Proves It with Bhupi Pansear

Most of us have spent years overriding our own signals. Bhupi explores what actually happens when we ignore those signals, and what the body does with everything it has been asked to hold. Expect warmth, humour, a moment that genuinely surprises you, and a room that feels noticeably calmer at the end than it did at the start.



STAND N2

11:45 – 12:15

Caring For Your Gut – The Gut Microbiome and How to Look After It with Matthew Campbell-McBride

Have you ever wondered what lives in your gut? This talk explores the microbiome, helping you to understand the bacteria in your gut a bit better. Learn what they can do, how they affect us, which ones we want, and which ones we don't!

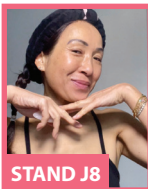


STAND J13

12:30 – 13:00

Bareface Yoga and the 36 Menopause Symptoms with Sue Yen Wan

Did you know that working on the face can influence how menopause is experienced in the body? Using acupressure point release, lymphatic drainage, and targeted facial techniques, Bareface Yoga helps relieve held tension, improve circulation, and support the body through the 36 menopause symptoms, creating both visible lift and internal shift.



STAND J8

13:15 – 13:45

Introduction to Using Essential Oils with Kathy Kinnerly

Discover the power of essential oils introduced by doTERRA UK Diamond Leader Kathy Kinnerly. Learn how simply essential oils can complement your yoga and wellbeing, and how to incorporate them in your life to support your emotions and physical health.



STAND D11

14:00 – 14:30

The Listening Kitchen – How We Cook Matters as Much as What We Eat with Morolayo Oladapo Fasan

Drawing on nutrigenomics and kitchen practice, this fresh way of understanding how food speaks to the body explores how what we eat, how we cook, and how the rhythm and environment around meals quietly shapes biological expression. Discover how small, repeated choices can support the body's natural capacity to respond – without optimisation or overwhelm.



STAND B2

14:45 – 15:15

An Introduction to the Rosen Method Bodywork with Francesca Stutely

Rosen Method Bodywork is a gentle, hands-on approach that invites deep relaxation and emotional awareness. It works with the unconscious body – the part of ourselves where we often store suppressed emotions. The Rosen Method seeks to uncover the emotional patterns and unresolved feelings that lie beneath muscular tension.



STAND E2

15:30 – 16:00

Good Health with Phytobiophysics Teledote Support with Anthony Mossop

Discover how radiation from 5G and toxicity from environmental factors can cause many health disorders that impact on visceral function, leading to complex emotional distress. Learn how supporting this negative radiation with Teledote can have a profoundly important benefit for a Yoga practitioner to be able to achieve harmony on all levels of consciousness.



STAND K9

16:15 – 16:45

What Keeps People Coming Back to the Mat with Emma Holmes

Every teacher knows the feeling: a full, glowing class – and three weeks later, half the room has quietly drifted away. This talk discusses why that happens, and the small, gentle things that keep people coming back to the mat. Warm, practical, and just a little bit brave.



STAND N5



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JOIN US AT
STAND T7

Saturday 17th October
3pm Ceremony

Join us as we shine a spotlight on the people, practitioners and businesses inspiring excellence, innovation and positive change across the UK wellness industry.

From Yoga & Pilates to Spiritual Leaders and Vegan Lifestyle, we're celebrating the standout stars shaping the future of wellness.

No booking required



SUNDAY 18TH OCTOBER

WISDOM LECTURE STAGE

Located in the main hall. Please arrive 5–10 minutes prior to the start time. These talks are free to attend and are available on a first come, first served basis.

