



Wonderful World of Wellbeing Festival

Harrogate 3rd & 4th August 2019

Be Moved Zone

Wellbeing is the new currency 2019

Saturday 3rd August 2019

11.00 AM – 11.45AM The benefits of holistic yoga, Presented By Amanda Levett: Yogatarian,

Finding Your Inner Joy with a Yoga Sequence and the Ayurvedic Kansa Wand. A wonderful and nurturing experience, you will immerse yourself in an holistic yoga sequence that incorporates the best kept secret of Ayurvedic medicine the Kansa Wand. An amazing anti-ageing massage tool for the face and body. After this session you will not only feel relaxed, tranquil and calm, you will also take away the yoga session as a free handout to replicate at home. MORE: each participant of this experience will receive a 10% discount to spend at the Yogatarian Stall.

Noon – 12.45 AM Essential Oils for Beginners. Presented by: Kate Bunney: Wellbeing Living

Start your wellness journey with essential oils - a beginners guide to the daily use of essential oils. You will be guided through diffusing, applying topically or ingesting. Essential oils are a gift of mother earth, natural and such a beautiful tool to enhance life. Come discover how to create a better life for you, your family and a toxin free home.

1.00 PM – 1.45 PM Where there is a Will there's a Way. Presented by: Jane Wintringham: Adel Wills Ltd

Our spiritual, physical and financial wellbeing are intertwined. But what happens if disaster strikes and you're no longer in control?

A Will is for when you're dead, Lasting Powers of Attorney are for when you are still alive but unable to make decisions for yourself. They appoint people you trust to create a positive life plan to manage your health, welfare and financial wellbeing.

This talk is suitable for everyone. Jane explodes the myths and shares insights and tips as to why everyone should have a Will and Lasting Power of Attorney.

2.00 PM – 3.00 PM CBD The Magic Of Hemp And The Endocannabinoid System, Trevor Moore: Kannaway

At last, we have information & access to this healing gem. The Cannabis Family- The difference between Marijuana and Hemp. The history, of hemp possibly the first ever cultivated crop. The Endocannabinoid System- why we need CBD. Echo Foundation, our sister charity organisation. Our Products. Kannaway philosophy is soil to sale. Join this insightful talk

3.15 PM – 4.00 PM Mantra Meditation Circle with Shahida

This enables the possibility for those attending to have the deepest most profound experiences including deep relaxation, soothing and healing. It is suitable for both complete beginners and those with any experience of mantras, chanting, sound healing or meditation.

Mantra's as a method of meditation do not need us to be able to concentrate, by singing Mantra's we are using ancient codes which hold a certain vibration, this vibration moves through our body and thoughts and is capable of transforming sadness into joy therefore healing. Through working in this way we are purifying our consciousness, thoughts, feelings and bodies enabling and making space for us to Awaken.

Sunday 4th August 2019

10.15 PM – 11.00 PM Where there is a Will there's a Way. Presented by: Jane Wintringham: Adel Wills Ltd

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A Will is for when you're dead, Lasting Powers of Attorney are for when you are still alive but unable to make decisions for yourself. They appoint people you trust to create a positive life plan to manage your health, welfare and financial wellbeing.

This talk is suitable for everyone. Jane explodes the myths and shares insights and tips as to why everyone should have a Will and Lasting Power of Attorney.

11.15AM – 11.45 AM How to easily start using essential oils. Presented by: Kate Bunney: Wellbeing Living

Starting your Wellness Journey with Essential Oils - a beginners guide to the daily use of essential oils for diffusing, applying topically or ingesting. Discover how easy you can create a better life for you, your family and a toxin free living

Noon – 12.45PM The benefits of holistic yoga, Presented By Amanda Levett: Yogatarian,

Finding Your Inner Joy with a Yoga Sequence and the Ayurvedic Kansa Wand. A wonderful and nurturing evening, holistic yoga sequence that incorporates the best kept secret of Ayurvedic medicine the Kansa Wand. An amazing anti-ageing massage tool for the face and body. After this session you will not only feel relaxed, tranquil and calm, you will also take away the evening yoga session as a free handout and also receive a 10% discount to spend at the Yogatarian Stall

1.00 PM – 1.45 PM Mantra Transmission and Meditation with Shahida

This enables the possibility for those attending to have the deepest most profound experiences including deep relaxation, soothing and healing. It is suitable for both complete beginners and those with any experience of mantras, chanting, sound healing or meditation.

Mantra's as a method of meditation do not need us to be able to concentrate, by singing Mantra's we are using ancient codes which hold a certain vibration, this vibration moves through our body and thoughts and is capable of transforming sadness into joy therefore healing. Through working in this way we are purifying our consciousness, thoughts, feelings and bodies enabling and making space for us to Awaken.

2.00pm – 2.45PM Sound bath - Relaxation for mind, body and soul, Presented by Christian Jensen: Sound Journey

Participants to lay on Yoga mats (or seated) while a beautiful sound bath washes over you. Initially everyone will experience a short talking meditation to begin the relaxation process followed by the introduction of a variety of instruments, including singing bowls, hand pan, flutes, didgeridoo and shamanic drum, to relax and rejuvenate the mind, body and soul. If you want to wlk in and float out, this is for you. A dreamtime experience like no other

3.00 PM – 4.00 PM CBD The Magic Of Hemp And The Endocannabinoid System, Trevor Moore: Kannaway

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Join this insightful talk, it may change your life, for the better.