

# Wellness Workshop

TIME

FRI-YAY

SATURDAY

SUNDAY

11.00AM

**SOUL DANCE BELLYDANCE  
WORKSHOP**  
EMILY FARRUGIA

**ESSENTIAL CRYSTAL HEALING**  
KATE MANTELLO  
EVOLVE HEALING INSTITUTE  
- STAND G39 -

**ESSENTIAL CRYSTAL HEALING**  
KATE MANTELLO  
EVOLVE HEALING INSTITUTE  
- STAND G39 -

12.30PM

**THE ANCIENT ART OF TEA LEAF  
READING & CRYSTAL BALL GAZING**  
KATE DENNING  
THE SPIRITUAL REALM TEA ROOM

**SOUL DANCE BELLYDANCE  
WORKSHOP**  
EMILY FARRUGIA

**YOUR MAGICKAL BOTANICAL  
OASIS AT HOME**  
CHERALYN DARCEY  
ROCKPOOL PUBLISHING  
- STAND C64 -

2.00PM

**SOUND CONNECTION - A NADA  
YOGA WORKSHOP**  
NIENKE & ADAM

**YOUR MICROBIOME &  
ITS CONNECTION TO EVERY  
PART OF YOU**  
KATHERINE MASLEN  
THE SHIFT

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3.30PM

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THE SHIFT

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YOGA WORKSHOP**  
NIENKE & ADAM

**KICHIDO THE PATH OF POSITIVITY**  
GARY SIMPSON  
WORKPLACE WELLBEING INSTITUTE

SCHEDULE CORRECT AT TIME OF PRINTING. SUBJECT TO CHANGE.  
WORKSHOPS ARE LOCATED UPSTAIRS AT THE FESTIVAL.