11.00–11.30 What Colour Personality Are You? with Fiona Radman

Colour is a language every one of us knows – we “see red” or can “feel blue”. Join colour therapist Fiona Radman for a fun, interactive talk exploring the fascinating psychology of colour. Discover what colour reveals about you, your wellbeing, your relationships and your life journey, you may be surprised by what you learn! **STAND 47**

FREE



FREE

11.45–12.15 The Missing Layer in Self-Development with Hania Opienski

You’ve done the work, but what if the next step isn’t another tool, insight or behaviour change? This talk introduces Life Alignment, sharing what it is and how it differs from simply “working on yourself.” Bring unconscious patterns into awareness and support the system towards greater alignment. Go from managing yourself to truly aligning within. **STAND 2**

12.30–13.00 Entering the Animal Spirit Kingdom with Ejay SoulGuide

This profound exploration of how animal energies mirror the hidden dimensions of the human soul is a compelling invitation to deepen one’s spiritual awareness through the ancient intelligence of the animal kingdom. Discover how these spirit allies communicate through intuition, synchronicity, and behavioural patterns, helping you navigate life with greater purpose and inner balance. Let Ejay SoulGuide take you on a journey to meet your Animal Spirit Guide. **STAND 31**

FREE



FREE

13.15–13.45 Your Eyes, Your Path, Your Purpose: Quantum Iris Analysis with Pete Jackson-Main

The iris is given to us as a “microchip” embedded within our physical system, and Pete will demonstrate how it can be read to reveal what’s most important for us to know in order to navigate our life in space-time and understand the lessons we have lined up for ourselves. **STAND 9**



14.00–14.30 Sweetening the Deal: Venus Remedies for Love & Abundance with Fonteyne the Asteroid

Venus governs everything we desire: love, beauty, money, pleasure. Astrologer Fonteyne the Asteroid shows you how to read Venus in your own birth chart and apply traditional remedies to correct imbalances in love and finances. Learn to identify Venus's condition and the remedial techniques used to strengthen her expression in your life. **STAND 25**


FREE

14.45–15.15 Unlock the Power to Manifest Your Dreams with Xenia Bakina

What if everything you desire is already within reach – waiting for you to align, focus, and act? Expect motivation, clarity, and a powerful spark of possibility in this transformational lecture – because once you learn to direct your energy intentionally, your dreams no longer stay dreams. They become your reality. **STAND 28**


FREE

15.30–16.00 Finding Steady Presence from the Inside Out with Charlotte Worth

This practical, embodied talk explores why “just be more confident” rarely works. Rather than focusing on willpower or performance techniques, learn how nervous system regulation and self-awareness create real, felt confidence – a form of presence that nourishes both mind and body. Understand yourself more deeply and step into your potential with authenticity and calm. **STAND 75**


FREE

16.15–16.45 Heal Your Shadows with Feras Hasan

Explore the subconscious shadow: the hidden emotional pain, suppressed emotions, traumatic experiences, fears and beliefs that can continue influencing our thoughts, behaviour, relationships and choices without us realising it. Learn how shadows can be formed, how to recognise when a shadow may be influencing your life, and why understanding a problem consciously isn't always enough to change it. **STAND 43**


FREE



SUNDAY 18TH OCTOBER

MEINL SONIC ENERGY

EXPERIENCE ZONE

Located in the main hall. Please arrive 5–10 minutes prior to the start time. These talks are free to attend and are available on a first come, first served basis.

11.00–11.30 Heal From Within – An Energy Healing Transmission with **Vayia Nafees**

A deeply intuitive energy healing transmission, guided in the moment by the Divine. You'll be invited to simply receive whatever your soul needs – whether that is healing for old wounds, releasing ancestral and generational patterns, energetic cord cutting, divine support, or the healing energy and reminders your soul needs to hear.



FREE

11.45–12.15 Chakra Dancing with **Lizzie**

Let's dance! Spontaneous free form movement that energises and balances the body. You'll be guided through the 7 chakras from the root to the crown with music that corresponds to each fascinating energy centre, stimulating your natural energy flow. **STAND 1**



FREE

12.30–13.00 Cosmic Fusion Bellydance: Heart Expansion with **Agni Trishula**

"May your hands be an extension of your heart and may you do the work of love with them". Learn the mesmerizing arm movements of Fusion Bellydance and discover how we may create magic with them. This empowering body-mind-soul practice helps us feel stronger and become more sensitive, promoting a mystical feeling of connection with the Universe.



