



Wonderful World of Wellbeing Festival

Harrogate 3rd & 4th August 2019
Be Inspired Speaker Zone
Wellbeing is the new currency 2019

Saturday 3rd August 2019

10.30 AM – 11.15 AM Is Self Care Selfish? Presented by: Vivienne Rawnsley: 360 degree Life Curator

Come and Get it... The Life You Want. A session to support the empowerment of women to overcome the challenges, wounds and stories from the past, enjoy the here and now and plan for the future.

11.30 – 12.15 PM The Feeling Code - What it means to truly heal emotional trauma, Tim Neale: Express Yourself

This is ideal for people who are dealing emotional pain such as anxiety, depression, fears, phobias, grief, anger, sadness, guilt, shame, etc. The session will offer education around how we view emotional trauma, and how we can use the body's intelligence to locate and fully resolve the emotional pain. We also briefly explain how we use metaphysics to help us to get to the root of unwanted behaviours and lead us to the underlying beliefs and stories. Then to compliment this, we go into things that stop the process being fully effective, especially the difference between think feeling and fully feeling. We then finish with an experience how to quickly quiet the mind.

12.30 PM – 1.00 PM Create a Safe Haven in your home, Presented by Amy Connor: Norwex,

A beautiful experience, exploring the way we care for ourselves and our homes. Amy Connor will provide insight to her own personal journey, what lead her to living chemical free and the opportunities which lie ahead for you to consider the same, step by step. Her story of what struck a chord which allowed her to improve not only her own life, but that of others as well. This insightful presentation will show you how quality of life can be improved by radically reducing chemicals in our homes. A demonstration of how microfibre works in healthy instant ways with additional product examples in action during the presentation. A must attend talk

1.15 PM – 2.00 PM Beyond Colour, Presented by Deborah Gardner: Aura-Soma Products Ltd

Vibrational nourishment to feed you on all levels of being! Come and explore the Colours that you ultimately are in an Aura-Soma Consultation with a qualified practitioner.

2.15PM - 2.45PM Different Aspects of Grief, Presented by Miss Isidore: Talk on Grief

A short talk, sensitive discussion on different aspects of grief. Mj, fondly known as Miss Isidore will share her own journey of grief extending this to other examples of grief & loss. Some of the subjects being shared are domestic abuse, violence and suicide which commonly effect so many people in our communities.

This talk is suitable for those who are **not** suffering mental health issues such as trauma, schizophrenia, personality disorders and under the supervision of medical care. Those less likely to be traumatised in facing grief and loss in these areas are suited to attend. This talk is also being presented in America later this year at the health wellness network of commerce corporation.

Sunday 4th August 2019

11.00 AM – 12.15 PM: The power that made the body, heals the body. Presented by Charlotte Savage: O'Connor Chiropractic

Chiropractic care isn't just symptom based; it helps your entire nervous system stay healthy, starting at the spine. Through adjustments, you provide yourself with the ability and time to heal on your own.

12.30PM – 1.15PM The Feeling Code - Safety first, Presented by: Tim Neale: Express Yourself

Do you find yourself stuck in repetitive patterns or what appears to be self-sabotaging behaviour? If so, we have an unusual question to ask you. How safe do you feel in that part of your life? Join us on a journey to reintroduce you to your human needs and see the powerful effect that they have, on a deep, unconscious level. What we've witnessed this year are the biggest shifts we've ever seen, both in ourselves, and the lives of our amazing clients. And all of this by simply addressing and meeting those needs, both physically and emotionally. We are really excited to share this simple, yet powerful insight with you.

1.30PM – 2.15 PM A Gentle Hug for the Soul, Presented by Lindsay Coldrick: NRG Healing

A Gentle Hug for the Soul- Providing you with a selection of tools for your spiritual toolbox to get you through the tough times.

2.30 PM – 3.15 PM Mindful relaxation through Hypnotherapy, Presented by Vivienne Rawnsley: 360 Degree Life Curator

Is self care selfish? Brief introduction to the use of mindful relaxation through Hypnotherapy including a group hypnotherapy experience.

3.30 PM – 4.00 PM A short talk on grief, Miss Isidore: Talk on Grief

A short talk, sensitive discussion on different aspects of grief. Mj, fondly known as Miss Isidore will share her own journey of grief extending this to other examples of grief & loss. Some of the subjects being shared are domestic abuse, violence and suicide which commonly effect so many people in our communities.

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