

Be Moved Zone



Wonderful World of Wellbeing Festival Wellbeing is the new currency Be Moved Zone

Saturday 11th May 2019

10.30 AM – 11.15 AM

Power Vinyasa Yoga and Meditation

Presented by: Nora Draganova, NoraYoga

Power Vinyasa Yoga is an energetic form of yoga that incorporates fluid transition between each posture while synchronizing movement with breath. Emphasis is placed on strength, flexibility, cardio and balance as well as concentration and breath control. The class will end with a relaxing meditation and Shavasana to bring stillness in the body and help calm and center the mind.

Please bring your own yoga mat.

11.30AM – 12.15 PM

Making a Felted Flower

Presented by: Lesley Alexander, Strawberry Hill Hats

There are lots of therapeutic benefits of taking part in creative activities. Felting is a mindful experience in itself. It can create calm, relaxation, and allows individuals to reconnect with their senses whilst discovering and tapping into more of their own creative capability. In this delightful 45 minute workshop you will make your own felted flower which can then be turned into a brooch which you will take home with you. A donation of £5 per person is required towards materials. Cash or card payment accepted - please go directly to this workshop and pay on arrival.

12.30 PM – 1.00 PM

The Divinity Of Your Soul

Presented by: Suneet Goomer, Spirit Flower

Suneet will be talking about the soul's journey and the different aspects of the soul that we experience in our healing. She will talk about soul mates, soul contracts, past lives and soul retrieval. Suneet will lead a shamanic journey for you to meet the plant spirit of Tulsi (holy basil), a revered Ayurvedic herb, who will open the door for soul healing and insight into your soul's purpose.

1.15 PM – 2.15 PM

Mantra Transmission and Meditation Circle

Presented by: Shahida Sidduqe, Mantra Transmission and Meditation with Shahida

Mantra Transmission Meditation Circle with a percentage of people alternating sitting and meditating/receiving meditative healing transmissions whilst seated in the middle of what is going to be a beautiful meditation circle.

2.30PM - 3.00PM

Power Yoga

Presented by: Tanya Buck, Tanya Buck

If you are looking to try yoga in a dynamic way, this is it. Join Tanya Buck for a dynamic, safe and effective flow class. Be sure to bring your yoga mat & wear comfortable clothing.

3.15 PM – 4.00 PM

Expression Voice and Dance Experience

Presented by: Marla Bell, Marla Bell Music Studio

If you're looking to raise your vibrations through music, Marla's workshop will take you into an enchanted world of vocal harmonising, expressive dancing and mindful meditation.

Sunday 12th May 2019

10.30 AM – 11.15 AM

Yoga. Simplifying Yogic Lifts and Inversions

Presented by: Nora Draganova, NoraYoga

In this workshop, you will learn the right techniques and postures that are needed to develop the confidence and understanding in practicing more challenging inversions on head, forearms and hands. There is no limit to what your body can achieve, if you put your mind to it.

This class will show you how to use the strength in your body and mind (with some assistance) to work on arm balances. Practice is the key to unlock your potential here. Some level of experience in crow/crane poses, headstand or good core strength will be helpful for the class.

Please bring your own yoga mat. Wear comfortable clothing at your discretion.

11.30 AM – 12.15 PM

How to do Felt Making

Presented by: Lesley Alexander, Strawberry Hill Hats

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12.45 PM – 1.15 PM

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2.30 PM – 3.30 PM

Mantra meditation, Transmission Circle

Presented by: Shahida Sidduqe, Mantra Transmission and Meditation with Shahida

Mantra Transmission Meditation Circle with a percentage of people alternating sitting and meditating/receiving meditative healing transmissions whilst seated in the middle of what is going to be a beautiful meditation circle.

3.45 PM – 4.15 PM

Meet Your Power Animal

Presented by: Sally Smiles, Spirit Feather

Mother Earth provides us with many realms whose beings serve as our allies. Animals and animal spirits are our teachers, friends and helpers. Journey to the lower world to meet your animal ally, a soul connection to walk with you through life.

4.30 PM – 5.00 PM

Voice Meditation with Marla Bell

Presented by: Marla Bell, Marla Bell Music Studio

Experience deep relaxation and ease your anxiety through using your own voice to meditate and raise your body's vibrations. No singing experience needed. For anyone aged 10 years and above.