FREE

13.15–13.45 Relax, Reset, Reconnect with **Meinl Sonic Energy**

Using a selection of our instruments creating resonant frequencies, and calming vibrations, this immersive Meinl Sonic Energy sound bath invites you to relax, reset, and reconnect. Take a moment away from the hustle and bustle of the day, take a seat and allow Your Sound Journey to guide you into a state of deep rest and renewal. Following the session, you're warmly invited to visit the Meinl Sonic Energy stand where you can discover the instruments up close, meet Lauren and Woodie, ask questions and gain deeper insights into their practice, experience and approaches in the world of sound healing. **STAND 90**



FREE



FREE

14.00–14.30 Sacred Women's Drum Circle with **Melonie Syrett**

Learn how to drum with intention in this sacred drum circle where all participants can feel safe and confident enough to join in without fear. Melonie will feel into the energy on the day but expect intentions for deep heart healing and sending love out across the world. No drumming experience needed. Please note: There will be drums to borrow, but Melonie invites people with drums to bring their own too.

STAND 80

14.45–15.45 Ecstatic Dance Set with **Cher Dance Alchemy**

Experience a one-hour journey into ecstasy. Ecstatic dance is a freeform, unchoreographed movement practice where participants dance freely to music without judgment, instruction, or steps to learn. Strictly no shoes, no phones and no words for this experience.



FREE



FREE

16.15–16.45 Qigong Mindful Movement with **Elizabeth Whiter**

Elizabeth invites you to join her in a series of gentle coordinated body, posture and movement connected to breathwork and meditation suitable for all levels of ability. Focusing on the 5 Element Qigong practice and the beautiful seasons that make up our calendar year.

STAND 01



Vegan Lecture Area

SUNDAY 18TH OCTOBER

Located in the West Hall. Please arrive 5–10 minutes prior to the start time. These are FREE talks and are available on a first come, first served basis.



Enhance Spiritual Growth with

High Vibration Foods with **Edward Daniel**

Nourish your body and spirit through conscious, high-vibration food choices and learn about unprocessed and fermented ingredients, discovering ways to use them to cultivate energy, balance and life.

11.00–11.45



12.00–12.45



The Joy and Necessity of Becoming a Nature Custodian with **Rebecca Ahimsa Rae**

In a time of ecological crisis, fear drives many to protect the natural world. Rebecca Ahimsa-Rae shares why she believes connecting with nature is a human imperative that heals us as much as it heals the environment.

Viva!'s New Documentary: What Do You Really Know About Dairy? with **Rachael Simpson-Jones**

Viva! has created the UK's first documentary exposing the cruelty, health myths and industry spin behind one of Britain's most heavily promoted foods. Join Rachael Simpson-Jones from Viva!, the UK's leading animal rights charity, as she shows you what really goes on behind the scenes of the dairy industry.

This film is BBFC rated 15.

13.00–13.45





The Brilliance of Functional Mushrooms with **Will Machin**

Will Machin, co-founder of Fung Shui Mushrooms, explores the amazing world of fungi and how they can be beneficial for human health and the environment, as well as what makes a good quality extraction to help us simplify the complex world of mushroom supplements including potency, quality and efficacy. **STAND D3**

14.00-14.45



15.00-15.45



Shutting Down Violence: Harnessing Our Power To Close Down Businesses with **Tom Harris**

From research laboratories to factory farms, Tom will share the blueprint for closing down violent industries. By turning theory into action, each of us has the power to change the world. **STAND V76**

Sea Moss for a Healthy Gut – What Is Sea Moss? with **Roman Haghighat**

Sea moss has been used for generations as a natural way to nourish the body, but what actually is it – and why has it become so popular? This talk breaks down what sea moss is, where it comes from, how it can support a healthy gut, and some simple ways to add it into your everyday routine. **STAND V48**

16.00-16.45





**Charlotte Worth
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Stand 75

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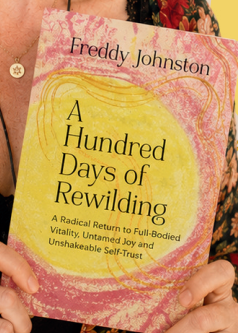
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