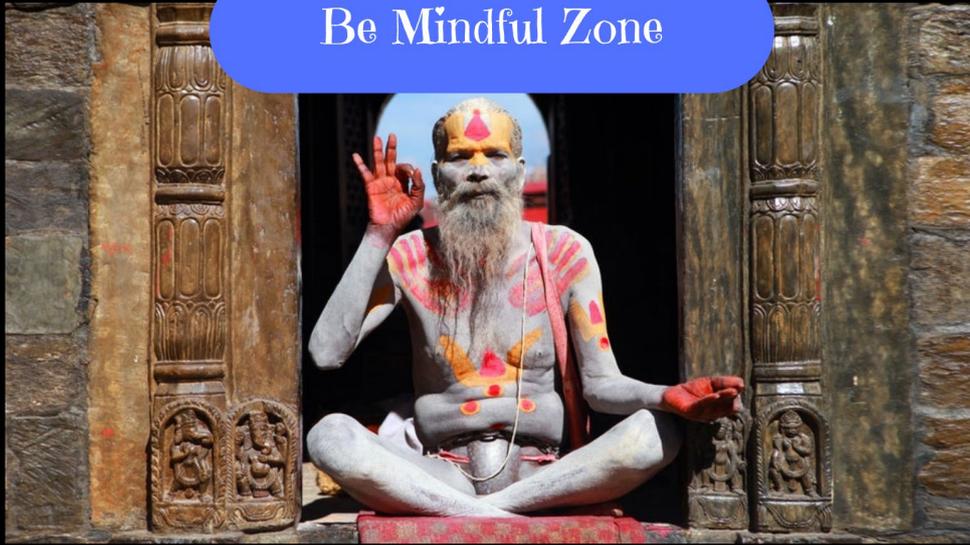


## Be Mindful Zone



### Wonderful World of Wellbeing Festival Wellbeing is the new currency Be Mindful Zone

**Saturday 11th May 2019**

The Be Mindful Zone is a space to experience peace and calm on purpose within the festival. Please refrain from eating in this space, drinks are allowed. We just ask that you remember to take all items you bring away with you after each session (it's easy to switch off when you're in your relaxed zone).

**10.00 AM - 10.45 AM**

#### **Quiet Space**

Open to everyone: Come, gather your thoughts, sit and relax in a quiet, contemplative space to prepare you for a beautiful day.

**11.00 AM - 11.45 AM**

#### **Mindfulness for Parents**

**Presented by: Nina Colvin, Mindfully You**

Juggling work / home life can be exhausting. This workshop is for parents to explore how mindfulness can help you feel less stressed and overwhelmed, and develop techniques to feel more calm, relaxed and rejuvenated in your daily lives.

**12.00 PM - 12.45 PM**

#### **Adult Mindfulness for the Creative**

**Presented by: Rae Burns, Ob5erv Consulting Ltd**

Adult mindfulness working through to the 2,4,6,8 meditation system which Rae has created using imagery and imagination. You will be inspired with how easy and effective this method of mindfulness can be. You will leave knowing you can introduce all aspects of this to support your daily life.

**1.00 PM - 1.45 PM**

**Quiet Space**

Open to everyone: Come, gather your thoughts, sit and relax in a quiet contemplative space to settle your mind, breath and rest.

**1.45 PM - 2.30 PM**

**Kids Mindfulness Workshop Ages 6 -11**

**Presented by: Rae Burns, Ob5erv Consulting Ltd**

Explaining how the mind works, explanation of the use of the meditation bell, fun, calming interactive mindful games, all rounded off with a short meditation to finish.

**2.45 PM - 3.30 PM**

**12 Weeks to Live! How Mindfulness & Mindset Became the Game Changers**

**Presented by: Diane Mitchell, Wonderful World of Wellbeing**

Diane Mitchell, Festival Director, shares her compelling story of the moment she was given 12 weeks to live. Deciding immediately this was not going to be her fate, her life as she knew it fell away. Her inspiring journey includes how a 'casual greeting in a conversation' with a stranger in years gone by lead to a real connection and was instrumental in the role of her recovery. The work she does today, Mindfulness & Mindset, in private and group practice, together with her desire to introduce natural ways of wellbeing into the lives of as many people as possible, and host to this festival, are a result of this extraordinary life experience. How mindfulness played a key part in her journey and the work she does today.

**3.45 PM - 4.30 PM**

**Mindfulness for Stress and Wellbeing**

**Presented by: Nina Colvin, Mindfully You**

This workshop is for adults wanting to live a fuller life with less stress. Come and explore how mindfulness techniques can help relieve stress and feel more calm, focused and energised in everyday life.

## **Sunday 12th May 2019**

**10.00 AM - 10.30 AM**

### **Quiet Space**

Open to everyone: Come, gather your thoughts, sit and relax in a quiet, contemplative space to prepare you for a beautiful day.

**10.30 AM – 11.15 AM**

### **Mindfulness. How to Live Well, on Purpose**

#### **Presented by: Diane Mitchell, Wonderful World of Wellbeing**

Diane Mitchell, Festival Host, mindfulness and mindset practitioner, is going to share with you the true essence of mindfulness. During this presentation you will learn key elements to mindfulness, how to apply it into your everyday life, and leave with an experience of what being mindful feels like after participating in a variety of mindful exercises.

**11.30 AM - 12.15 PM**

### **Adult Mindfulness for the Multitasker**

#### **Presented by: Rae Burns, Ob5erv Consulting Ltd**

Adult mindfulness working through to the 2,4,6,8 meditation system Rae has created using fundamental speech for the Type A personality.

**12.15 PM - 12.45 PM**

### **Quiet Space**

Open to everyone: Come, gather your thoughts, sit and relax in a quiet, contemplative space to relax, rest, restore.

**1.00 PM - 1.45 PM**

### **Mindfulness for Stress and Wellbeing**

#### **Presented by: Nina Colvin, Mindfully You**

This workshop is for adults wanting to live a fuller life with less stress. Come and explore how mindfulness techniques can help relieve stress and feel more calm, focused and energised in everyday life.

**2.00 PM – 2.45 PM**

### **Kids Mindfulness Workshop Ages 6 -11**

#### **Presented by: Rae Burns, Ob5erv Consulting Ltd**

Explaining how the mind works, explanation of the use of the meditation bell, fun, calming interactive mindful games, all rounded off with a short meditation to finish.

**3.00 PM - 3.45 PM**

### **Mindfulness and Mindful Motion**

#### **Presented by: Darren Yap, Wimble Wellness**

Taoist techniques to achieve inner calm in a modern world. Darren Yap of Wimble Wellness will take you through simple exercises to develop a mindfulness practice to help you to beat stress due to work and your hectic life.

**3.45 PM - 4.45 PM**

### **Quiet Space**

Open to everyone: Come, gather your thoughts, sit and relax in a quiet, contemplative space to relax, rest, restore.